



VOYAGEUR TRAIL NEWS

No. 81 SUMMER 2002

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ASSOCIATION

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*A member of
Hike Ontario,
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ADOPT A TRAIL (or How To Be a Bush Parent) by Mike Landmark

Have you ever thought of adopting a trail? The Voyageurs have many kilometres of trail looking for someone like you to look after it. Seeing a section of just-cleaned trail being used by the public and knowing this was your work is a great feeling. The distance is up to the individual or family group to decide but easily recognizable landmarks (no pun intended) should be used. If the distance is found to be too long or short, changes can be made at any time. The local club will/should have hand fools and blazes available for you to clean the trail. Some clubs like the Saulteaux even have a year end wrap up party for adopters. Your name goes into a draw for prizes at the annual general meeting as well. The time commitment requested is a traverse of at least twice a year—spring, to determine how the winter changed the trail, and again sometime during

the middle of summer after fly season. You get to set your own cleaning outing times. If major blow downs are found, a call to the local trail master will have your section put on the outing schedule for a group clean-up. All work and trail conditions MUST be forwarded to the newsletter editor and/or web mistress so the members and public can be informed of trail conditions. This can be done by email:

(Editor - cheryl.landmark@sympatico.ca / Web - voyageur.trail@sympatico.ca); phone: Editor (705) 779-3409; Web (705) 942-1891; or fax to (705) 779-1111.

If you are interested, or have any questions about this adopting option, give us a call. Cheryl and I have approximately 16 Km adopted and we think most of the problems that you may encounter we can answer.



GOODBYE...NOT!



(l to r): Gayle Phillips; Publicity Director; Steve Dominy, Guidebook Coordinator; Georgena MacDonald, VTA Trail Coordinator; Dieter Ropke, Treasurer; Mike Landmark, President.

The Voyageur Trail Association Co-ordinating Council honoured Georgena MacDonald with a Trans Canada Trail hiking staff on the occasion of the finish of her two-year contract. Thanks Georgena, for all your hard work and, welcome as the VTA's Vice-President East!

VTA Intern Evan McCaul has moved on as well and we wish him all our best in his new endeavours.

The VTA will miss both of these people. Their work has benefited us greatly.



When does your VTA membership expire?

Check the date printed on your VT NEWS envelope label!

VTA Membership Secretary

705-949-4105

TIPS FROM BILLY'S BACK-COUNTRY

by Bill Ralph and Alan Day

HYPOTHERMIA

So you think you only get or need to watch for HYPOTHERMIA in winter—right? WRONG! Hypothermia is a hiking YEAR ROUND hazard. It must not be underestimated. Unarrested hypothermia is FATAL. The victim may be underdressed or perhaps even overdressed for the activity. For example, the victim could get soaking wet from a sudden rainstorm or even heavy perspiration. In an exposed area and/or on cessation of activity, even a light wind can chill the body very rapidly. Such things as not drinking water or isotonic drinks (*Gatorade for example*) to replace lost electrolytes or insufficient intake of food, are major contributors to this condition.

Prevention...

Prepare for your trip carefully. Make sure you have a sufficient meal prior to starting out, and ensure you have good meals at breaks on the trail. Carry high energy snack food and have it readily available. Water and/or isotonic fluids should be readily available at all times and not stored in your pack. Wet clothing has no insulation value. Keep rain gear in the top section of your pack so it is ready for immediate use at all times. Events can overcome the best planning. Weather, blocked trail, swollen creeks, etc. could delay your planned arrival at your destination. You may even have to stay in the bush overnight. Remember the old Boy Scout Rule "BE PREPARED". *Happy trails and good hiking!*

SUMMER IS COMING, SO IS THE CANOE!

So your summer program includes canoeing either as a day trip, or perhaps several days away enjoying the great outdoors?

IS YOUR BOAT READY?

- 1) Do you have the latest issue of the SAFE BOATING GUIDE published by Fisheries and Oceans Canada Coast Guard? If not, get one. They are obtainable free-of-charge at your local outfitters, marina or bait shop, etc.
- 2) Ensure you have all the equipment that is required by LAW in Canada. Refer to page 30 of the guide.
- 3) As a brief reminder, every canoe, kayak, rowboat and rowing shell must have:
 - (a) An approved personal flotation device (excluding a floating cushion) for each occupant of the boat.
 - (b) One floating line not less than 15 metres in length.
 - (c) One spare paddle secured to the boat so it will not be lost in the event you capsize or otherwise lose your paddle.
 - (d) One bailing device capable of removing one litre of water at a time.
 - (e) One signaling device.
 - (f) One floating flashlight.



Have a fantastic summer of canoeing!



GREETINGS FROM THE SAULTEAUX CLUB

by Gayle Phillips

Leading a Voyageur Trail Club has many rewards and challenges! Currently, the Saulteaux Club is going through a bit of a challenge.

For personal reasons, our Treasurer and Recording Secretary have had to "retire". That leaves me with only one executive member (Larry Gringorten, Vice-President) to help me.

Larry is a great and efficient Vice-President but WE ARE LONELY AT THE TOP!

I realize that there are very few people out there with extra time on their hands these days, but neither position requires a great deal of time. The Treasurer balances the chequebook of our club once a month and the Recording Secretary records the minutes at our bi-monthly meetings. We could combine the two jobs into one "Secretary-Treasurer" and it still would not be an onerous job.

I even have an old Macintosh computer and printer that could be lent to the volunteer who offers to help out! It is old, but can still be used to print out minutes and play games!

If anyone out there in the Saulteaux Club has any questions about either position, please contact me at 942-1891 or voyageur.trail@sympatico.ca

The Annual Saulteaux Club Dinner and slide show is coming up fast! Don't be disappointed-get your tickets today!

This year, we are going to Aurora's-West End restaurant on Saturday, April 20 and looking forward to feasting on soup, salad, roast potatoes, ribs, pasta, and coffee/tea.

After dinner, we loosen our belts, lean back and watch Dieter Ropke as he presents his presentation entitled, "Hiking the Greek Islands".

Everyone attending will be eligible for many, many door prizes, including very nice donations from the Sault S.C.U.B.A. Centre Ltd. Tickets are \$20 for adults, \$10 for children 10 and under, and children under 2 eat for free.

See page 3 for a mail-in coupon to order your tickets today!



See you on the trail!



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OUTING SCHEDULE

This schedule was put together early and may have last-minute changes from time-to-time. Please call our Information Hotline at (705) 253-5353 and select message No. 9999 to check if any details of the outing have been changed. This Information Hotline is updated regularly and will have the latest news on the next planned outing. The schedule is also on our web site. Visit: < <http://www3.sympatico.ca/voyageur.trail> >

Saulteaux Club

(Sault Ste. Marie and area—outings marked with an asterisk (*) are outside Sault Ste. Marie) For all outings, bring fly repellent, water, a lunch and dress appropriately. Be prepared to sign an Assumption of Risk Agreement. For paddling outings, participants must come as part of a self contained canoe team (i.e. vessel, pfds, paddles, partners, etc.)

Sat., Apr. 20 - Annual Saulteaux Club Dinner at Aurora's-West End featuring, Dieter Ropke with his slide presentation, "Hiking the Greek Islands". Dinner at 6PM. Elections will be held (volunteers always welcome for executive positions.) Tickets \$20 each. Children under 10, half price & under 2-free. For tickets, call Gayle 942-1891.

Sun., Apr. 21 - Earth Day clean-up with Gayle (942-1891). Zellers behind Penningtons at 10AM. Behaved pets ok.

Sun., Apr. 28 - "Go to Blazes" trail maintenance with Gayle (942-1891). Market Mall 10AM. Behaved pets ok.

Thurs., May 2 - Saulteaux Section work party with Susan Graham. Call 949-4105 for meeting place and time.

***Weekend-Fri., May 3 to Sun., May 5 Backpacking work party weekend** from Blind River towards Turtle Lake, return. Call Gayle 942-1891.

***Sun., May 5 - Join Allan Beilhartz** for a hike in the Bruce Mines area. Meet 9AM. For meeting location call 785-3889.

Thurs., May 9 - Saulteaux Section work party with Susan Graham. Call 949-4105 for meeting place and time.

Fri., May 10 - Campstove Potluck 6PM at Landmarks, 4794 Second Line West. Cook your favourite recipe on your campstove to share. 779-3409.

Sun., May 12 - Mother's Day Hike with Horst Wetzl (254-8504). Market Mall 10AM. Behaved pets welcome.

Mon., May 13 - Saulteaux Club bi-monthly meeting at 7:30PM Great Lakes Forestry Centre. Gayle 942-1891

Thurs., May 16 - Saulteaux Section work party with Susan Graham. Call 949-4105 for meeting place and time.

Sat. May 18 - Canoe the Crystal Creek from Trout Lake to Thayer Acres. Involves several portages with a combined length of 1200m. Meet at 10AM behind Penningtons at the Zellers Plaza. Contact Don (946-9599).

***Sun., May 19 - Beach/Nature Trail hike** at Pancake Bay Park with Ila (949-1097). Zellers behind Penningtons 9AM. Pets welcome but bring a leash.

Thurs., May 23 - Saulteaux Section work party with Susan Graham. Call 949-4105 for meeting place and time.

***Sat., May 25 - Bike in Leeburn area.** Churchill Plaza 9AM. Mike 779-3409.

Sun., May 26 - Work Party. Market Mall 9:30AM. Tools will be provided. For more info, call Gail at 942-0768.

Thurs., May 30 - Saulteaux Section work party with Susan Graham. Call 949-4105 for meeting place and time.

Sat., June 1 - Hike (10k) in the Hiawatha Highlands. Behind

Penningtons in Zellers Plaza 10AM. Behaved pets ok. Don (946-9599).

***Sat., June 8 - See Penewobikong Club hike** (Iron Bridge)

Thurs., June 13 - Short evening paddle with Gayle (942-1891). Market Mall 6PM.

***Sat., June 15 - Possibility of Carp Lake Trail Hike.** Call Gayle 942-1891.

Sun., June 23 - Hike with Gayle (942-1891). Zellers behind Penningtons at 10AM. Behaved pets ok.

***June 29/30 - Paddlefest Sea Kayak Symposium** at Naturally Superior Adventures in Wawa. 1-800-203-9092.

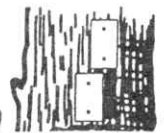
Thurs., July 11 - Short evening hike in Goulais Avenue area with Ila (949-1097). Market Mall 6:30PM. Pets ok.

Sun., July 14 - Hike with Gayle (942-1891). Churchill Plaza near Rogers Video at 10AM. Behaved pets ok.

Mon., July 15 - Saulteaux Club bi-monthly meeting at 7:30 PM at GLFC. Call Gayle for more info at 942-1891.

***Sat., July 27 - Hike** from Sinclair Cove to Barrett Creek in LSPP. Zellers behind Penningtons 9AM sharp. Behaved pets welcome, but bring leash. Call Doris Welz at 942-9466.

Mon., Aug. 5 - Hike with Gayle (942-1891). Zellers behind Penningtons at 10AM. Behaved pets ok.



(Continued on page 4)

✂ Please clip and mail ✂

Please send me _____ tickets to the 2002 Annual Saulteaux Club Dinner taking place April 20, 2002 at Aurora's-West End (Adults \$20 each, children under 10 - \$10 Children under 2 - free) for a total of \$_____. My cheque is enclosed. (Please do not send money.) Seating is limited and tickets are on a first-come, first-serve basis.

Name: _____ Tel: _____

Address: _____

Mail to:
Saulteaux VT Club
c/o 25 Pardee Avenue
Sault Ste. Marie, ON P6B 1V9
Tel: 705-942-1891

