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Randonnews

The newsletter of events,
developments, and general
goings on of...
Randonnée Aventure

Vol. II, No. 2 SUMMER-FALL
1987

RANDONNÉE AVENTURE:
355-5682

Montreal's friendly outdoor adventure co-operative!
Box 1102, Snowdon, Montreal, Quebec H3X 3Y2



Message from our new president!

THE PRESIDENT'S MISSION. (Is he? More's to the point, who is he?)

Half way through our Spring-Summer-Fall schedule and its obvious that RA is heading in all directions. Hikers are having their ups and downs, cyclists are rolling along nicely and our intrepid cavers were down for a while but came right back up again.

Five extremely successful one-day hikes have afforded us the opportunity to; see the expansive views from Mt. Lyon (apparently on a clear day you can see Montreal); learn how to hike in tropical conditions on Dial and Noonmark; find several ways to the Camels Hump; visit Big Slide and his Brothers and also Adirondack Loj (which in a good dictionary is found between loiter and loll). What's more, we created history in that the only person to go AWOL was the hiking co-ordinator. Many thanks to Gerry Bard and all the members who have organized, scouted, co-ordinated and administered these trips.



When we said to Al Ramsay "On yer bike" he mistook our meaning and started peddling a series of one-day cycling trips. Our free wheelers have so far enjoyed three trips to Vermont and within Quebec. The response has been so good that this activity will be expanded next year. For the present, don't forget that Don Hackett's magical mystery cycling tours are going somewhere on Sundays.

In May, RA had another first, when a group of would-be troglodytes decided to spend the warmest and sunniest week-end of the year several fathoms below ground. This was such an enlightening experience that one caver was moved to the poetic (see Ken Fisher's version of the week-end in this issue of Randonnews).

Outdoor volleyball at Fletcher's Field continues to be popular, despite the mysterious way it seems to rain every Tuesday night! Volleyballers please note that the Fall and Winter sessions will be at the Westmount Armoury on Mondays. (If that's not big enough we'll try for the Big O).

Continued Page Two

President's Missive (cont.)

I can personally recommend the St. John's Ambulance First Aid Course that is offered through RA with its particular emphasis on outdoor type injuries. It was not only interesting and educational but also fun (I thought a tubular sling was what you did with empty beer cans).

One programme that has no season is our social calander. All year round, Elise Brais and her (few) helpers lay on a variety of occasions to suit all tastes. The Fossil's play, strawberry picking (we pre-empted Wimbledon with that one) BBQs etc have all given a great amount of pleasure and fun to the participants. The schedule for the rest of Summer is presented here. The social programme is one of the major things that makes RA different from other outdoor clubs in Montreal. Ideas and, of course, help are always welcome. Do not hesitate to contact Elise.

For the future, there are 6 day hikes in the fall (some spaces still available), cycling, canoeing week-end (already sold out!), a Labour Day hiking week-end, and of course, the Thanksgiving trip to New Hampshire. Details of these and our social events are all in this issue.

Currently, our membership stands at 168, of which one quarter are new members. I therefore formally welcome you to the club and on behalf of all the members, I express thanks to those who help in the running of the club. They are doing such a wonderful job, I'm not sure they need me at all. Come to think of it, that's probably why they nominated me in the first place....

Gerry Cooke



Volunteer!
RANDONNEE AVENTURE EXECUTIVE COMMITTEE 1987-88

President	Gerry Cooke	467-8246
Vice President	Don Hackett	487-3615
Secretary, Vol.Bl. (sum.)	Monika Malecka	733-7500
Treasurer		
& Bus. Mgr.	Vera Tobis	489-1911
Accountant & Registrar	Jan Wilk	336-7897
Social Events	Elise Brais	481-3126
Hiking	Gerry Bard	678-6886
	Diana M& D.	487-4596
Cycling	Al Ramsay	486-8957
	Jack Melnick	488-9904
Caving	Cal Hindson	651-5050
	Diana Me D.	487-4596
Backpacking	Don Hackett	487-3615
	Margaret Rob.	481-3126
Canoeing, L&F, Tel.	Wayne Waters	351-4819
Orienteering, X-C Ski	Phil Prince	634-7384
Volleyball, winter	Tony Neville	1-451-5515
Volunteer co-ordin.	Gerry Blanchard	366-9329
Publicity	Ruth Lawee	488-0978
Telephoner	Diane Lafortune	622-3406
Randonnews	Jo Anne Gray	465-9900
Songbook	Sam Allison	443-1464

CLUB NUMBER 355-5682
(Phone and leave a message if you are unable to reach any of the above people)

EDITORIAL

Well, folks, here it is... Volume II, Number 2, Randonnews 1987 summer edition. A new format (comments, please), more news and reports than ever before, more writers, editors, typists, and photographers contributing, a few unpaid "public service" announcements (the micropore water filter and the discount ads) and even a paid advertisement (hey, what does it matter that I placed it myself?)... and this is our "off season" edition!

We are expanding our mailing of the newsletter to link up with other outdoors organizations in Canada, the States, and Europe (that's why almost everything is typed this time). If you belong to other groups you'd like us to connect with, please send us their addresses.

At the recent annual general meeting of the Federation de la Marche at the Gault Estate on Mont St. Hilaire (great place for a day hike, about 45 minute drive from Montreal), I met representatives from a number of walking, hiking, and snowshoeing clubs from across Quebec. Some of these groups -- e.g. Sentiers de l'Esterie in the Eastern Townships -- are working very hard to establish and maintain trails in Quebec. Others, for example, Les Randonneurs du Saguenay, and C.M.C., Club de la Montagne Canadienne, are keen on organizing a joint event with our group.

On an individual level, I believe the club activities can be shared by many more people if keen present members invite a friend along to any of the events... slide show, nature talk, map and compass sessions, St. John's course, fall party, barbeque, or that one precious hike that still has a few openings!

Many thanks to Vera Tobis for her writing, typing and editorial assistance, Cal H., Gerry B., Gerry C. ("the Prez"), Elise B., Al R., Ken F., Jan W. and Sam A. for their contributions.

And, how else can I say it without sounding corny, thanks to everyone for making R.A. such a great organization.

Jo
JoAnne Gray
Editor
Randonnews



Treasurer Vera Tobis (right) as she receives bills for Vol. II No. 2, Randonnews




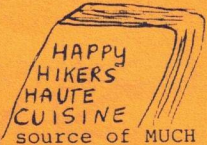
"It's finished!" Jo.

TREASURER'S REPORT

Including some plugs for T-Shirts, CookBooks and other Special Projects

This season R.A. continues to maintain a firm financial position. Our club policy to have every activity not only self-financing, but also profit-making (we incorporate a 10-20% profit margin into all our ventures) has enabled us to enjoy a modest prosperity as well as given us the means to fund special projects.

The Club's next major Special Project will be a  Songbook and the baby needs a name!!! We are therefore instituting the RANDONNEE AVENTURE GREAT SONGBOOK TITLE COMPETITION - the Winner to receive a FREE SONGBOOK. So mail in your entries (as many as you want) to GREAT SONGBOOK TITLE COMMITTEE, c/o Randonnée Aventure NOW.

The Club's first publication  has been wildly successful and a source of MUCH conversation among the food lovers in our midst. It is not at all uncommon to hear in the buses and on the trails the murmurings of contented Randonnerds: "Um, have you tried Wes' Bar-B recipe", or "Colin, we just ADORE that mushroom-shrimp platter", or "Sari, would you mind, just one more time, that delicious Apfelkuchen" and on and on like that.

There is now just a very limited supply of this fabulous FIRST EDITION remaining, so, if you don't have one, and want one, call Vera at 489-1911. As advertised, at year end, the Club will donate its profit (of \$2 per book sold-for an estimated total of \$220) to the fine efforts of Sun Youth in Montreal.



CLOTHING DEPARTMENT

These fashionable and colourful wonders can be obtained at most club events (hiking and cycling buses, indoor volleyball) - but if you can't wait that long, Jack has the yellow ones and Vera has the pink and blue ones. GET YOURS NOW!!!

Last year's surplus of \$5,000 (THE CUSHION) has been invested in a Term Deposit and interest income will help us pay some of our bills. We have established some programs to redistribute these funds for the benefit of all our members: our very active hikers will receive a HIKEMORE rebate, all candidates who successfully complete a First Aid or CPR Course will receive a refund of \$10, and the Fall Party will have at least partial funding.

Continued ...

Treasurer's Report (cont)

We are also establishing a club library of books, magazines, maps, trail guides, first aid guides for trip leaders and for the general membership. Elise Brais is co-ordinating this project as the official Club Librarian.

Finally, we are expanding the mailing list of the Randonnews to include other clubs and organizations in Canada, the States and Europe.

Do you have other suggestions for the Executive to ponder? If so feel free to discuss it with any of the Club Executive or submit a written proposal to the P.O.Box. Remember this is YOUR ("not for profit"?) co-op!!!

Vera "Nearly Wholesale" Tobis
Treasurer

R.A. BUTTONS -- new batch is now off the presses. Available to all new members and veteran members too. Free!



"WITH A SONG IN OUR HEARTS" DEPT.
R.A. TO HIT THE PRESSES AGAIN... WITH A SONG BOOK!

Now a formidable force in the publishing world, Randonnee Aventure, proud publisher of the respected Randonnews (Voice of the Randonnerds) and the Randonnee Aventure Cook Book, is now entering the entertainment field with its planned production and publication of the Randonnee Aventure Song Book, tentatively titled, Hiking Around, Fooling Around, Singing a Round.

Song book editor-in-chief, Sam Allison (author of French Power, Montreal: Cradle of Canadian Industry, Bureaucracy in Education; researcher of history and music; teacher) describes the song book as, "a serious effort to record the songs that club members enjoy... or will enjoy... singing."

Introducing hiking, canoeing, folk and slightly (?) risqué songs to members is the aim. "Accompanying chords will be included, where possible," Sam explains, "and we also plan to teach some of the tunes at the Sing-a-Long Song Book Launching Party."

Contributions of SONGS are welcome from all members. To comply with copyright laws, they must be old favourites (over 50 years old) or non-copyritten. If possible, include the accompanying chords. VOLUNTEERS are also needed to help select, edit, type, and illustrate the songs.

To help or contribute contact Sam Allison 443-1414

Take a hike!



SERMON FROM THE MOUNT DEPT.

Hiking director and committee already planning for next year!

After an enormously successful spring hiking season, the R.A. Hiking Committee is fine-tuning the fall hiking series, organizing the Thanksgiving Condominium Weekend in New Hampshire, and doing some advance planning for the 1988 season.

Fine tuning

Although the co-ordination and administration of each hike (from scouting to registration to exchange of hikes to map distribution, grouping of hikers, directions, pub stops and post-hike dinner arrangements) by the committee, under the leadership of director Gerry Bard and administrator Diana MacDougall, a few snags have occurred on the hikes.

Lateness and inadequate identification at the border, says Gerry, are frustrating for the volunteer organizers. "We ask everyone to plan their choice of hike, and their pace, to ensure they return to the bus on time. Also, some hikers tend to linger by the lake or in the washrooms when everyone else is waiting in the bus."

The only acceptable identification at the border, he explained, are "...birth certificate, passport (with landed immigrant papers, when necessary), or citizenship card." A driver's licence is not proof of citizenship status, and border guards can refuse admission to the country because of lack of identification. Not a happy prospect!

Advance planning

An "Onward and Upward!" planning meeting, open to all club members interested in planning the Thanksgiving weekend trip to New Hampshire and hikes for 1988, will be held shortly. New people and ideas invited -- this is a great opportunity to become more involved.

Chez Don Hackett Apt. 30 - 4266 Old Orchard
7:30 Wed. August 12th
(487-3615)

This committee's time, effort, and hard work has resulted in a spring series filled to overflowing with new and veteran hikers. The new destinations chosen, excellent documentation (maps, trail descriptions, and especially those cartoons), and on-bus co-ordination have been much appreciated by all.

HIKING DIRECTOR: Gerry Bard 678-6886 -(TRIP INFO)
HIKING ADMINISTRATOR: Diana Mc Dougall 487-4596 -(SIGN UPS)

R.A. CYCLING SEASON "GEARED UP" TO A GREAT SUCCESS! 8 TRIPS PLANNED FOR '88! NEED MORE HELP!

Bicycling began its first full season of scheduled trips to Quebec and Vermont. The first trip to Bedford was a pleasant beginning to the season. A survey taken at the end of the trip indicated that nobody considered it too long or too difficult, and about 40% were anxious for longer routes and more hills!

The first three trips were all fully booked (there is still some space available on the August 22nd trip to Hemmingford) - resulting in Randonnée Aventure's plans to DOUBLE the number of trips offered next season.

We do, however, need volunteers to help plan and scout these new routes and to administrate the trips. If you are interested, contact

Jack Melnick 488-9904
Al Ramsey 486-8957
Jan Wilk 336-7897

R.A. WANTS YOU!!!



Jan

**BONUS
WEEKEND
TRIP**

SEPT. 5, 6, 7



LABOUR DAY CYCLING, HIKING!

We are planning a Labour Day Weekend cycling trip down around Burke Mountain, Lake Willoughby, Crystal Lake and Island Pond in Vermont.

If you want some great cycling, magnificent scenery - come join us on this fantastic trip! This trip would also be open to non-cyclists - walkers, hikers, swimmers, shoppers, partyers - All are WELCOME.

We would travel by car-pools on a Friday night and return sometime Monday afternoon. We would be staying at a lodge or Inn where breakfast would be included and we would be on our own for lunches and for outdoor barbecues and dinners at night. Arrangements and accommodations will be finalized in the next week. Cost for this trip would be APPROXIMATELY \$135 Cdn. and will be confirmed when all the arrangements have been completed.

A definite commitment from all participants is required by Friday, August 14th, as well as a downpayment of \$60 Cdn.

For further info, please contact Jack Melnick, or Al Ramsey or Jan Wilk.

al

CAVING PROVIDES "MAGICAL BEAUTY...
ALTERED STATE," SAYS CAL

CAVING

SPECIALLY REDUCED PRICE FOR WEEKEND TRIP - AUG. 7,8,9th
Trip also includes 1 day hiking possibility

Report on May trip

The May caving trip proved to be a very different experience than the winter trip. In the non-caving part of the trip, warmer weather invited the group outdoors. Cooking, eating and general "loafing around" took place outside the cabin either on the veranda or on the grassy hillside. Both the sun and the hilltop view became a part of the weekend caving trip. And so too was the pinegrove in which some chose to sleep either with or without tents.

Three very different caves were visited: Gage, Caboose and the popular Schoharie cave. Gage's cave entrance began with a 50-foot ladder which descended into a pit or "chimney". Looking up the chimney, one could see the oblique sunlight hitting the fine falling mist going by the green moss-covered stones. One caver was prompted to compare this magical beauty to a kind of altered-state experience. And there was Schoharie cave which as in the first two trips was appreciated by those who particularly enjoyed a spacious cave and a cave providing optional climbing and straddling experience as well as some impressive and beautiful rock formations to see.

The weekend finished with a visit to a curious caving and bat boutique where there were oddities galore to tempt purchasers.

A most successfull and fun trip!!!

Cal

CAVING/HIKING TRIP - AUG 7,8,9th

This trip into New-York State provides members with doing either two days caving or one day caving and one day hiking in the Catskills

There is a specially reduced price of \$45.00 per member.
If you're interested in going on this trip, there may be one or two places left. Contact Cal Hindson or Diana McDougall promptly.

ONE DAY CAVING TRIP IN QUEBEC

Several people have expressed an interest in this kind of one day trip. The caves are smaller and less spectacular than in the United States, but could nevertheless be of interest. The trip date will be decided between the participants and the guide. Contact Cal or Diana soon.

(Typed by G.B. on his A.)

Diana McDougall
487-4596
Cal Hindson
651-5050

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CAVING CREATIVITY DEPARTMENT

Ed. Note 1: Inspired by -- or slightly deranged from -- a R.A. caving adventure, Ken Fisher penned the following poem on his ascent from the depths.

From the Peaks of the mountains
to the bowels of the earth,
We, the Randonneers, feel a rebirth.

Serge, our terrific guide
led a group of eight
Starting with a cave named "Gages"
ending with Adam's claustrophobic rages.

Diana fed us well at breakfast
to give us energy to straddle the rocks
Gerry supplied half the transport
and Ingeborg wrung her socks.

James, it was nice to have you
and Gay, we liked your smiles;
We had our own private Saturday night bash
Say, Cal, when will you learn to use a flash?

Ken had a wonderful weekend
and the weather couldn't have been better;
Bye, bye, Shutter Corners til 'this August
We'll send you a long bat letter.



Ken.

Ed. Note 2: If this poem inspires you to try spelunking,
contact Cal Hindson at 655-9983 regarding
the August trip!
or
651-5050

VOLLEYBALL

- outdoors al fresco variety -- continues at Fletcher's Fields at 6:30 on Wednesday evenings, until it gets so cold that it becomes more masochistic than recreational. Monica Malecka in charge here.
- indoor v-ball and fitness sessions will move to the Armories on Ste. Catherine in Westmount (site of our big parties). High level negotiations now in progress between Club Prez. and Minister of Defence re: finances; it will continue to be a great deal. Details in fall newsletter and on club tape. Gerry C. and Tony Neville in charge here

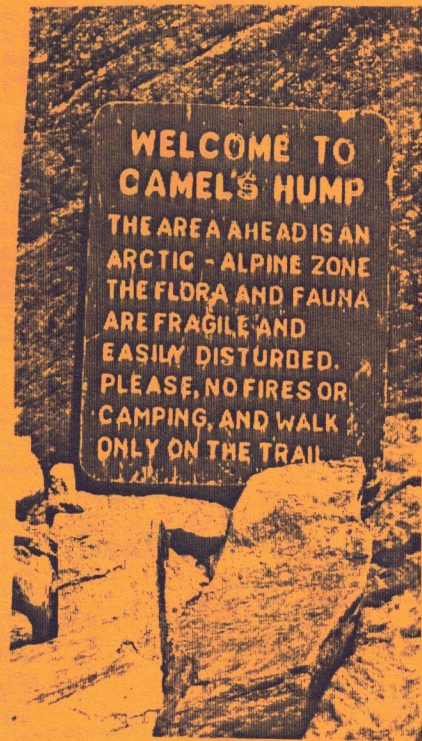
CYCLING T-SHIRTS

- that great slogan, "Gear Up!" came from the right brain of R.A. member, Phil Prince, during the high-pressure Bike Slogan Contest held on the bus on the way home from cycle trip no. 3. Congrats, and thanks, Phil... hope you enjoyed every last drop of your prize. Thanks to all the judges and to Al R. for donating that neat can of imported beer as the prize stakes!
- that great design came, once again, from R.A. member and resident artist, Renée (Leonardo) Lévy. Merci, Renée!

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R.A. Takes many a hike!

Our most popular activity - hiking - has, of course, provided most to the coffers with an estimated \$2,000 - \$2,500 income expected by the end of the fall season. All regularly scheduled spring trips were SOLD OUT; all fall trips, except No. 8 (Oct. 3 to Marcy) are SOLD OUT! But remember, there are usually no-shows; the buses are rarely totally full. So come September, when the colours are out and you want to go hiking but have no reserved seat - come anyway. Chances are good that when you get to the Atwater pick-up spot, a seat will be available.

V.T. (B)



R.A. Hiking Administrator Diana Mc Dougall (the girl) and Hiking Director Gerry Bard (center) discuss with trip administrator Gerry Blanchard (the only other one in the picture) his imminent registration in the R.A. Map and Compass mini-course.

Leave not even footsteps!

"Most of the luxuries, and many of the so-called comforts,
of life are not only indispensable, but positive hindrances
to the elevation of mankind."

Henry David Thoreau
Walden



PHOTOS BY GERRY BARD



Elise's Super Duper
SOCIAL EVENTS FOR FALL 1987



Friday August 28
5:00 - 9:00

EQUIPMENT, GARAGE & MOVING SALE PREVIEW

Bring your own outgrown equipment or generally unused quality stuff and set up your own little stand at J. Gray's MOVING SALE PREVIEW event (see ad). BBQ hot dogs provided. Rain or shine. BYOBeer! 465-9900 (August 25-28 only)

Wednesday
September 9

Naturalist talk

Come hear Chris Adams talk about animal signs, plants and dangers in nature.



Time: 7:30 p.m. sharp
Place: David Thompson Hall, McGill University
Price: \$3.00 per person, subsidized by the Club.

Bring friends, but sorry, no little ones.

Sunday
September 13

Margaret's Now-Famous Corn Roast

Corn-on-the-cob, salads provided. Bring drinks, bathing suits, etc.



Time: 2:00 p.m. on
Place: Howick, Quebec (near Ormstown)
Price:

Open to all, bring friends, car pools to be organized. Call Margaret for directions and more info, at home 481-3126 or at work 848-7768.

October
Details TBA

FLOWERS OF ONTARIO

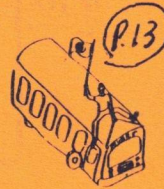
Look forward to Colin's slide show or orchids, lady slippers, trillia and many, many more beautiful flowers. This event will be scheduled for an evening in October and will be announced in the next Randonnews. *ALSO - Wilderness Survival Techniques video!*

Late October

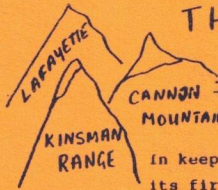
DON'T FORGET OUR FABULOUS FALL PARTY. Details will be given in our next Randonnews... *why, it's almost time to sign up for cross-country skiing!*

Elise 481-3126
Always looking for new
Social Activities TALENT!

BLOCK BUSTER EVENT



THANKSGIVING DAY CONDO FUN WEEKEND October 10-12



FRANCONIA NOTCH (NEVER BEEN THERE, HAVE WE?)

In keeping with our age-old Thanksgiving tradition, Randonnée Aventure proudly announces its first Official 1987 CONDO WEEKEND!!!

We will be going to a brand new destination in the White Mountains of New Hampshire (No more Waterville!) - and will be staying in luxurious condos in the Lincoln area - not far from the trails at Franconia Notch.

Full Details about the location, the trails and the price (estimated \$140-150 Cdn) will be provided - upon the return of the Scouting Team - in a Special Holiday Flyer.

We will depart Montreal FRIDAY p.m. OCTOBER 9th and return home sometime MONDAY OCTOBER 12th.

A NON REFUNDABLE DEPOSIT of \$50 is required no later than FRIDAY, SEPTEMBER 4th so BOOK NOW!!!

SO, Happy Hikers, don't make other plans. Be with us on the Holiday Weekend and enjoy the "all new" trails and the beautiful scenery and the gourmet meals and the wonderful company. A Super Time awaits all!!!

Outdoor Safety

Be Trail Smart. Pack the First-Need™ Water Purifier.

Ready access to safe, pure drinking water is essential on the trail. The First-Need™ Water Purifier micro-strains water-borne Giardia, pathogenic bacteria, cysts, tapeworms, larger protozoa and even radioactive fallout. It is especially effective in removing herbicides, pesticides and asbestos as well as foul tastes and odors. Dissolved minerals or salts remain to make water healthy and naturally delicious. Wt.: 12 oz. Item #T407-068 \$33.95ppd

Offer expires 8/31/87. REI guarantees satisfaction or your money back.

Please send me _____ First-Need™ Water Purifier(s). Item #T407-068

Please print clearly.

Check VISA MasterCard

Acct # _____

Exp. Date _____

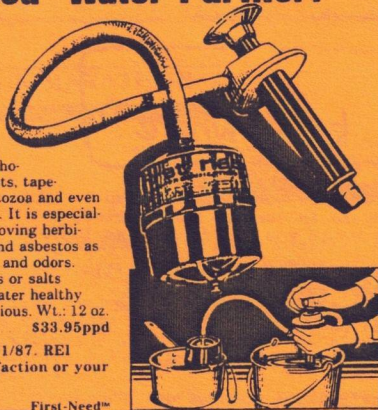
Issuing Bank _____

Name _____

Address _____

City _____

State _____ ZIP _____



First-Need™ purifies 1-qt. of water in about 90 seconds without chemicals. Includes pump, replaceable canister filter, bottle filling tube and instructions.

REI
Quality Outdoor Gear
and Clothing Since 1938

This is a public service announcement!

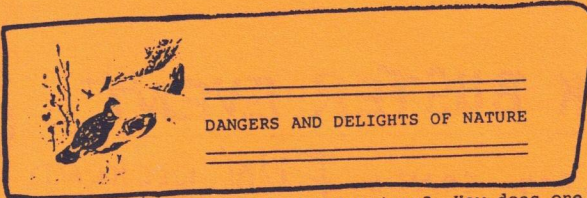
These micropore filters are the only effective means of ensuring safe drinking water on the trail in all our hiking area - thanks to Giardia, etc (see article, next issue, or talk to Don Hackett) \$33.95 U.S. is about the best price around... '81 Aug 31/87 only.

Mail to: REI, DEPT. 216, P.O. Box C-88127, Seattle, WA 98188-0127.



Canada and Alaska toll call 1-206-575-3287.

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DANGERS AND DELIGHTS OF NATURE

Why do animals make certain signs? How does one "read" these signs?

If you wish to be more informed about such things as tracks, gnaw marks or browse marks - then this event is for you.

Chris Adams, naturalist, will talk to us about animal signs, beaver dams, dangers in nature and edible and poisonous plants. He will also present his scientifically-mounted animals.

You will learn how to identify problem plants, insects and animals and learn how to avoid commonly made mistakes that can lead to dangerous situations in the woods.

You will discover which plants are of great nutritional value and which plants are extremely poisonous and to be avoided.

For all those curious about their environment, this talk will take place:

- DATE: Wednesday, September 9
- TIME: 7:30 p.m. sharp
- PLACE: David Thompson Hall
Graduates' Society, McGill University
on McTavish, between Dr. Penfield and Pine Avenue
- PRICE: \$3.00 per person
(subsidized by Randonnée Aventure)

David Thompson Hall has a bar... so bring your friends, but Sorry, no minors.



Chris Adam
Naturalist

Adam
Delhaes
Naturalists

Organized by Ken Fisher with
(733-2751) Elise Brin (481-3124)

N.B.: BLANCHARD DEPT.

"Take a hike" ... and know where!

Nature lover, tree-hugger, hiker, backpacker, canoeist, x-c skier you may be... but do you know how to read a map on your own? Do you carry a compass in case of emergencies, but not know how to use it? What would you do if you were lost?

Maybe it is time to learn some basic map and compass skills! R.A.'s own Phil Prince, Ken Fisher, and Don Hackett, in conjunction with John Charlow of Orienteering Quebec and Rambler's Orienteering Club, will be offering a:

MAP AND COMPASS KNOW-HOW MINI-COURSE

- DATES: SEPT 16 (Wed. even) Basic map & compass use
- SEPT 23 (Wed. even) Outdoors practice (Mount Royal)
- OCT 18 (Sat. day) Beginner's Orienteering Meet
Morgan Arboretum

COST: \$2.00 (2 Wed. even) plus \$6.00 for Orienteering Meet

BRING: Your own compass, if possible, and all your questions! Maps will be provided.

REGISTRATION: Complete form on Page .

FURTHER INFO: Call Phil 634-7384 Don (487-3615)
Ken 733-2751



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St. John Ambulance

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SAFETY ORIENTED FIRST AID LEVEL STANDARD

They came, studied, bandaged, Heimliched, carried, watched videos of blood, shock, burns and dismemberment, were tested ...and certified!!!

Fifteen Randonnerds, with their St. John Ambulance Standard Certificates, are now able to think straight, artificially respire, and generally respond to medical emergencies at home, work, or on the trail.

Are YOU?

A second FIRST AID course with emphasis on outdoors emergencies is scheduled for the late fall - after hiking and before skiing.

The cost is \$50.00 and R.A. will provide a \$10 rebate upon successful completion of the course... or a complimentary R.A. t-shirt!

A survey of course "graduates" indicated unanimous recommendation of the 5-night program ... more time for study and retention. Minimum of 16, maximum of 20 per group, with St. John instructor Bill Zaslowski. Work book, tests and certificate included in price. The Certificate is valid for 3 years.

TIME 6:30 - 1000
 WEDNESDAY EVENINGS (5)
 OCT. 28, NOV. 4, 11, 18, 25
PLACE ST JOHN HOUSE, ST DENIS AT DEMAINNEUVE
 (OPPOSITE BERRI DE M. METRO STATION)
COST \$50.00
REGISTER IN ADVANCE - LIMITED PLACES AVAILABLE
 BY SEPT 15.
CONTACT EVE GIBBAULT 843-5475 OR c/o 355-5682

UN MARATHON

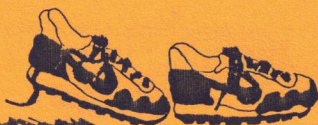
QUI LAISSE DES TRACES



Joggers planning to run the Montreal Marathon on September 27, 1987, can also raise money for a number of projects (of the non-Oliver North variety!) in Central America by organizing pledges for the Comite Marathon Avec L'Amérique Centrale, Inc. This group has raised over \$208,000 in the past seven years for projects such as a wheelchair construction workshop in Nicaragua, mid-wife training program in Guatemala, and housing improvement in Salvador.

The "run-a-thon" pledge system allows for pledges by the kilometer (42 of them to finish... remember, an 84 year old lady did it) or a straight payment. Therefore, it is not necessary to complete the marathon in order to participate. This group also puts out a great t-shirt, buttons, and has a 12 minute video on its activities.

For more details, contact:



COMITÉ MARATHON
AVEC L'AMÉRIQUE
CENTRALE INC.
C.P. 794, Succ. « N »
Montréal, Québec
H2X 3T7
tél. : (514) 933-2603

Now that any self-respecting group of outdoors enthusiasts can pool a supply of suntan lotions from PABA 2 to 24, it's time to look at the less obvious -- but potentially more dangerous -- effects of the summer sun: overheating, heat exhaustion, heat stroke, hyperthermia. What are the subtle and dramatic symptoms? How can they be treated? How can they be prevented?

Having cancelled out on the Lake Champlain cycling trip in deference to the extreme heat, I did a little research on this very subject. Here's the scoop.

SYMPTOMS OF OVERHEATING

The most important aspect of overheating is that you may not notice the symptoms until it is too late. You do not feel thirsty until your body is already 20% dehydrated. You may not ascribe mild symptoms such as fatigue or slight disorientation to the excessive heat. You may not even feel other effects until you have completed your activity. Heat-induced symptoms such as a post-hike headache, excessive fatigue, upset stomach, or even a throwy-uppy feeling may occur later that day or even the next morning.

The following symptoms can indicate that overheating is moving into the more serious stages of heat exhaustion or heat stroke. In the latter condition, a victim could go into physiological shock or worse (ie. death) if not treated by a doctor. Remember, though, that any of these symptoms could mean trouble: excessive sweating; heat cramps (muscle tightening, discomfort, spasms in limbs and abdomen); cold, clammy pale skin; hot, dry skin; goosebumps; feeling chilled; quickened pulse; rapid shallow breathing; noisy breathing; nausea; vomiting; blurred vision; throbbing headache; dizziness; unconsciousness.

TREATMENT

Get the overheated victim to the coolest possible location, out of the sun. Don't try to keep going. Have them drink cool -- not cold -- water, which could be very slightly salted. Don't force it down, but encourage regular sipping. Encourage as much rest as possible. If the victim becomes unconscious, place on his/her side (St. John's recovery position) and cover with a blanket. Monitor breathing and obtain medical aid.

LITRES AND LITRES OF PREVENTION : H₂O

Prevention is largely spelled H₂O. To replace fluids lost through respiration and sweat, you must drink, drink, drink... up to one cup every 15 minutes. Drink before you begin; drink after you finish. "Sport drinks", with sugar and electrolyte replacements, are not particularly recommended as they can actually slow down the stomach's emptying processes AND impede the body's water uptake. If you use them, dilute them as much as possible. Better to eat potassium-rich oranges and bananas during the day if you are concerned about your precious bodily chemicals!

How you cover your semi-naked body is also important. A sun hat should be a light colour and permit perspiration and air circulation; it should also sport a visor, and ideally, cover your neck as well. Sunscreens - especially the waterproof variety -- can seriously inhibit the perspiration which is essential to your body's cooling system. Ditto for thick moisture creams. Might be better to cover up with a light loosefitting cotton shirt.

During the summer heat you can remain active with relative impunity... if you drink water like a beluga whale, dress like Laurence of Arabia, and sweat like Niagara Falls. Happy heat wave!

--Jo Anne Gray *J.A.G.*

Sources:

Tierney, Gloria.	Body Heat,	<u>Backpacker</u>	magazine, July, 1987
Thomas, Lowell P..	Sweat,	<u>Backpacker</u>	magazine, July, 1987
	<u>Standard First Aid workbook</u> ,	St. John Ambulance,	1986.
	C.B.C. radio interview,	July, 1987	

hallet mag?

"IT'S NEVER TOO HOT TO THINK ABOUT SNOW" DEPT.
WEEKEND CROSS-COUNTRY SKI TREK PLANNED TO PARC DE LA MAURICIE REFUGE

Are you the type who fantasizes about relaxing in a cozy log cabin, heated by crackling wood fire in the middle of Parc de la Mauricie, accessible only via a one-day, 11.8 km. cross-country ski, carrying a pack full of food, pots, sleeping back, the R.A. Song Book, and some changes of Lifa?

If so, you may wish to join a small, energetic, and slightly bonko group of R.A. members on the WABENAKI REFUGE WEEKEND, planned for mid-February, 1988. We will leave Montreal on the Friday night, stay overnight in a Trois Rivieres or Shawnigan motel, ski into Wabenaki on the Saturday, and return home on Sunday. The refuge supplies beds and a propane stove; we'll arrange for shared food preparation.

To join this group, you must be a strong intermediate or expert cross-country skier with backpacking experience. Singing, cooking, firemaking, story-telling, first aid, orienteering, CPR skills (any or all) will also be handy.

To register, complete the form on Page .
Reservations must be made by mid-October, so let us know soon!
Further details from Phil Prince and Sari Kelen, 634-7384
Jo Anne Gray 465-9900

Time: Weekend of Feb. 12 - 14 or Feb. 19 - 21
Place: Parc de la Mauricie (see map)
Cost: \$5.00 per person for refuge, plus shared transportation (carpool), food, and motel costs.

WINTER WEATHERLINE
TEL. 1-976-1212*

* 75 cents per call will be automatically charged to your monthly telephone bill

Environment Canada / Environnement Canada
Atmospheric Service / Service de l'environnement atmosphérique

Canada



COMING SOON:

CARDIO PULMINARY RESUSCITATION (CPR)
Teacher Student Ratio 1:6

Most deaths through heart attacks occur in the first 10 minutes before the ambulance arrives.

Learn how to administer basic CPR to a heart attack victim whose heart has stopped pumping.

Brush up on your A.R. (artificial respiration) techniques at the same time.

OPEN TO ST. JOHN STANDARD CERTIFICATE HOLDERS.

COST: } T.B.A. in next Randonnews
TIME: }
PLACE: }
CONTACT: Margaret Robertson 401-3126

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6665 ST. JACQUES O.
MONTREAL, QUEBEC
H4B 1V3
(514) 496-1149

DISCOUNTS DEPT.

Peel Cycle and McWhinnie Cycle join
R.A. discount roster!


Two of Montreal's well-known cycling shops have agreed to offer purchasing discounts to R.A. members, bringing the total to five stores. Their business cards are displayed. Discount percentages vary from store to store, and may be limited to certain types of items, so make sure you show your R.A. membership card AND discuss the discount (preferably at a discrete distance from other shoppers) BEFORE the purchase is written, or rung up.

Is your favourite supplier not listed? Next time you visit the store, show them this article and invite them to join us. Take their business card and pass it on to Jo Anne Gray (465-9900) or Vera Tobis (489-1911). Happy discounting!

CENTRE DU VELO
Mc Whinnie CYCLE INC.
"Established over 50 years"
NICK - JOSEPH - BRUNO
481-3113
481-8891
6010 O., Rue Sherbrooke W.
Montréal, Qué. H4A 1X9

TRIATHLON

Francis Gariépy
Pierre Raymond
David Weston
4985 Queen Mary
Montréal, Québec
H3W 1X4
Tél. (514) 733-4670


Blacks
CAMPING INTERNATIONAL
3525, chemin Queen Mary
Montréal (Québec)
H3V 1H9
(514) 739-4451
739-2141

SIREN'S SKI SHOP LTD.
CROSS COUNTRY SKIS & ACCESSORIES
X-C RENTALS
BOOTS TO SIZE 17
X-C SKI REPAIRS
TEL. 482-2734
6131 SHERBROOKE ST. W.
MONTREAL, P.Q. H4A 1Y4

An R.A. paid advertising feature...

SUPER GARAGE SALE AUG. 28th.

YOU, and only 167 other Randonnerds, are exclusively invited to attend -- and participate in -- a merchandising mecca, a bargain-hunter's nirvana, CO-OP (B.Y.O.Stuff to Sell) and Jo's Moving Sale Preview Sale!!!

Set up your own little stand of outdoors equipment, furniture, 'n stuff... and/or view and buy half-a-houseful of ANTIQUES, FURNITURE, APPLIANCES, TAPES, BOOKS, and ET CETERAS! Free BBQ hotdogs - bring your own beverages

DATE: Friday, August 28th 5 - 9:00 Rain or shine
PLACE: 724 Millington (corner of Allen), Greenfield Park
DETAILS: 465-9900 (Aug. 25 to 31st only) Jo A.
DIRECTIONS: Take first exit on right after Champlain Bridge (Tachereau East). Turn left at second stop light (Lapiniere). Continue about one mile, then take first right after Sunoco station (Allen) to Millington

Jo.

RANDONNÉE AVENTURE SUMMER-FALL 1987 REGISTRATION - PARTICIPATION - FEEDBACK



Please print clearly in black or blue pen. Make a blank copy and give to a friend! No refunds on day trips, but we'll help find a replacement when possible. Please make cheque out to Randonnée Aventure, and indicate on cheque what it is for. Merci!

Courses Registration

MAP & COMPASS BASICS MINI-COURSE

\$2.00

(\$4.00 for non-members)

\$.00

ST. JOHN'S FIRST AID COURSE

\$50.00

(\$65.00 for non-members)

\$.00

Last remaining Hike Registration

Oct 3- ^{or 10/20} Mount Marcy NY-
Ascent 3170 ft; 15 miles return
Haystack also available

* EXTENDED HIKE *

\$20.00

\$.00

I'm interested in ...

- helping with the R.A. Songbook (doing... _____)
- entering the "RA Songbook Title Competition" with my title, " _____"
- joining the Wabenaki Refuge Weekend Trip; please keep me posted.
- helping organize the Wabenaki Trip
- organizing R.A. runners to run in the "Marathon qui laisse des traces"
- Thanksgiving weekend

I'd like to help/suggest/say...

I'd like to join!

Annual membership \$15.00

\$.00

TOTAL ENCLOSED \$.00

Cheque payable to RANDONNÉE AVENTURE
Note details on cheque.

Name: _____ Phones (Home): _____ (Work): _____

Address: _____

Postal Code: _____

PLEASE RETURN TO: RANDONNÉE AVENTURE
P.O. BOX 1102 SNOWDON
MONTREAL, QUEBEC
CANADA H3X 3Y2

(TEL. 355-5682)



(P.20)

And, finally...

RANDONNEWS NEWS

- absolute last, final deadline for fall-winter (x-c schedule) edition is OCTOBER 10th. Please have all material typed.
 - photos of summer and fall activities are hereby solicited for the next issue. Where are the cycling pics?
 - fresh blood, er, NEW TALENT to help write, type, edit, print, distribute this newsletter is eagerly recruited. Stretch those creative ligaments! It's good for at least one potluck dinner along the way to the presses!
 - PAID ADVERTISING in the Randonnews is now available to members. Advertising rates are established on a "cost plus zero" basis. Enquire - Vera (Wholesale) Tobis
 - THE BUDGET for this growing-like-Topsey publication is considerable (hence, the smaller type): about \$1.25 per copy for printing, plus the postage stamps. Multiply by over 500 circulation for a total of over \$1000 per issue. This newsletter, however, is the principle means of communication with our membership, prospective membership, and brother/sister/cousin clubs and organizations in Quebec, Canada, and further field. (We hope the latter groups will reciprocate with their publications!) With our increasingly diverse programs, it is also the only activity that all of us share!
- Some extra copies of the newsletter are printed each issue for distribution to prospective members. They will be available at various activities in the late summer and early fall.

JG.



355-5682