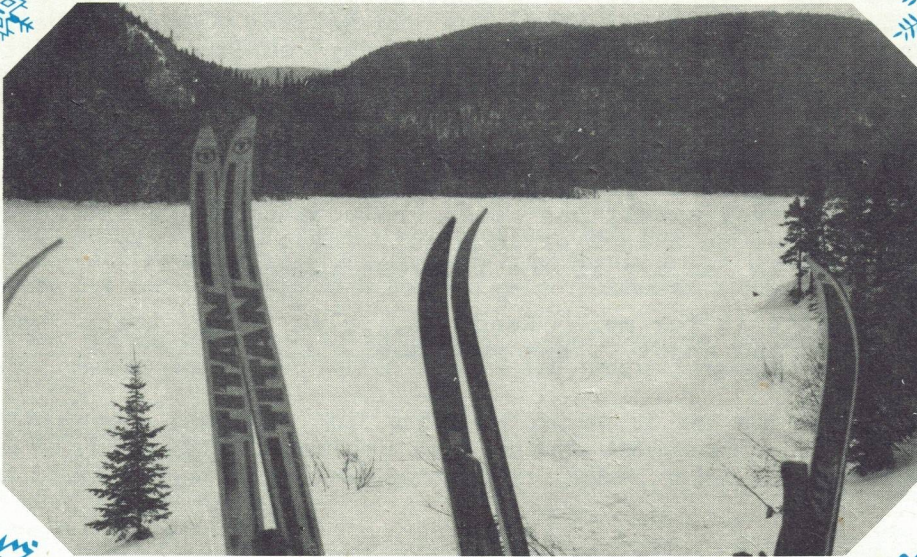


RANDONNEWS

FALL ~ WINTER 1989/90

VOLUME IV, NO. 3



PUBLISHED BY RANDONNEE AVENTURE, P. O. BOX 1102,
SNOWDON, MONTREAL, QUEBEC, H3X 3Y2 (514) 489-0339

MONTREAL'S FRIENDLY OUTDOOR CLUB



president's message

We've hiked and we've cycled. From Waterville Valley to Finger Lakes to Eastman. It was fantastic! But once again our fun filled summer is over, it's almost time to put away those hiking boots and bicycles, sit down in our favorite sofas, put our feet up and hibernate through that boring winter..... wake up, wake up!!! We have more cross country skiing trips coming than ever before. On some of the hottest days of July, the ski committee worked out an incredible schedule of skiing trips from January to March all over the Laurentians and Townships. The weekend trip brings us to Ottawa this year, just 10 minutes from the Gatineau hills' excellent trails. For those who want a skiing vacation, a one week trip to New Hampshire opens up a new frontier for RA ski enthusiasts. We have also planned ski clinics for those who need to know more about equipment and waxing (isn't that everybody?).

On the social side, a Hallowe'en party, a November party and a Xmas dinner party will help us through those late fall months.

And now for a few important notes:

Due to the difficulty in administering the heavy ski schedule, the method of buying and selling trips has been changed. The new method is clearly outlined in this edition of the Randonnews insert. Please read it carefully.

The hiking and cycling committees will be planning next year's activities early this fall so if you would like to help out or provide your input, please let us know soon. Fitness and volleyball has been reluctantly discontinued this year due to a lack of interest. These activities could be renewed in January if the interest increases.

Well, that's it for me. Read on, plan your trips and activities and enjoy... see you soon.

Jerry Bard



Towards a "Happy Ending" by: Diane Rothberg

It was a wonderful season of cycling and hiking --even for those few who had accidents. After all, it's the risk we take when we pick our way over jagged, wet rocks or manoeuvre a skittish bicycle on a gravel road.. or is it?

An accident is not an isolated event like an unfortunate cast of the dice or a lightning bolt from heaven. It is the logical result of a related sequence of factors such as those listed below. Be aware of these factors and you can break the chain and give your trip a "happy ending"!

* Choosing a trip beyond your capabilities: Accident prevention starts on the bus! Don't allow yourself to be pushed into an adventure that's too long or too tough. You'll be worn out halfway through the day and will put an unfair burden on your companions who now become responsible for getting you back safely.

* Deciding to hike or cycle alone: Alone, you are more likely to get lost - which can lead to panic which causes lapses of judgment. If you injure yourself alone in the bush, it doesn't take much imagination to see the consequences of a lack of medical treatment and the approaching evening chill. Lost cyclists can cover tremendous distances in the wrong direction. Don't hesitate to call the emergency number listed on your map! You'll ease your own anxieties as well as those of the trip director.

* Leaving someone behind: It's everyone's responsibility to wait for slower hikers at forks in the trail, or cyclists at intersections. If your group is large enough, split it up so that everyone can enjoy their chosen pace. Courtesy and safety dictate that you **never** leave anyone behind. A five minute wait on the trail certainly beats waiting an hour on the bus for some abandoned soul to grope homewards alone.

* Not eating and drinking adequately: Don't starve or deny yourself water. Hunger and thirst hasten fatigue and impair judgment.

* Afternoon fatigue: Most accidents happen at the end of the day. You're tired, hungry, sometimes cold and wet, and generally impatient to get back. Take it easy! Take more breaks, snack, drink and concentrate on what you are doing!



editor's note

I hope you enjoy reading through this "new look", colourful **RANDONNEWS** that was beautifully designed by Christine. What started out as a one-page newsletter has grown and evolved with the Club. Our ambitious publication is put together by a dedicated group of volunteers. Sam's witty anecdotes, Diane's incisive information together with excellent articles by Susan, Jola, various committee directors and others are all blended together with caricatures by Christine and Renée. The result is the **RANDONNEWS** that you see. Along the way, valuable typing assistance is provided by Vera, Monika and Susan. I'd like to thank all contributors and encourage anyone who would like to be a part of this creative endeavour to join our **RANDONNEWS** team! Your comments as well as submissions of articles and photos that capture the Club spirit are always welcome. (Thanks, Ron.)

If you find yourself tripping over sports equipment that you no longer use, why not place an ad in the next edition of **RANDONNEWS**? If anyone is interested in buying a bike, be sure to check out page 22 for some great deals.

Safety is one of the big concerns of the Club executive at this time, and this edition is filled with many helpful suggestions for us outdoor sports enthusiasts. The Club is also organizing a five-night St. John's Ambulance first-aid course geared to Club members. If you wish to attend, check off the appropriate line on the registration form appendix.

Even though I am a keen cycling hiker (or hiking cyclist?), preparing this winter's newsletter has started me thinking about the upcoming ski season. I'm looking forward to skiing and après-skiing with RA from Mount Royal to Avila to Huberdeau. See you on the slopes.

Marlene

RANDONNEWS
Vol. IV, No. 3
Fall/Winter 1989-1990

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WIPE OUT #4, 536!!
(THIRD YEAR X-C SKIING)



I would first of all like to thank those of you who have assisted me this past year by volunteering for various jobs. You have helped keep **RANDONNÉE AVENTURE** strong. I hope we can continue to work together and to have fun doing so. If there are others out there who would be interested in joining us, your efforts would be appreciated. The variety of jobs to be done includes telephoning, stuffing envelopes and licking stamps as well as helping out at Club parties by bringing refreshments, decorating or cleaning up. The work is enjoyable as well as a good opportunity to make new friends. If you are interested, please call the Club number and leave a message for me; I will contact you when an opportunity arises. I look forward to working with you.

Maida Haltrecht
Volunteer Coordinator



VOLLEYBALL & FITNESS NIGHT By - Jola Kuzmicka

For this winter the joys (and the risks) of playing volleyball have been put on the shelf due to an insufficient show of interest. Alas, alack, for those of us who loved coming out on Monday nights for Evelyn's top-notch aerobics coaching and a heck of a session of volleyball, **RA** style, no more double passes, triumphant smashes, adroit blocks or beer to end the evening....true....no more injuries on the gym floor, either. However, here's hoping that in the future the skills and values to be learned from this team sport will appeal to more Club members and we will be able to resume this lively group activity.

SKI 1990

This winter season, Randonnée Aventure is increasing the number of XC trips offered in order to accommodate all our new members. In addition to our old favourites, we are including two brand new destinations. New for 1990: on four dates (Feb. 3, 10 and 24, and Mar. 10) **two** destinations are offered! So choose carefully! The price of each trip remains at \$21 and includes luxury bus transportation and trail fees.

Join us for a celebration of St. Patrick's Day and the end of the X-C ski season. The March 17th ski party costs \$23 and includes trail fees, a BBQ lunch and sangria, a talent show and lots of fun. Sign up now!!!

Because of unpredictable snow and weather conditions, destinations are subject to last minute changes. In adverse conditions, call the club number (489-0339) and, if there is no specific message, the trip is on!!

We welcome all levels of skiers and invite you to choose as many trips as you want. Fill in the registration insert and either mail it in, or come to a sign-up night, as explained on page 23. Confirmation of your trips will be mailed to you.

BUYING AND SELLING OF DAY TRIPS

1. If you wish to buy or sell a trip, call the club number (489-0339) Monday to Wednesday prior to the trip and leave the appropriate message.

2. If you are **BUYING** a trip, call the club number Friday evening before the trip. A message on the tape will announce the names of all those who can buy a trip. If you hear your name, go to the bus with \$21 in cash or cheque payable to Randonnée Aventure.

If you **do not** hear your name and still wish to participate, go to the **last** pick-up spot (the northern end of the TMR Shopping Centre on Lucerne Rd.) before 8.00 a.m., with \$21 in cash or cheque payable to Randonnée Aventure. You stand a good chance of getting on the bus if there are "no-shows".

3. If you are **SELLING** a trip, you will not be contacted nor will there be any message on the tape for you. If we have found a buyer, the Club will mail you a cheque.

Remember: the Club does not give refunds or guarantee the sale of any trip.

XC Skiing Director: Cathy Ladanowski
XC Skiing Administrator: Margaret Robertson



RANDONNÉE AVENTURE 1990 CROSS-COUNTRY SKI SEASON

<u>TRIP NO.</u>	<u>SATURDAY</u>	<u>SUNDAY</u>	<u>DESTINATION</u>
1.	January 6	-	o Pimbina
2.	January 13	-	o Lac Monroe
3.	-	January 14	Montagne Coupé
4.	January 20	-	o Far Hills
5.	-	January 21	Morin Heights
6.	January 27	-	o Huberdeau
7.	-	January 28	La Mauricie
8.	February 3	-	o L'Estere1
9.	February 3	-	St. Jovite
10.	-	February 4	Montebello
11.	February 10	-	St. Donat
12.	February 10	-	o Vieux Foyer
13.	-	February 11	Farmer's Rest
14.	February 17	-	Morin Heights
15.	February 24	-	Montebello
16.	February 24	-	Le Petit Bonheur
17.	-	February 25	Rivière Rouge
18.	March 3	-	St. Jovite
19.	March 10	-	La Mauricie
20.	March 10	-	Huberdeau
21.	March 17	-	o Farmer's Rest (End of Season Party)

TRIP
DIRECTOR

Trip destinations are subject to change depending on snow conditions.

ALL PICKUPS NORTHBOUND:

Atwater & St. Catherine (McDonald's).....7:30 a.m.
Queen Mary & Decarie (United Cigar Store).....7:45 a.m.
Town of Mount Royal Shopping Centre (Lucerne Rd.)...8:00 a.m.



CROSS-COUNTRY SKIING WITH RA By - Sam Allison

All levels of skiers are catered to in RA. On many trips, people like Colin and Phil very kindly give free lessons. The Club lists dos and don'ts about safety and has sensible suggestions about what to bring. While people are helpful, please remember that we are all volunteers and it isn't fair to spoil another Club member's day because you didn't follow simple RA safety guidelines.

There is no getting around it, good equipment makes a difference. The Club is starting an equipment exchange making it possible for the less affluent, such as me, to pick things up cheaply. Also, some community centres operate ski equipment exchanges. In my case, I built up equipment slowly over the years and have a mixture of very good and utterly ridiculous gear. To my mind, really comfortable and warm boots were the best buy, with excellent mitts (which I lost) coming a close second. A knowledgeable Club member will always be pleased to help you if you're like me and have no idea how, why and where you apply wax and so on.

The RA bus always goes, no matter how awful things are. It is comforting to know that while the MUCTC may shut down, RA doesn't. However, weather conditions vary enormously. If, for instance, there is freezing rain at the ski centre we were supposed to go to, the bus may be redirected at the last minute. So, please don't moan about this to the trip director who is only trying to make it a pleasant day for everyone.

The best bit about skiing with RA is the bar afterwards where we can forget the terrors of icy slopes, the bitter cold and those trees that jump into our paths. We don't have to face them for another week!

SKI SAFELY

- . Choose a trail that matches your ability.
- . Find others of the same level to ski with.
- . Make sure you are adequately dressed. Layering seems to work best. Start with life underwear and long wool socks. Add knickers (or pants that allow your knees to move freely), a turtleneck sweater and a wool pullover under a Goretex-type jacket. A wool hat (or a headband in the spring) and warm gloves or mitts are important. Bring extra socks and mitts with you in case yours get wet.
- . Your boots should fit well and be comfortable. Choose suitable wax for the conditions and apply an adequate amount. (If in doubt, ask an "expert" to help.) Have extra wax with you as well as a repair kit (spare ski tip, duct tape, an extra shoe-lace).
- . Carry water and high-energy snacks. Remember to eat and drink often. Observe the rules of ski etiquette:
 - when someone behind yells "Track" or "Piste", quickly move off the trail to the right and allow him/her to pass.
 - before going down a hill, make sure the track is clear.
 - repair any holes in the trail you may have made due to a fall.
 - if you must walk, walk along the side of the trail.



X-C SKIING SPECIAL EVENTS

Wed, Nov. 29 X-C ski Equipment Clinic - 7:00 pm at Siren`s

Are you planning to upgrade your X-C ski equipment this year? Or are you just beginning to ski this year? This clinic will help sort through all the types of X-C ski equipment. Call 489-0339 by Nov. 23 to reserve your place.

Wed, Jan. 10 X-C Ski Waxing Clinic - 7:00 pm at Siren`s

Do your skis slip backwards on hills? Or do you find yourself doing the "Chic-Choc Shuffle" a little too often? All levels of skiers are sure to pick up some tips at this year`s clinic. Call 489-0339 by Jan. 9 to reserve your place.

Thurs Jan 11 Moonlight Skiing on Mount Royal

Thurs Feb 8

Come out and ski right in the center of the city. Since there may not be much light and it is a hilly trail, this is not recommended for beginners. Meet at the Chalet at Beaver Lake at 7:00 pm.



THE MAIN EVENT!!!

Sat, Mar. 18 End of Season X-C Ski Party

Join us for our 4th annual X-C ski party and talent show. For \$23, bus transportation, BBQ, and Sangria are provided. Reserve your place by filling in the registration form at the back of this newsletter.



ski weekends

A CAPITAL WEEKEND: Ottawa and the Gatineau Hills FEBRUARY 16-18, 1990

For x-country enthusiasts, skaters and museum lovers - this weekend is for you!

GATINEAU PARK boasts a cross-country ski trail system of a quality unmatched in the region. The Park contains about 40 marked cross country ski trails, forming an impressive network of almost 200 km. Downhill runs are also available for alpine enthusiasts.

The Doral Inn Hotel is a restored 1879 Inn and is one of the last remaining "second empire style" buildings located in downtown Ottawa. It is just a short walk to Parliament Hill, the Rideau Centre, excellent dining and night life. There is also access to a pool and health spa.

The Weekend Package Price is \$100 for members, non-members add \$20.

This price includes: transportation to and from Ottawa
 2 nights accommodation
 shuttle bus to and from Gatineau Park

*** not included: all meals

However, breakfast reservations have been made at The Southern Cross Restaurant, a two minute walk from the hotel. The cost per breakfast is approximately \$5. Lunch is available in the cafeteria at Camp Fortune in Gatineau Park or you can bring your own sandwiches, fruit and drinks. Since there are so many good restaurants to choose from in the immediate area of the hotel, dinner arrangements will be made on the Saturday.

Transportation by Deluxe Bus.
Departure from Montreal Friday, February 16th at 7:00 p.m. sharp from Atwater and Tupper.

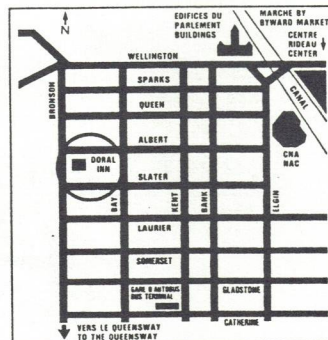
Full payment of \$100 is due by January 15th.



Ottawa's Charming Little Hotel

Doral Inn Hotel

Personal service in a heritage setting, right in the heart of downtown Ottawa.





MASTIGOUCHE X-Country ski WEEKEND - MARCH 3 & 4

Looking for a weekend in the Quebec wilderness? Why not stay overnight in a rustic hut with a wood stove for cooking meals. Randonnée Aventure is having a X-Country ski weekend in the Reserve Faunique Mastigouche north of Joliette, approximately 2 1/2 hours from Montreal.



The trip is open to any who can ski a minimum of 12 km (with hills) each day carrying a pack containing a sleeping bag, change of clothes, food, and other essentials.

Transportation will be by car pool early Saturday morning March 3. The return will be late Sunday afternoon. The price is \$12 for the accommodations. Food and gas expenses will be shared during the trip. Space is limited to 24 skiers because of the size of the hut.

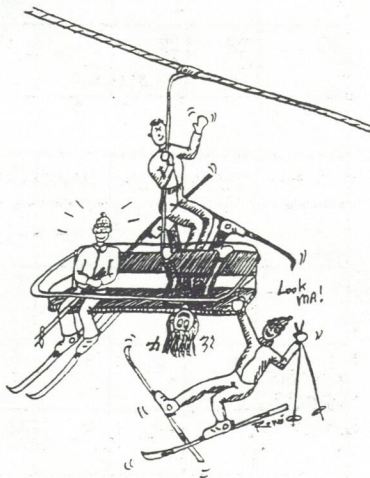
ALPINE SKIING WITH RANDONNÉE AVENTURE

Thursday night, January 25

Avila and Mont Saint Sauveur

27 trails for night skiing.
Group Lift Ticket price: \$10
Transportation by carpool.

Meet at the Avila ticket booth at 7:00 p.m. Then by 9:30, when you've skied enough, join us for popcorn and a brew at the Avila bar. Reserve your place by mailing in the registration form by January 6. Call 489-0339 for more info.



Oct

MON	TUES	WED	THUR	FRI	SATURDAY	SUNDAY
						1
2	3	4	5	6	7 OCT 6-9: ATTITASH, N.H.	8
9	10	11	12	13	14 HIKE (13): HURRICANE, NY	15
16	17	18	19	20	22 HIKE (16): WOLFJAW, ROOSTER COMB, NY	22
23	24	25	26	27	28 HALLOWEEN PARTY	29
30	31				TRAIL MAINTENANCE	

Nov

MON	TUES	WED	THUR	FRI	SATURDAY	SUNDAY
		1	2	3	4	5
6	7	8 MOVIE NIGHT	9	10	11	12
13	14	15	16	17	18 FALL PARTY	19
20	21	22	23	24 SKI VIDEO	25	26
27	28	29 XC SKI EQUIP. CLINIC	30			

Dec

MON	TUES	WED	THUR	FRI	SATURDAY	SUNDAY
				1	2	3 DIM SUM BRUNCH
4	5	6	7	8	9	10
11 BAROQUE CONCERT	12	13	14	15	16	17 POT LUCK DINNER DANCE
18	19	20	21	22	23	24
25	26	27	28	29	30	31



Jan

MON	TUES	WED	THUR	FRI	SATURDAY	SUNDAY
1	2	3	4	5	6 XC SKI ①: PIMBINA ✓	7
8	9	10 WAX CLINIC	11 MOON- LIGHT XC SKI	12	13 XC SKI ②: LAC MONROE ✓	14 XC SKI ③: MONTAGNE COUPE
15	16	17	18	19	20 XC SKI ④: FAR HILLS ✓	21 XC SKI ⑤: MORIN HEIGHTS
22	23	24	25 ALPINE NIGHT SKIING	26	27 XC SKI ⑥: HUBERDEAU ✓	28 XC SKI ⑦: LA MAURICIE
29	30	31				

Feb

MON	TUES	WED	THUR	FRI	SATURDAY	SUNDAY
			1	2	3 XC SKI ⑧: L'ESTEREL ✓ XC SKI ⑨: ST. JOVITE	4 XC SKI ⑩: MONTEBELLO
5	6	7	8 MOON- LIGHT XC SKI	9	10 XC SKI ⑪: ST. DONAT XC SKI ⑫: VIEUX FOYER ✓	11 XC SKI ⑬: FARMERS REST
12	13	14 BLUE BONNETS	15	16	17 XC SKI ⑭: MORIN HEIGHTS FEB 16-18: OTTAWA/GATINEAU SKI WEEKEND ✓	18
19	20	21	22	23	24 XC SKI ⑮: MONTEBELLO XC SKI ⑯: PETIT BONNEUR	25 XC SKI ⑰: (Alt: Morin Heights) RIVIERE ROUGE
26	27	28				

Mar

MON	TUES	WED	THUR	FRI	SATURDAY	SUNDAY
			1	2	3 XC SKI ⑱: ST. JOVITE MAR 3-4: MASTAGOUCHE	4 SKI WEEKEND ✓
5	6	7	8	9	10 XC SKI ⑲: LA MAURICIE XC SKI ⑳: HUBERDEAU	11
12	13	14 MOVIE NIGHT	15	16	17 FARMERS REST XC SKI PARTY ✓	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

TAKE ME OUT TO THE BALL GAME! By Susan Harris

Our first baseball game was just a teaser, with stressful weather conditions complicating the pick-up of teams (not to mention that some players were hiding out at Cinema V) but the diehards among us persevered and further games were inevitable.



Game II provided another chance for members and friends (even a visitor from England) to swing that bat, hit that ball, stretch those arms high, high, higher in desperate attempts to glove it while the runner was diving across home plate. It's not called SCRUB for nothing! (Where's the TIDE!) Constantly on the move from pitcher to catcher to batter to outfield to third-base to short-stop to second-base to first-base and back to pitcher, the enemy was always in a state of confusion often to be heard shouting: "Where do I go next?". With tremendous effort we learned how to avoid body contact with the ball at home plate and how to encourage body contact with the first, second and third-base men, if so desired. We topped the evening off at the Tavern with Hulk Hogan's dark-haired cousin serving frothy mugs of beer while we discussed the intricacies of the game played Randonnée-style.

Game III was so well attended that we had more than enough players for two teams. The division of players left something to be desired, however. How much did they pay ace-pitcher Lucie Long-Fingers anyway? And how come I was on the other team? By now, of course, we were all experienced semi-pros and needed no assistance with technique except perhaps for the guy who got hit three times at home plate; he missed Game II! The score?

O-Team: terrific time!

K-Team: lots of fun!

OK-TEAM: When do we do it again?

Look out for the next match, folks and join us for baseball Randonnée-style!!!



1989 CYCLING REPORT

As the sunshine broke through a rainy morning, the bicycle clinic opened the 1989 season in symbolic fashion. Nervous bike owners were soon breaking their chains and replacing grease and grime with shiny, lubricated smooth running machines. We haven't looked back since as over 150 active cyclists have shared their energy and enthusiasm on Randonnee cycling excursions. Yes, you the members have made this the biggest and most successful cycling season yet.

The expanded schedule had us off to an early start with day trips to be scouted before the season began. We soon learned how cross-country ski gear transforms into cycling attire! Those cool days were worth the effort as 14 day trips went off in fine style. Lots of new destinations including those for 2 long weekends added variety for our seasoned members, as well as room for many new riders.

The Victoria Day t-shirt contest wins the prize for the loudest laughs of the 1989 season: 21 of 36 entries were censored by the t-shirt printer, but the gales of laughter at the judging proved that Randonnee creativity is as strong as ever. (Keep it up folks!!)

Thirteen of our strongest cyclists "socked it to their sprockets" over the 2 day, 340 kilometer Rideau Lakes Cycle Tour in June. Special congratulations to the 10 first time riders. Any budding roadrunners wishing information on the 1990 Rideau Lakes ride should call the club before the end of January. Coaching is free and the training is a lot of fun.

This summer saw another Randonnee "first" with 2 9-day cycling vacations. 24 eager cyclists toured the Finger Lakes region of New York state from waterfalls to vineyards to cozy bed & breakfasts. A good time was had by all with several people hooked for future cycling vacations.

Behind the scenes, there has been a tireless group of volunteers to whom I express my pride and gratitude for a job well done. Special thanks to the cycling committee including Elise, Marlene, Mike, Don, Cathy, Verna, Monika, Jack, Dianne, Gail, Wayne, Sarah & Jan. I can only encourage others of you to help with the 1990 season. It is you who bring new ideas and talents which will keep the club healthy. (All levels of cyclists are needed.)

I wish you all happy and safe pedaling, and will see you on the ski trails this winter.

Jill



HIKING REPORT By - Margaret Robertson

Another great hiking season is coming to a close. **RANDONNÉE ADVENTURERS** have trekked in the woods of Vermont and New York and have scaled the summits of some of the highest peaks in the region. The St. Jean Baptiste Weekend at Waterville Valley, New Hampshire gave us the opportunity to hike old reliables such as Trypyramid and Greely Pond. The Eastman Weekend, also in New Hampshire, saw a large group conquer Chocolate-Moose-Souvlaki (alias Moosilauke) after a rigorous but yummy 2,000-foot ascent.

The day trips brought us other challenges. With many new-comers to the fold, our footprints have been left on easy to expert trails throughout our three adopted New England States and in Québec.

All those great hiking trips required alot of behind-the-scenes work. I'd like to thank everyone who helped to make hiking with **RANDONNÉE** an enjoyable experience! Special thanks to Don for his invaluable assistance in the preparation of trail maps and notes and to Diana, Hiking Administrator. Thanks also to the members of the Hiking Committee: Gerry, Elise, Marlene, Mike, Ian, Tom, Monika and Derek.

Well, it's still too early to put away those muddy boots! The late fall when the air is crisp and mosquito-free and when the coloured foliage is at its best is one of my favourite times of the year to hike. Hope to see you on the trail!

Make SURE you hike
four or more !





RA'S LONG TRAIL MAINTENANCE PROJECT By - Don Hackett

RANDONNÉE AVENTURE's Long Trail Crew has put in three weekend sessions of work on the Montreal section during 1989 and, while each one has been rewarding and educational for all involved, quite frankly **WE NEED YOUR HELP!**

All of us love the outdoors. Most Club members are avid hikers (there's hope for the rest) and look for ways to give something back for all of the benefits we have received from the trail systems of the Adirondacks, the Green Mountains and the White Mountains. Our sponsorship of the Tillotson to Belvidere stretch of the Long Trail is our chance to give so that others may enjoy and learn from the wild and rugged mountains, the flowing streams and the green-capped vistas that constitute "our" piece of the Long Trail.

We have one more maintenance weekend coming up on Oct. 28-29th when we do the fall walk through. Brushing, cleaning of water bars and painting of blazes will be the main activities and we need lots of people to take part. Experience isn't necessary - we'll train you on the job. If you can't spare a weekend, some people will be going down for a day on Saturday, the 28th, so they can rush back to Montreal for the annual Hallowe'en Bash. Either way, you can help us in this important work. Volunteers for the weekend have all food and lodging costs paid by the Club.

Call 489-0339 to volunteer. Show the world how **RANDONNÉE** works!

SWINGING SWIZZLE STICKS ON THE LONG TRAIL By - Jola Kuzmicka

On the last weekend in August, seven of us drove to a ski centre at Hazen's Notch, beautifully situated in the shadows of Big Jay and Little Jay, to tend our Club's section of the Long Trail. Our gracious Austrian host received us with a broad smile and provided comfortable beds. Was it ever difficult to get out of those beds on Sunday morning after a full day of clearing trails, even though Gerry was ringing a cowbell throughout the lodge!

Some of us were novices at this specialized activity, but we did well all the same. Only certain inexperienced muscles eventually ached! Our tools included: two sorts of clippers for raspberry canes overgrowing the trail and for maple trees growing up in the middle of it, a couple of saws for cutting away at large, dead branches, a shovel for digging run-off trenches, and two "swizzle sticks". The last are light, rake-like instruments which make short work of low, dense vegetation. The weather was perfect, the pace was pleasant and the view from the mini-top of our 3,200-foot mountain was rewarding. After interesting conversations and hard work, we returned to Montreal glowing with health.



social events

SOCIAL CALENDAR FOR '89-'90

- Oct.28 HALLOWE'EN DRESS UP & SIGN UP PARTY
Sat. Royal Mtl. Regiment, Westmount. 8:30...
- Nov.8 MOVIE NIGHT - Meet at 6:45 on the movie
Wed. level of Centre Ville, 2001 University.
- Nov.18 PARTY TIME - GERRY'S Place. 8:30 BYOB
Sat. Club phone for directions.



- Nov.24 SKI VIDEO & SOCIAL at McGill's Thomson
Fri. House, 3650 McTavish above Penfield. 8 pm.
- Dec.3 DIM SUM BRUNCH at CATHAY RESTAURANT,
Sun. 73 LaGauchetière. Rendezvous there at 11am.
- Dec.11 BAROQUE CHORAL CONCERT at Place des Arts,
Mon. Theatre Maisonneuve, 8 pm. \$16 to be paid
in advance to the club by December 1 SVP.
- Dec.17 CHRISTMAS POT LUCK DINNER DANCE, 5 pm
Sun. Thomson House, 3650 McTavish. RSVP.
- Jan.10 SKI WAX CLINIC at Siren's Ski Shop, 7pm sharp.
Wed. Out for a drink after?
- Feb.14 RAZZLE DAZZLE NIGHT AT BLUE BONNETS in the
Wed. grandstand restaurant. Details to follow.
- Mar.14 MOVIE NIGHT at Cinema V - Sherbrooke and
Old Orchard. Meet there around 6:45.



HALLOWE'EN PARTY

8:30

Saturday, October 28, 1989
Officers' Mess
Royal Montreal Regiment
4625 St. Catherine St.W.
Westmount



\$5. Members \$6. Non-Members

DANCING!
COSTUME PRIZES!
PHOTO CONTEST!
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BIKE: 12-speed red Raleigh, men's frame, \$100. Colleen: 484-7933.

BIKE: CCM Ladies Model 5-speed. \$50 or best offer. Marlene: 747-6846.

BIKE: 18½" blue Fiori San Marino, wheels 26", \$325. Bonnie: 685-2822 (H), 683-9010 (W.)

BIKE: Ladies 12-speed 21". Like new. \$75 or best offer. Janet: 487-7641 (H) or 878-7281 (W.)

ROWING MACHINE: Monark Model 633, \$425. Allan: 671-1748.

ROLLERBLADES (ROLLERSKATES): New, two pairs, men's sizes 7 & 9½, \$75 each. Richard: 489-2729.

COLEMAN STOVE: new, double burner, \$30. Richard: 489-2729.

CHALET TO SHARE: Ideal for keen skiers. Heart of ski country. Full season or alternate weekends. Call Richard: 487-3300.

To place an ad in **RANDONNEWS**, call 489-0339 and leave a message or write Susan Harris at the Club address. **NO CHARGE.**

BIKE: 12-speed 21" Miele bright blue, men's frame, 3 years old. Originally paid \$300, asking \$150. Marlene: 747-6846.

BIKE: 12-speed 21" Benotto men's frame, \$350. Wayne: 488-6664.

BIKE: 10-speed men's Vélosport. \$50. Richard: 489-2729.

CYCLE SHORTS: Black, new, with chamois, small, \$30. Richard: 489-2729.

ICE SKATES: Two pairs, men's sizes 7 & 9, \$10 each. Richard: 489-2729.

BASEBALL GLOVE: For right hand, \$10. Richard: 489-2729.

TO BUY: Bike for 13-year old girl. Sam: 443-1464.

registration instructions



In order to ensure that all our members have an opportunity to register for their first choice of trips, members will receive their copies of the Randonnews approximately 2 weeks before prospective members.

MEMBERS are therefore urged to

1. mail in their registration forms as quickly as possible; or
2. come to the early-bird registration evening on

MONDAY, OCTOBER 16th

7:30 p.m.

at Verna's

4905 Cote St. Luc #407



NON-MEMBERS (as well as members) will then be welcome to register for the winter season at our HALLOWE'EN PARTY

SATURDAY, OCTOBER 28th

Westmount Armoury

4620 Ste. Catherine St. W.

Registration at the Hallowe'en Party will be from 8:00 - 11:00 p.m.

If you plan to come to any of the registration evenings, PLEASE BRING YOUR CHEQUE BOOK. We CANNOT take any registration without payment.

AFTER OCTOBER 28TH: If you wish to sign up by mail after this date, please call the Club No. - 489-0339 - to see if the trips you want are still available.

discounts

The stores shown below have agreed to offer **RANDONNÉE AVENTURE** members a **5% to 15%** discount on most regularly priced merchandise. Present your membership card and discuss a discount!

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5922, ouest Sherbrooke
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Tel. (514) 481-6218

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