



# VOYAGEUR TRAIL NEWS

PUBLISHED BY THE VOYAGEUR TRAIL ASSOCIATION

PO BOX 20040 150 CHURCHILL BLVD. SAULT STE. MARIE ON P6A 6W3

NO. 58

Editors: Steve Dominy & Pim Delfgou

Fall 1994

## We're 20 Years Old!!!

# 20

It is hard to believe 20 years have come and gone already. Mind you, we do have over 550 km, or half our target, of trail constructed, which is no mean feat. Of course, perhaps we have done the easy half, that closest to towns and cities. But with the same degree of perseverance and continued commitment from a host of dedicated volunteers, no doubt the dream of Paul Syme will come to fruition.

This issue contains a few pictures from past VTA activities. Some photos have been included showing some of the key people who

have made major contributions by walking on, building or clearing trail. New members may gain a sense of inspiration from these veterans, while the veterans will hopefully renew their commitment to our vision. Many thanks to Tom Allinson, Peter Stinnissen and Virve Squire for the photos.

In the next issue, the feature article will be a history of the VTA, being prepared by three founding members, Dr. Paul Syme, Dieter Ropke, and Dr. Ian Morrison. We will also include a number of additional photos.

### VTA Photo Contest - Last Chance

The deadline for submission of entries to the 20th Anniversary Photo Contest is fast approaching. You have only until Oct. 28, 1994 to submit your best slides or prints (any size) within the theme "**Fondest Voyageur Trail Memories**". People, scenery, and macro shots of flora and fauna all fall within this broad theme. Prizes are as follows:

1st prize: A \$25 gift certificate from Camera Craft in Sault Ste. Marie, plus a VTA Sweatshirt;

2nd prize: A two-year membership in the VTA;

3rd prize: A VTA T-shirt.

Entries will be judged by members attending the Annual General Meeting scheduled for Nov. 5, 1994 in Sault Ste. Marie (see separate notice).

**New Year's Day Hike, 1978, Saulteaux Section. Oskar Mahlmann, Father Meagan, Mrs. Mahlmann, Tom Allinson, Marg Dearing, Kevin Dearing.**



## VTA EXECUTIVE

### PRESIDENT

Steve Taylor  
(705) 759-2480

### PAST PRESIDENT

Peter Stinnissen  
(705) 856-4270

### 1st VICE-PRESIDENT

Susan Graham  
(705) 949-4105

### 2nd VICE-PRESIDENT

Vacant

### TREASURER

Dieter Ropke  
(705) 942-9636

### GENERAL SECRETARY

Vacant

### MEMBERSHIP SECRETARY

Patrick Capper  
(705) 253-4470

### PUBLICITY DIRECTOR

Gayle Phillips  
(705) 942-1891

### TRAILMASTER

Alan Comfort  
(705) 945-9496

### LANDOWNER LIAISON

Paul Syme  
(705) 942-9606

### HIKE ONTARIO REP.

Patrick Capper  
(705) 253-4470

### EDITORS

Steve Dominy  
(705) 946-2484  
Pim Delfgou  
(705) 759-1053

#### THE VOYAGEUR TRAIL NEWS

is published three times per year. Your articles and submissions are always welcome! Send them to Editor, VTA, Box 20040, 150 Churchill Blvd. Sault Ste. Marie, Ontario P6A 6W3. Submissions for the next issue should be received by January 10.

## President's Report

This year has been another hectic one for VTA activities, and consequently for me. I lament the things that weren't done but could have been if there had been more time. It is then that I realize the importance of volunteers, and that we can use a few more. I welcome the recent inclusion into the pool of volunteers in the past year of Judy Falkins as Saulteaux Club President, and of Gayle Phillips as Publicity Director. Both of these individuals have brought enthusiasm and good ideas to the tasks they have chosen. Many thanks are also due to the volunteers who have been active for a longer time. We would not have an organization without you. Keep up the good work.

The following bits of news from around the VTA are noteworthy. Casque Isles has received another Environmental Youth Corps project to help with the trail. A large sign about the trail (being marketed as the North Superior Hiking Trail) has been erected at Aguasabon Falls. Some people are interested in forming a club again. The Penewobikong Section has received Section 25 funding; three energetic crew have been hired for 10 weeks to give the entire 44 km section a going over. Thanks are due to Barb Lawrence for persisting with this application. The new trail south of Espanola has been improved this year by the people from the Anishinabe Spiritual Centre. It is now a beautiful trail to walk. More information can be obtained from the Centre, located on Anderson Lake just south of Espanola. For the second year, volunteers from the British Trust for Conservation Volunteers visited the Stokely Creek area to improve, measure and describe the new trail there. They are also lending a hand building a bridge near Gargantua Harbour, in Lake Superior Provincial Park. Pieces of trail have been built near Marathon and Nipigon this year. Although there are no VTA clubs associated with either of these at this moment, it is hoped that this will change in the future.

On a more negative note, more help is desperately needed in the Association Landowner department. There is more work at this time than Paul Syme can handle. Jack Smit reports that his attempt to build a Club in Elliot Lake is currently in limbo. Come on Elliot Lakers! Where are you? Wawa is much smaller than Elliot Lake and supports an active club. Some beautiful trail exists around Elliot Lake. The Penewobikong Club can only be described as semi-active. Maybe a challenge is in order between these neighbouring towns to see which one can create the strongest club.

Members should be aware that the guidebook and brochure are currently being revised. The new brochure should be out around the end of this year. A lot of work will have to go into the guidebook. New sections are to be added, existing sections revised, and possibly colour maps developed. Any ideas on this project would be welcome at this time and can be passed on to me.

Steve Taylor

## **A Special Thank You (and Plea)**

If you have been noticing more and more vinyl blazes gracing the Saulteaux trail of late, two of the people you can thank are Les Fulcher and Tom Allinson. Les graciously donated, for the second time, a bundle of left over white siding. Tom ran it through his band saw to produce several hundred blazes, and claims his workshop looked like it had been hit by a summer snow storm when he was finished.

If anyone has any white vinyl siding, or blue for side trails, please consider passing it along to the VTA. Unlike paint, which fades and cracks in as little as

two years on the trees, vinyl or plastic holds up much longer. This is a particularly useful feature on the more remote sections of trail which cannot be brushed out every year.

## **Board Members Still Needed**

The Board still has a two vacancies. There must be a couple of members out there who are willing to volunteer minimal time in exchange for the good feeling associated with helping a community organization prosper. The 2nd Vice-President position requires someone with reasonable organizational and communications skills. The person will support the 1st Vice-

President and President with duties which arise, and can take on independent projects if desired. The General Secretary position requires someone with good writing skills who is able to produce timely minutes at meetings and prepare occasional correspondence on Association-related matters. For both positions, attendance at three to four meetings per year is required.

## **New Publicity Director Joins Board**

A hearty welcome goes out to Gayle Phillips of Sault Ste. Marie, who recently accepted the important position of Publicity Director. Gayle has worked feverishly over the summer to update the brochure, and worked closely with the media to publicize our outings. Welcome aboard, Gayle, and keep up the great work.

## **A Sad Note...**

It is with great sadness that we note the death of a long-time active Saulteaux Club member, Dr. Don Myren. Despite failing health, Don captained a section of trail (Creek Rd. to Carpin Beach Rd.) until recent years. He will be greatly missed by all who knew him.



Lake Superior - Lake Huron  
Environmental presentation sponsored by  
Michigan club and presented by Russian,  
Canadian and American Kavakers 1992

# Annual General Meeting

**The annual meeting is set for Nov. 5, 1994 in Sault Ste. Marie.  
Algoma University College, Room 15, East Wing Lecture Theatre  
Time: 1:30 p.m.**

**Submissions to the 20th Anniversary Photo Contest will be shown and judged by members at this meeting.**



## From the Editor's Desk



**Congratulations** to VTA member and Saulteaux Club President Judy Falkins, for her winning entry in the Lake Superior Provincial Park photo contest. Her photo, entitled 'Bill and Me', was taken along the Coastal Trail which forms part of the Voyageur Trail.

**The Banff Festival** of Mountain Films is being held Nov. 4-6, 1994. Over 35 films will be shown this the 19th year of the festival. Theme: Women in Adventure. Includes Festival Fair trade show featuring the latest in outdoor clothing, equipment and adventure travel. Brochure available from Steve Dominy.

**Waterproofing maps** has been a difficult and expensive undertaking for many. The following idea may interest some. Photocopy maps onto blank acetate transparencies, like those used on overhead projectors. The map can then be placed in a plastic document protector and is nearly indestructible. You can highlight important points with a grease pencil (china marker) or magic marker.

**Take Five** - the expression contains useful advice. More than a five minute break when exercising allows muscles to stiff, making it more difficult to get back on your feet.

Contrary to popular belief, the occurrence of **black fly larvae** in water is a good sign for hikers. These larvae are very sensitive to pollution, and thus are indicative of pollution-free water. Remember these tips to minimize insect bites: wear light-coloured clothing, tie your pant legs or tuck them into high socks, and use repellent.

Here's an innovative technique for lighting up your camping life.

**Brazil nuts**, shelled and with the small ends trimmed, can reputedly provide a good light. Just hold a match to one end until it lights, and place the nut on a flat surface such as a pot lid.

The ubiquitous **plastic shopping bag** is strong enough to hold 20 litres of water, and is certainly lightweight. Thus, the bags are

ideal for dowsing campfires (cut a hole in the bag while holding it over the fire), or if hung in a tree and punctured can serve as a shower reservoir. The empty bags can still be used to pack out garbage, store dirty clothes, and for many other purposes. **Garbage bags** also have many uses on the trail, i.e., an emergency poncho, a pack cover, and a pack liner, to name a few.

Here's a unique idea for a **homemade firestarter**. Take a cardboard egg carton and tightly pack each egg pocket with sawdust and 8 cm of twine, leaving one third exposed. Place egg carton on newspaper and pour melted paraffin wax over the whole carton, totally saturating it inside and out. Once cooled you have one dozen waterproof firestarters that will burn a good 15 or 20 minutes each. Just light the twine wick or any edge.

### Origin of VTA Logo

The Thunderbird Logo was designed in 1975 by Janet Clark of Wawa at the request of Paul Syme, who asked her to do a number of variations incorporating the thunderbird and a V and T. The thunderbird is an adaptation of one of the Pictographs on Agawa Rock in Lake Superior Provincial Park.

### Penewobikong Section Tidbits

Norm Lediet, who has seen four score years come and go, was instrumental in establishing the Voyageur Trail through the Blind River area. According to Barb Lawrence, who is picking up where Norm left off, Norm still makes a significant contribution to the trail, despite the fact that he can't hike much anymore. Steve Taylor recently visited Norm, and asked him what had happened to all his hiking companions from the 70's. Norm replied with a smile "I've outlived them all!"

During Steve's visit, Norm related an interesting story about the origin of the name for Granary Lake

east of Blind River, sometimes referred to as Magog Lake. In the horse logging days, when logs were hauled by horse to the waterfront in Blind River from points north, feed supplies were needed along the route. To this end, a grain storage depot was set up at Granary Lake. One night, two log haulers decided to catch some sleep beside a pile of grain sacks at the depot. During the night the pile fell over, killing the two men. The lake was named Granary Lake to signify that event. The Voyageur Trail passes around the lake, and comes within sight of it at several points.

In the early years of the VTA, it was Norm Lediet, a former sign painter with the department of highways, who silk screened the lettering onto the hundreds of diamond shaped trail markers seen along the Voyageur Trail.

### New Members

Following is a list of recent recruits.

#### Association-at-Large

L.M. Cornelis, Ottawa  
Barry Pierce  
Mr. and Mrs. I. Cunningham, Kanata  
Gary Steadman, Guelph  
Robert Slack, Caledon  
Michael Falconi, Richmond Hill  
John Popkin, Toronto

#### Saulteaux Section

Gary and Gale Koteles and family  
Naomi Donat  
Al Wiensczyk  
Bob Snider

**More on Page 7...**



## Saulteaux Section

**Oct. 15/94 (Sat.):** Hike Red Rock to Lake Superior. 9 km, moderate difficulty. Bring lunch and camera. Binoculars optional. Meet at Market Mall parking lot, Second Line side, at 10:00 a.m. Leader: Tom Allinson (942-0768).

**Oct. 22/94 (Sat.):** Trail maintenance outing. Contact Don McGorman (945-6068) for details.

**Oct. 29/94 (Sat.):** Trail maintenance outing. Contact Steve Dominy (946-2484) for details.

**Nov. 5/94 (Sat.):** VTA Annual General Meeting. Algoma University College (Room number will be posted on main entrance door) at 1:30 p.m.

**Nov. 20/94 (Sun.):** Hike new Stokely Creek trail. Short, moderate difficulty. Bring lunch, camera. Meet at K-Mart Plaza near gas bar (closed) at 10:30 a.m. Contact: Judy Falkins (942-3749).

**Dec. 17/94 (Sat.):** Hike or ski Gros Cap area. 6-8 km, moderate difficulty. Bring lunch. Meet at Market Mall, Second Line side at 10:00 a.m. Tom Allinson (942-0768).

**Jan. 1/95 (Sun.):** Group outing west of Glenview Cottages. Short (< 5 km). Bring lunch. Meet at K-Mart Plaza near gas bar (closed) at 10:00 a.m. Contact Judy Falkins (942-3749).

**Jan. 21/95 (Sat.):** Ski the Wetlands in the Red Rock Rd. area. Moderate difficulty. Bring lunch. Meet at Market Mall, Second Line side, at 10:00 a.m. Leader: Tom Allinson (942-0768).

**Feb. 5/95 (Sun.):** Bon Soo Family Day. Once again the VTA will host the children's snowshoeing and skiing events. Volunteers are needed. Contact: Judy Falkins (942-3749).

## A NOTE TO ALL HIKERS

All hike leaders are unpaid volunteers. You are invited to participate but do so at your own risk.

You have to bear responsibility for judging your own level of fitness and endurance. If you have any doubts about the difficulty of the hike, please contact the hike leader(s). Be on time at the meeting place, and check in with the hike leader on arrival. Don't plan to rush off to an appointment after the hike - hiking times are difficult to forecast and the leader can't speed it up on request.

Come prepared with a lunch, plenty of liquids, sunscreen, a hat (preferably wide-brimmed), rain gear, and comfortable, sturdy boots. Dress in layers. **The hike leader has the right to refuse anyone not properly attired.** Dogs are permitted on hikes, but must be on a leash.

When on a hike, always respect the final decision of the leader. On most group hikes, someone will be assigned each end. Stay behind the leader and in front of the 'sweep' (end person), and be sure to inform either of these people of any problems encountered on the hike, or if you have to leave the hike. If 'nature calls', leave your pack on the trail. This alerts the sweep to wait for you.

If in doubt about the difficulty of the hike, by all means call the contact person in advance to discuss.

# Michipicoten Club in Retrospect

In 1976, a small group of hikers under the leadership of Tom Baxter formed a Voyageur Trail Club in Wawa. Like other Clubs in the Association we took a historic name for our group - Michipicoten. Beginning as a group of dedicated trail builders and hikers, we have evolved over the years into a diverse group of naturalists, outdoor enthusiasts, and environmentalists.

We started trail building almost immediately and with the support of the Croziers - Don and Jean - a hiking trail soon led along the Magpie River valley from their trailer park near the Wawa Goose. This section of trail was eventually named in memory of the late Sheila Renault, one of the driving forces of our young club. In ten years the trail had extended south along the coast of Lake Superior to Bridget Lake. Regular trail builders during this period were Agnes and Max Ostermeier, Ed Kontscheider, Pete Onchulenko, Edith Smith, Ralph Mills, Jim Hammett and Dorothy and Phil Egan.

Our second decade saw us change our focus from trail building and hiking to a variety of other outdoor activities, including: ice fishing (was that Gary Keith and David Crosswaithe with cans and bottles in Lake Superior Park?); snowshoeing (thanks to Wendy and Pete Burgoyne for the hill and hot chocolate); spring flower hikes (what was that yellow one again, Pete?); bird hikes with Carol (please sponsor me for the Baillie Bird-a-thon) Dersch; cross country skiing (watch out for that killer hill near

Shawnigan's, Dorothy!); geology hikes (is there any gold in **this** piece!); and Christmas bird count hikes (was that one hoary redpoll or one common redpoll?) which were initiated by the late Carl Cooper.

There were some very memorable events in our special events trips: the perfect trip for fall colours on the Agawa Canyon trip; the fresh vegetable feast compliments of Dorothy Egan's garden on our overnight hike to Ryholite Cove; on that same trip the evening campfire with Louisa Crosswaithe, Dorothy Egan and Bob Elliott; the Beatty Cove trip in the rain and fog with Carl Bodemeade, our amateur geologist; and the numerous annual meeting trips with the Wawa fume kill hike (Ed Frey as leader) ranking high in the scenery index.

The Michipicoten Island trip too ranks high as one of the special trips with such highlights as: Paul Lesparance's battle with the bees and Dr. Adam's subsequent medical advice; setting up camp at 1:00 a.m. after a seven hour tugboat ride; Louisa Crosswaithe and Agnes Ostermeier improvising their tent set up by moonlight without the essential piece of tent pole;

Ross MacLean  
staring out at  
the scenery in  
awestruck  
wonder; the  
bushwhacking  
trip to  
Channel  
Lake with  
its Indian  
encampment and



warm water; the impromptu parties with the lighthouse keepers; the fresh lake trout cooked by Dorothy and Phil Egan; exploring for agates with Kris Stinnissen; the arrival of the fishing tug "The Last Chance"; and finally the trip home with the card games and drinks.

Lately the Club has joined the ranks of tourism promoter. We helped publish the Lake Superior Provincial Park tabloid and set up a "Wawa, the Hiking Capital of Ontario" display in the Wawa Goose Information Centre.

For a while we also became employers, hiring Jonathan Gatz and a local crew to extend our trail from Bridget Lake south along the Lake Superior coast to Noisy Bay in Lake Superior Provincial Park.

Our last big foray into special events saw our Club sponsor an environmental night in the local high school gymnasium. About 200 townspeople showed up at the event to listen to kayakers from Russia, the United States, and Canada, organized to celebrate the twinning of Lakes Superior and Baikal.

As we approach our third decade we continue to look for new members and ideas to keep the dream alive of Wawa as the "Hiking Capital of Ontario". New trails to Pukaskwa National Park and the promise of a National Trail will surely keep us busy for years to come. Thanks to all who have helped.

**Peter Stinnissen**



## Aurora Borealis

As the days get shorter and the nights cooler, beginning in August, we northerners get a chance to enjoy a peculiar treat, the *Aurora borealis* or northern lights. These natural fireworks are sometimes accompanied by a rustling or swishing sound which caused medieval folk to think of them as a battle in the sky.

Here are a few facts that will, I hope, add to your enjoyment of these colourful night lights. First of all, think of the earth as a giant magnet. Remember the old science experiment where you put a magnet under a piece of paper sprinkled with iron filings and the filings formed lines around the magnet? The earth has a 'magnetosphere' much like those lines with fast moving charged particles taking the place of the iron filings, and very dense regions of magnetism called 'van Allen belts'. To interact with this field come more charged particles from the sun in the form of the solar wind. As these particles are caught by the van Allen belts they spill over at the ends into the 'auroral oval', a ring at approximately 59 degrees latitude. These particles, more numerous after a solar flare, move at speeds of 50,000 to 100,000 km/sec, and when they crash into air particles cause them to emit light. Oxygen emits whitish green light; nitrogen emits pink.

The actual light display occurs between 100 and 350 km above the earth. Therefore, an auroral 'curtain' may actually be over 200 km tall. The light can't go further down because the atmosphere becomes too dense at 100 km.

*Based on a well-researched article appearing in the Thunder Bay Hiking Association newsletter.*

## I'd Pick More Daisies

Of course, you can't unfry an egg, but there's no law against thinking about it.

If I had my life to live over, I would try to make more mistakes. I would relax. I would be sillier than I have been this trip. I would be less hygienic. I would go more places. I

would climb more mountains and swim more rivers. I would eat more ice cream and less spinach. I would have more actual troubles and fewer imaginary troubles.

You see, I have been one of those fellows who lives prudently, hour after hour, day after day. Oh, I have had my moments. But if I had it to do over again, I would have more of them - a lot more of them. I never go anywhere without a thermometer, a map, a raincoat, and a parachute. If I had it to do over again, I would travel lighter.

If I had my life to live over, I would start going barefoot a little earlier in the spring and stay that way a little later in the fall. I would have more dogs. I would keep later hours. I would have more sweethearts. I would fish more. I would ride more merry-go-rounds. I would go to more circuses.

In a world in which practically everybody else seems to be consecrated to the gravity of the situation, I would rise to glorify the levity of the situation. For I agree with Will Durant, who said, "Gaiety is wiser than wisdom."

If I had my life to live over, I'd pick more daisies.

*Author Unknown*

## Are Birds Smarter Than We Think? or, Notes From a Birder

In my experience, birds are often heard but seldom seen at close range, except for the occasional indiscernible dart of one of our feathered friends through bush. I have discovered a way of getting numerous birds to come close enough for identification by even novice birders with a field guide.

In numerous wilderness camping trips around the province, I have been forced to use the primitive toilet facilities on site. These facilities often consist of an open box toilet (Lake Superior Provincial Park interior campsites are examples of such sites). Much to my amazement, I have discovered that while sitting on these boxes to relieve myself (or to sit down on something relatively chairlike), birds will boldly come into view from all directions as if to taunt me. War-

blers, sparrows, chickadees and kinglets will hop around on the branches just out of arm's reach. There can only be one explanation for this phenomenon. The birds must be smart enough to know that they cannot be touched as I am somewhat limited in rapid movement (pardon the pun) at these times. This observation should form the basis for a proposal to start a major research project on this subject. Future studies could be done to determine whether or not birds can tell if someone has his or her pants down. In the meantime, trips to the toilet in the wilderness will be made more interesting with the knowledge that they can become good birdwatching opportunities.

*Steve Taylor*

## Trail Tips - Knees

Even well-conditioned knees sometimes ache after a hard day under a pack. The following techniques, applied evenings and at lunch and rest stops, will help reduce discomfort.

- Cold: apply ice, snow, or a cloth soaked in cold water; 20 minutes on, 20 minutes off.
- Elevation: raise your knees above your heart level.
- Compression: wrap knees tightly in stretchy, elastic-type bandages. Don't wrap the kneecap too tightly, however, because it could create bigger problems. Apply the wrap above and below the kneecap. Some people find it more comfortable to hike with their knees wrapped.
- Anti-inflammatory drugs: take ibuprofen or aspirin.

*Source: Thames Valley Trail Association newsletter.*

## Tread Lightly! Canada

In April of this year, a new national environmental awareness program was moulded by several regional and provincial recreational groups. The organization aims to encourage people to use natural areas wisely, without littering and tearing up trails and vegetation. Although government agencies helped form it, Tread Lightly! is a private, non-profit group which relies on funding from corporations, associations and

individuals. It will target four-wheel-drive enthusiasts, hunters, motorcyclists, bicyclists, horseback riders, campers, hikers, and snowmobilers. Temporary Ontario address for the association, which is scouting for a Canadian headquarters, is Tread Lightly Canada, P.O. Box 22049 Westmount Postal Outlet, Waterloo, ON N2L 6J7.

## From the Mailbag

It was with surprise that I opened a letter this summer addressed to Pim Delfgou and myself from the M.P. for Algoma, Brent St. Denis. Mr. St. Denis wrote "I recently read the Spring edition of the Voyageur Trail News and would like to congratulate you for the good work that you are doing to promote hiking, sight-seeing and fitness. Your newsletter was informative and well written. Best wishes for continued success in the future. Happy trails to you!". Hand written on the letter was "thank you for doing this for the benefit of all". It is heartening to know that one of our federal representatives has taken such a personal interest in our efforts to establish a continuous, long-distance hiking trail.

Steve Dominy

The VTA regularly receives many interesting inquiries and comments from all corners of the continent. Here is a sample.

*"We were surprised to find a well-marked trail which we followed for about 12 km along the La Cloche Mountains west of Highway 6. I know the trail goes from Hwy. 6 to the western end of Alexander Lake, but I am interested to know where it goes from there."* Andrew Ross, Goderich. Unfortunately, we couldn't be of much help to Mr. Ross, as the trail was only just completed last fall and hadn't been mapped, described, or measured.

An article in a previous issue describes part of this trail, and gives local contact people.

*"I have a friend who has taken an interest in hiking, but is confined to a wheelchair. This has not stopped him partaking of this wonderful adventure, though - he has access to specially designed equipment to*

*allow for rugged terrain. I am curious as to whether you have information on the particular parts of your trail that could be accessible to him."* Sarah Shields, Toronto. We suggested several sections which followed portions of old bush roads.

## Take Work Mates on a Hike

An excellent way to promote hiking on the Voyageur Trail as a healthy social activity for those having an interest in nature is to organize an outing for work mates and close friends. An evening stroll on a section of trail near town, or a more ambitious outing on the weekend, will give you an opportunity to discuss your passion, and publicize the VTA as an organization promoting environmentally-sensitive recreation. Word of mouth is certainly the best advertising, and who knows, perhaps your enthusiasm will rub off on a few future members.

## Another View of Hikers

According to Barry Pilton in his book 'One Man and His Bog', *"To many (British) farmers, walkers fall into a sub species like boll weevil, greenfly and slugs and in an ideal world would be got rid of with a can of something nasty."*

Thank goodness our landowners don't think of us like this. Let's ensure it remains so by respecting their property.

## Sun Watch

The risk of over-exposure to the harmful rays of the sun is a year-round concern. However, some simple precautions should minimize the danger inherent in fair weather outdoor activities. A little common sense goes a long way in this regard. Three basic protective measures are:

- wearing

suitable clothing, such as a large-brimmed hat, long sleeves and long pants made of tightly woven fabric which blocks the sun's rays but allows perspiration to evaporate;

- using sunglasses that protect against UV rays;
- using an effective sunscreen or sunblock (minimum SPF rating of 15) during periods of exposure.

To elaborate on the latter point, a sunscreen is a chemical (e.g., PABA) that when applied to the skin absorbs UV radiation and blocks its penetration into the skin. A sunblock is an opaque substance (e.g., zinc oxide, titanium dioxide, and talc) which creates a physical barrier that blocks and reflects UV radiation.

Sunscreens are rated on their Sun Protection Factor (SPF). This is the ratio of the amount of UV exposure required to cause skin redness with and without a sunscreen. If you apply a sunscreen with an SPF of 15 at least one half-hour before going out, your skin will take 15 times longer to redden in the sun than it does without a sunscreen. Virtually all sunscreens rated with an SPF of 15 or higher screen out approximately 90 percent of the UVB rays, while allowing enough UVA for tanning. Note that SPF currently applies only to the degree of UVB protection, as these are the rays that cause sunburn. Look for products labelled with both UVA and UVB protection. In bug season, you might consider using a combined sunscreen and insect repellent.



## Superior Watersports

Canoes, Kayaks, Camping

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 and Ostrum packs, Outback (by Eureka) and Trekk sleeping bags, Silva compasses, carrying yokes, portage packs and other outdoor equipment.

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!

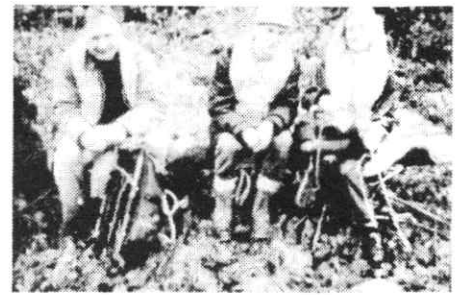
159 Stanley St., Sault Ste. Marie, Ont. P6A 3K5  
Tom and Linda Weldon

(705) 759-2757





Ernie Pringle and others building a bridge across Root River. Saulteaux Section, 1978.



Last day of work party to complete the Echo Ridges Section in the Garden River area. Joe Troj, Paul Syme, Rita Bertoli.

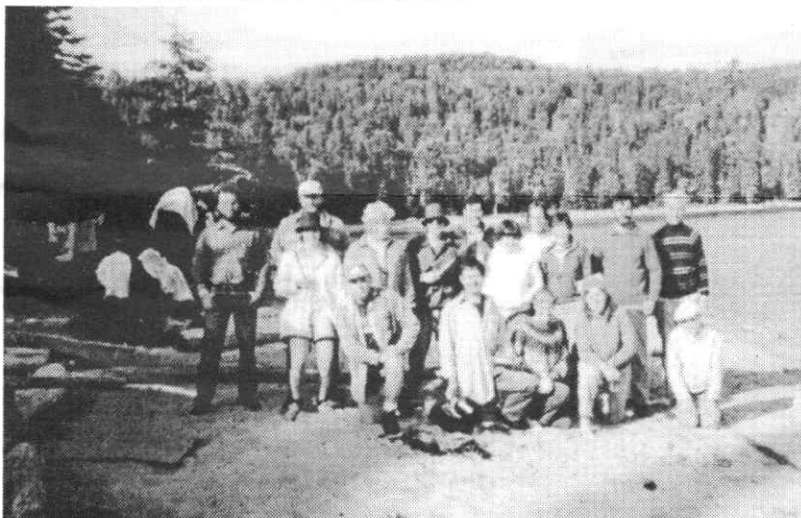
Below:

Tenth Anniversary Plaque, Gros Cap. Paul Syme and Bud Wildman



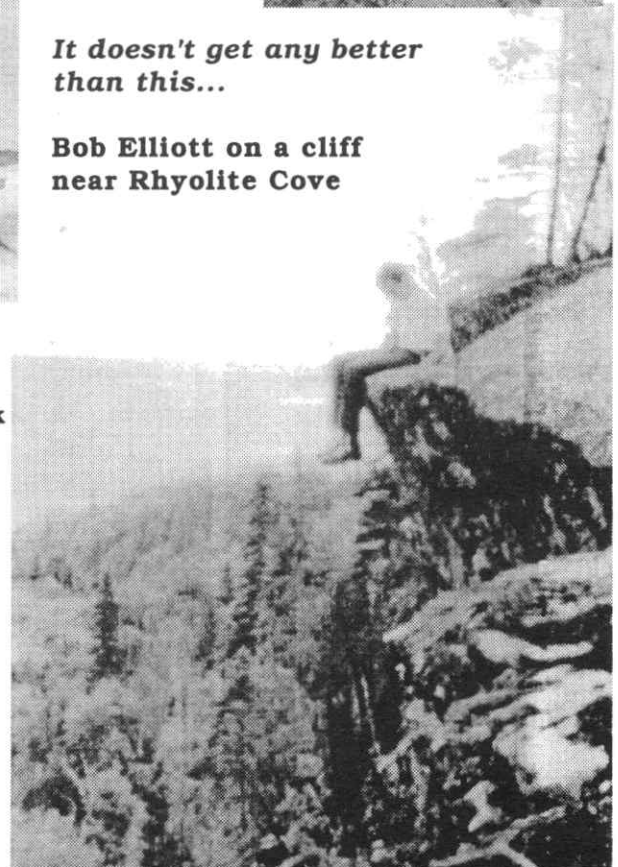
*It doesn't get any better than this...*

Bob Elliott on a cliff near Rhyolite Cove



Beattie Cove, Lake Superior Provincial Park, 1986. Tom Allinson, Rainer Ropke, Erika Ropke, Virve Squire, Nell Capper; Helen Davies, Roddie Larson, Bill Hall, Donna Weeks, Fiona Ortiz, Darcy Ortiz, Pat Capper; Mark Nadir, Steve Dominy, Larry Gringorten, Steve Taylor

***A collection of photos  
from the albums of  
Tom Allinson, Patrick  
Capper, Virve Squire  
and Peter Stinnissen***



### 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 \_\_\_\_\_

City \_\_\_\_\_

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

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

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

Home Phone \_\_\_\_\_

Work 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 .....	@	\$15.00	=	_____
Family .....	@	\$15.00	=	_____
Student .....	@	\$10.00	=	_____
Crest .....	@	\$2.00	=	_____
Lapel Pin .....	@	\$3.00	=	_____
T-Shirts .....	@	\$10.00	=	_____
Sweat Shirts .....	@	\$20.00	=	_____
Guidebook (Members) .....	@	\$5.00	=	_____
Guidebook (Non-Members) .....	@	\$8.00	=	_____
Donation (Qualifies for Income Tax Deduction)			=	_____

**Total Amount Enclosed**

= \_\_\_\_\_

Send to: VTA PO Box 20040 150 Churchill Blvd. Sault Ste. Marie, ON P6A 6W3

The membership year of the Association runs from January 1st to December 31st. New memberships received after October 31 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.