

RANDONNEWS

Published by Randonnée Aventure
Montreal's Friendly Outdoor Club

Vol.V No.2
Fall 1990



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Randonnée Aventure, founded in 1985, is a non-profit year-round outdoor club for adults, with over 350 members.

Randonnée Aventure offers:

- Saturday (and some Sunday) bus trips to prime cycling, hiking and cross-country skiing destinations within a 2-hour drive from Montreal. Trips are designed to accomodate all levels – from beginners to expert.
- Long weekend getaways
- Frequent social events such as picnics, barbecues and parties.
- And more...

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Sarah Wheeler

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Letter from the Prez

In 1982 I joined the Montréal Adventure Club and participated in my very first hike on May 15th to Orford. The group I was with got completely lost in the woods (remember, Ellie?). Thanks to Phil and his trusty compass we found our way back to civilization. Needless to say, we were following the guy in front who said he knew the way! I've never seen him since. Who would have thought that one day I would be writing "From the Prez"?

Well, here I am, still hiking and now cycling with **RANDONNÉE AVENTURE**. Have you enjoyed the spring season as much as I have? The Sutton hike provided me with the chance to lead a scout and prepare maps for the first time. During the Stowe cycling weekend I struggled up and up the Stagecoach Road. The Rideau Lakes Cycle Tour was a real test of my endurance - I'll be better prepared next year! How about those strobe lights during the dancing after the BBQ on St. Jean Baptiste Weekend? The music drowned out any thunder while we danced the night away. I climbed Mount Marcy that weekend, thus completing another of my goals for this year. All of this and there are still many more exciting RA events to come!

I am looking forward to the Finger Lakes Cycling Week, a back-packing week, the Bluegrass Festival in St. Albans, the Labour Day and Thanksgiving Weekends, Margaret's corn roast, the Hallowe'en Party...I could go on and on! Look through the rest of this

edition of **RANDONNEWS** and make sure your calendar is at hand so that you can plan to join in the fun, too.

There is another aspect to **RA** which I haven't mentioned, but which provides just as much fun and enjoyment. That is the meetings. Yes, I said that horrible word - **MEETING!** Why is it that people's faces change at the mention of that one word? Suddenly, guarded looks cloud people's eyes and their speech slows to hesitating grunts. We're all the same, I guess. But it's a bit like eating vegetables when you were a kid. How do you know you don't like them if you aren't willing to try them? **RA** is my club and I love it, but **RA** is also your club. Get involved! Come to the monthly executive meetings; join the hiking, cycling, skiing or social committees. Check the calendar on page 12.

Our Club has special needs next year for new directors and administrators for the hiking and cycling committees. Hey, wait a minute, you say, I'm not qualified for that! Maybe you're not, yet, but if you get started now by joining one of the committees and learning the skills needed, you might be ready in a year or two or three. Or maybe it will take you eight years, like it did me! But if you don't start now, you'll never get there! Come on, take that first step and who knows where it will lead! Talk to me or any one of the other Club executives and we'll help you get going! Try it, you'll like it!

Susan Harris

A Word from the Editor

Once again "Randonnews" has a bright new look. One of the main reasons for this change was to simplify the production process. The new format will still allow us to cram in all the information you need to know about the many activities of our busy club. As you glance through this issue you will see that all of our committees are actively recruiting volunteers at this time. If you have some time to spare, you will find that taking a more active role in you club can be a very rewarding experience. If you want to see your words on the printed page read by hundreds of Montrealers, you can write for **RAN-**

DONNEWS. Your comments and ideas as well as contributions of articles or photos or drawings are always welcome.

I would like to thank all contributors to this issue. Special thanks to Tim Skene who was involved in the redesign of **RANDONNEWS**. Thanks also to Editek for graphics and typesetting.

REMINDER: Articles, drawings and photos for the next issue (Winter 1991) are due by Monday, September 17.

Marlene Busko

Volunteers Wanted

Randonnée's 1990 cycling season is rolling along in fine form, thanks to the tireless work of all members of the cycling committee. They have been working behind the scenes to select, plan and organize our varied activities. From a brand new bike maintenance course to 14 daytrips and an inn-to-inn vacation, our success depends on the teamwork of many volunteers.

Why volunteer? From the process of turning our cycling dreams into reality, to forming friendships with other Randonnée volunteers, to taking pride in the smiles and gratitude of all our cycling members: volunteering is very rewarding, and it's also fun!

The 1991 season may seem a long way away right now but the

committee will start planning in the late fall of this year. So now is the time to think about getting involved. New committee members are very welcome at all levels of cycling ability. We need all perspectives on our planned activities, not just the roadrunners'!!

We also need a new Cycling Director and a new Cycling Administrator, as Jill Aspinall and Verna Lanctot are stepping aside after two seasons. It is time for some new ideas at the top, and interested cyclists with ideas, enthusiasm and good organizational skills are invited to volunteer. Further information is available from Jill, Verna or Susan Harris. They can be reached through 489-0339, or at many club events.

Peddling Pedaling

There is still room on our mid to end of season trips for you folks to keep on pedalling. Sign up now to be able to dip into swim holes in Lake Massawippi and the brew in the pub on the North Hatley trip. You can enjoy spectacular views of Lake Memphremagog on the home stretch of the Morgan trip; quiet, wooded runs on the Chasm Falls trip; apple picking on the Havelock trip; as well as the rugged beauty of the Lac Supérieur trip. (See opposite for trip details. Price is \$24).

Why don't you bring a friend along? They can try us out on one trip without paying a membership fee. Don't forget to remind them that helmets are now mandatory and to bring ID for U.S. border crossings.

P.S. Our cycling scouts have been busy mapping out new routes and as a result, the following changes have been made to trip ratings :

- Chasm Falls - now rated Moderate
- Glen Sutton - a challenging expert option is now available in addition to a moderate option.

VOLUNTEERS CYCLING COMMITTEE



RA Cycling Guide

Routes for all ability levels:

Beginners30-40 km
 Intermediate50-65 km
 Road Runners65++ km

Overall terrain :

Easygenerally flat
 Moderatea few manageable hills
 Energy Burnerchallenging hills

N°	Date	Destination	Terrain
9	Aug. 4 (Sat.)	North Hatley, Que.	M
10	Aug. 26 (Sun.)	Morgan, Vt.	M
11	Sept. 8 (Sat.)	Chasm Falls, N.Y.	M
12	Sept. 16 (Sun.)	Havelock, Que.	E
13	Sept. 22 (Sat.)	Lac Supérieur, Que.	M
14	Sept. 29 (Sun.)	Glen Sutton, Que. & Vt.	EB/M

Price : \$24 each

Trip14 (Cycle & Sangria) is \$27

Cycling Helmets Mandatory

Bring ID for the U.S. border

BUS PICKUP POINTS

7:15 a.m.

TMR Shopping Center (Lucerne Rd.)

7:30 a.m.

Queen Mary & Décarie (Wendy's)

7:45 a.m.

Atwater & Tupper

Rideau Lakes Report

Twenty-two Club members, seven more than last year, participated in the 1990 Rideau Lakes Cycle Tour organized by The Ottawa Bicycle Club. The ride is not a race but a two day tour which attracts about 1200 participants from all over.

Leaving from Ottawa on Saturday, June 9th, we rode 100 miles over flat, then undulating (which means a few small hills) terrain to residences at Queen's University in Kingston. Our group, dressed in bright yellow T-shirts especially ordered by Wayne, enjoyed a hearty dinner.

The next morning we headed back to Ottawa. Groups of well-trained cyclists would zoom by in packs while individuals pedalled along at a slower, but nevertheless steady, pace. Along the way, rest stops with juice and muffins

(yummmm??) were provided. The weather remained co-operative except for a couple of good down-pours on Sunday.

One of our group who aggravated a knee problem was unable to cycle the second day. With his car, he rescued a Randonnée rider who had had enough by Sunday's mid-way point. A third rider survived the tour despite three flat tires within the first twenty minutes.

All in all, we had a good time and hope to do it again next year with even more members participating. It's not for everyone but it is a great experience. Special thanks to Jill and Verna for their encouragement and motivation. Registration for the 1991 Tour will be in February and training will begin in April. Don't worry - we'll remind you later!

Susan Harris

Riders raise over \$1,000

Our Rideau Riders responded with vigor to an urgent plea from the N.D.G Food Depot for financial help. Many riders obtained sponsorship for their rides from fellow RA riders, family and friends. The group managed to raise over

\$1,000; money which will purchase food for needy N.D.G. and surrounding area residents during the lean summer months. The volunteers of the depot extend gratitude towards all riders and members who contributed to this worthy cause.

Sarah Wheeler

Hiking Update

Because of strong demand for the Adirondack Loj hike on Saturday, Sept. 8, which has been sold out since the first week of registration, the destination for the Sunday, Sept. 9 hike has been changed from Larraway to Adirondack Loj. This will allow more hikers to enjoy this popular destination in the ideal weather of early fall. If you wish to sign up, please mail in your registration form as soon as possible.

The Mt. Legault hike of August 18 is presently undersubscribed and doesn't deserve to be. From the top of Mt. Legault you can see Montréal! This is a rare opportunity to hike in Québec on well maintained trails.

There are still a few places available on the August hike to John's Brook and on the September hikes to Mansfield and Cascade, Porter, Blueberry and on the October hikes to Mt. Hunger and Tillotson/Belvedere. Please call the club number 489-0339 to verify that the trips you want have not been sold out before you mail in your registration form. See next column for more trip information.

RA Hiking Guide

Selection of trails in :
 The Adirondacks of New York
 The Green Mountains of Vermont
 The Laurentians of Québec

Ratings

Easy - hikes for beginners or the more laid-back
 Variety - easy, intermediate and advanced options
 Intermediate Plus - no easy trails

Nº	Date	Destination	Terrain
7	Aug. 18 (Sat)	Mt. Legault, Que.	E
8	Aug. 25 (Sat)	John's Brook & the Brothers, N.Y.	V
9	Sept. 8 (Sat)	Adirondack Loj, N.Y.	V
10	Sept. 9 (Sun.)	Adirondack Loj, N.Y.	V
11	Sept. 15 (Sat)	Mansfield via Smuggler's Notch, Vt.	I
12	Sept. 29 (Sat)	Cascade, Porter, N.Y.	V
13	Oct. 13 (Sat)	Hunger, Vt.	I
14	Oct. 20 (Sat)	Tillotson, Vt.	V

Price : \$22 each
 Bring ID for U.S. border

BUS PICKUP POINTS

7:15 a.m.
 TMR Shopping Center (Lucerne Rd)

7:30 a.m.
 Queen Mary & Decarie
 (United Cigar Store)

7:45 a.m.
 Atwater & Ste. Cath. (McDonald's)

Planning for 1991

Are you a novice hiker, a seasoned veteran who has scaled numerous high peaks or are you somewhere in between? Whatever your ability level, there is always room in our hiking committee for your new ideas, energy and enthusiasm.

How does RA come up with its list of hiking dates and destinations? Come to the next hiking meeting and find out. Now is the time to get involved if you would like to be a part of the 1991 hiking committee. Preliminary groundwork will be done at the hiking meeting in August at Elise's. There will be a need for scouts for new trip destinations. There are also openings for hikers wishing to exercise their leadership and organizational skills by volunteering to be trip directors or administrators.

Don Hackett and Margaret Robertson will be stepping down from their positions as Hiking Director and Hiking Administrator respectively.

Call 489-0339 or speak with Don, Margaret or Susan Harris for more information.

Trail Maintenance

AUGUST 11-12 - Brush Clearing WE NEED PEOPLE!

There is a tremendous amount of brush clearing that needs to be done on RA's section of the Long Trail - the area around Tillotson/Belvedere, Vermont.

Now is the time to get out there and attack any weeds or branches that have overgrown the trail this summer. The weather should be excellent, the company terrific. RA will supply sturdy tools and basic training in their use.

There is room for 12 to stay in relative comfort at the rustic Hazen's Notch Ski Touring Centre and for an additional 8 to 10 to camp up on the ridge.

If you can spare only one day - the Saturday or the Sunday, come anyway! The more people who participate, the better!

Please indicate your interest on the registration form. For more information, call 489-0339 and leave a message, or speak with Margaret.

Other Scheduled Activities

Sept. 22:

Trail clearing

Oct. 20-21:

Fall walk-through (coincides with Tillotson/Belvedere day hike).

Nutrition and You

How can a RA cyclist or hiker eat better? Read on about Beta-carotene and find out how a carrot a day may help keep certain types of cancer away.

A few years ago a British scientist claimed he was eating about a pound of carrots a day. He was convinced from the results of his animal experiments that **Beta-carotene** was protective against cancer development. Today at least 70 studies on humans have found that those who don't eat enough foods rich in carotenoids have an increased risk of cancer (particularly lung and skin cancer).

The body converts carotene into vitamin A and it was previously thought the benefits of beta-carotene were due to this conversion. Studies now suggest that carotene itself is the more potent protector.

Unlike vitamin A, which is very toxic in large doses, beta-carotene is non-toxic. The only undesirable side effect would be orange-yellow skin, and that only when large amounts are consumed. The other benefit from eating foods rich in beta-carotene is the high fibre content from the vegetables and fruits in question;

whereas vitamin A comes from animal sources, e.g. milk, eggs, butter and liver.

Beta-carotene, like vitamins C and E, is an anti-oxidant which neutralizes free radicals that damage cells and alter cellular genetic material and can thus contribute to cancer.

How much do we need? Not much - one large carrot a day will do it and you won't become tinted. The average North American gets less than 1.5 mg a day. Guidelines from the National Cancer Institute suggest the average daily need is 5 to 6 milligrams a day. Five servings of fruits and vegetables per day will provide that. Fresh is best as cooking will partially destroy it.

Best sources include :

<i>Dandelion greens (1 cup cooked)</i>	8.5 mg
<i>Carrot (1 large)</i>	6.6 mg
<i>Sweet potato</i>	5.9 mg
<i>Cress (3/4 cup cooked)</i>	5.6 mg
<i>Kale (3/4 cup cooked)</i>	5.3 mg
<i>Spinach (1/2 cup cooked)</i>	4.9 mg
<i>Mango (1/2 medium)</i>	2.9 mg

Herb Srolovitz



Weekend Getaways

Labour Day Cycling & Hiking Weekend

KILLINGTON, VERMONT

Friday, Aug. 31, to Monday, Sept. 3, 1990

Trailside Lodge is ready to welcome us for Labour Day Weekend this year. Accommodation is in the newly rebuilt barn-shaped Lodge in rooms with bunk-style beds (maximum four persons to a room) and private bath (showers only). The price includes breakfast on Saturday, Sunday and Monday and dinner on Saturday and Sunday as well as fixings to make your own trail lunch.

time), a game room and a large living room with a wide-screen T.V. Live entertainment on Saturday night has been arranged for us at the Lodge.



Maps for recommended hiking trails and cycling routes for different ability levels will be provided. Canoe rentals are not far away at Calvin Coolidge State Park and a recreation area with a swim hole is nearby.

The Lodge has a lovely fireplace, an outdoor jacuzzi (for about 10 people at a

Join us for another weekend à la **RANDONNÉE**.

802-422-3532

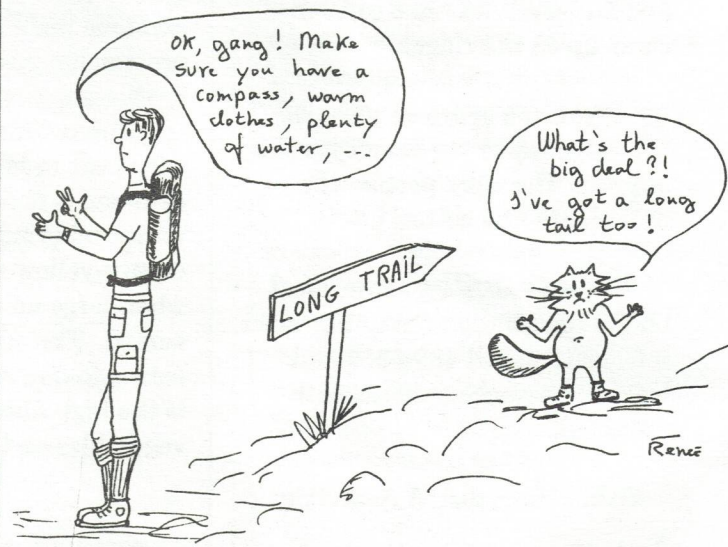
Cost: \$140 for members
\$160 for non-members (or become a member for \$20 and pay only \$140 for this weekend).

Payment by cheque payable to **RANDONNÉE AVENTURE** is required by **August 9, 1990**.

Transportation will be by car pool.

Any questions? Call 489-0339 and ask for Susan Harris who will get back to you.

If you would like to help with the organizing of the car pooling or accommodations for this weekend, please let Susan know as soon as possible.



Thanksgiving Hiking Weekend

LOON MOUNTAIN, NEW HAMPSHIRE
Friday, Oct. 5 to Monday, Oct. 8, 1990

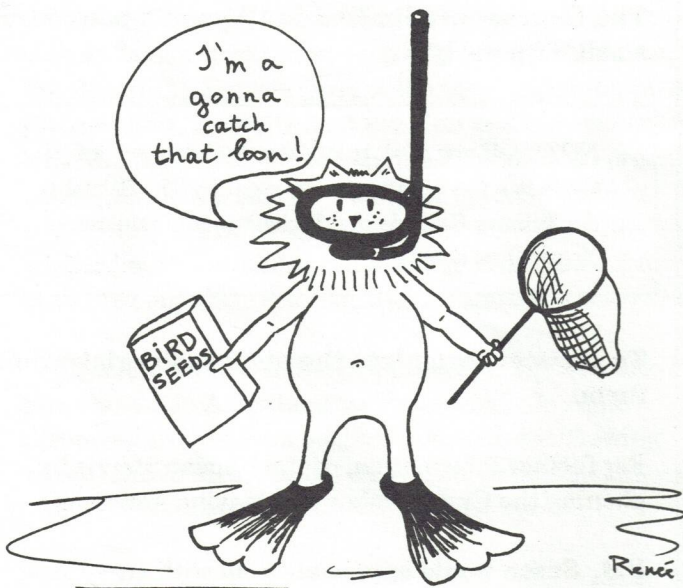
RANDONNÉE AVENTURE returns to Loon Mountain with luxury accommodation in condominiums at the Mountain Club on Loon.

The magnificent peaks of the White Mountains will be ablaze with autumn colour. Hardy hikers who venture up Mount Liberty and over to Lafayette will most probably encounter snow! According to many **RA** hikers, the hike along the ridge to Lafayette (which is manageable for intermediate and strong hikers) is one of the most

scenic and rewarding hikes offered by **RA**. For those desiring less rugged hiking, many other options are available. We will be staying within walking distance of a gondola which whisks you to the summit of Loon Mountain, where there is a nature trail.

Sports facilities include a pool, weight room and sauna.

The town of Lincoln, with its many shops, is within walking distance. Mountain bikes can be rented in town from Deke's but be prepared for hills!



Cost: \$115 for members
\$135 for non-members (or become a member for \$20 and pay only \$115 for this weekend).

Payment by cheque payable to **GOLIGER'S** is required by **September 7, 1990**

Transportation will be by bus, leaving from Atwater and Ste. Catherine (McDonald's) at 7:00 p.m. on Friday, October 5th. Return on Monday evening.

Please indicate on the registration form if you would like to be a condo coordinator.

Any questions? Call 489-0339 and leave a message.

The Canadian Ski Marathon and Team Randonnée

The 25th anniversary ski marathon from Lachute to Gatineau will be held on February 9 and 10, 1991. **Randonnée Adventure** is promoting participation in this event which promises to be great fun. It is not a race but a wilderness tour in which skiers of all abilities and ages are welcome to participate. You may ski anywhere from 10 miles to the full

100 mile distance. Application forms will be available during **RA's** fall sign up. Let's put a **RA** team together to celebrate the 25th skiing of the world's longest cross country ski tour!

Gail Tedstone, Ski Director

First Aid Courses

As promised in our last edition, **RA** has now made arrangements with The St. John Ambulance Brigade for interested Club members to take the fifteen-hour First Aid Course and subsequently, the Cardio-Pulmonary Resuscitation Course at the St. John Ambulance building located on the corner of St-Denis and de Maisonneuve Streets (Metro Berri). If you have never taken these courses, or if your certification has expired, now's the time to take action. Make sure you have the skills to help someone at the scene of an accident at work, at home or at one of **RA's** activities. The cost is \$60 for the First Aid Course and \$65 for the CPR Course, (*certified cheque* or money order payable to St. John Ambulance). **RA** will refund half of the cost of the First Aid Course, that is \$30, to each Club member who successfully completes it. **RA** hopes you will then go on to take the CPR Course as well, but is unable to provide the same assistance for that course.

The dates and times are :

FIRST AID

Five nights, Mondays and Wednesdays, Sept. 10, 12, 17, 19 and 24 from 7:00 p.m. to 10:00 p.m.

CARDIO-PULMONARY RESUSCITATION

Four nights, Mondays and Wednesdays, October 15, 17, 22 and 24 from 6:30 p.m. to approximately 10:00 p.m.

The Courses are limited to 12 people per course so sign up early!

NOTE : If you wish to register for both courses, there is a possibility of a discount by The St. John Ambulance Brigade if sufficient people register. You will be notified.

To register, complete the enclosed registration form.

For further information, contact Susan Harris by phoning the Club number and leaving a message.

P.S. Susan would appreciate help with organizing this activity. If you would like to be a co-ordinator, please call the Club number and leave your name and she will return your call.

Jo Anne Gray, First RA President

With the demise of Richard's Montreal Adventure Club towards the end of the winter in 1986, about twenty former members decided to reorganize themselves as a co-operative enterprise; there was just too much to be lost if they didn't do so! As Wayne Waters puts it, the MAC "had become too large a part of our lives, and we were unwilling to let it die so easily".

Renée Lévy offered her basement for the first meeting; ideas immediately took root and more meetings followed. Phil Prince recalls that when the time came to choose an executive, Ross Clarkson nominated Jo Anne Gray as the first President, and she appears to have been the ideal person to get the new club functioning in a hurry. With her background in education, organizational skills and personal dynamism, Jo Anne inspired the whole group of outdoor enthusiasts willing to donate their time to make the "New Adventure Club" a success.

A brief newsletter announced the formation of the club as "a non-profit co-operative". Monika Malecka, the Recording Secretary from the very beginning until just recently, recounts that the club had to register with the provincial government as a non-profit organization, acquire a charter and elect officers. Robert Fyfe kindly provided advice on legal aspects, while Richard contributed his old mailing lists. Almost at once the club was renamed **Randonnée Aventure**.

Sari Kelen remembers that everything "fell into place when Jo Anne became President". Jo Anne displayed tremendous enthusiasm, was overflowing with creative ideas, easily delegated authority and had a terrific sense of humor.

The second newsletter, mailed to members in June 1986, gives one a feeling for the energetic and fun-oriented way in which RA was beginning to take off. Prepared by Jo Anne's own hand and simply titled "Randonnée Aventure", this single page was full of interesting information on events for the summer and fall seasons. Club executives included Patrick Glorieux, Vice President; Renée Lévy, Treasurer; Elise Brais, Social Events; Don Hackett, Energetic Events; Wayne Waters, Telephone; Gerry Cooke and Diana McDougall, Membership.

The month of June featured a Celebration Party and General Meeting, a Wild 'n Wet Jet Boating ride on the Lachine Rapids, and the first of a series of Montreal Mystery Cycling Tours commencing on the Lachine bike path.

The next newsletter (Fall 1986) already had its own name, **RANDONNEWS**, and Jo Anne was also its imaginative editor. As she announced on the first page, RA was now "rolling!". This one and the following newsletter (Winter 1986-87) were jam-packed with details about all the club events, proof that all was well. A great Montreal institution was flourishing.

Jola Kuzmicka

Editor's Note : Where are these people now? Patrick Glorieux - whose professional maps set a high standard for us to follow - has moved to Ottawa. Jo Anne Gray is living in Vancouver.

Social Stuff

Randonée Calendar

Sunday, August 5th

SUNDAY MORNING WALKING TOUR OF OLD MONTREAL with Sam Allison. RSVP the tape 489-0339 or Sam at 443-1464

Wednesday, August 15th

IMAX film "TO THE LIMIT" (Sports)
6ish, Old Port, corner of de la Commune and St. Lawrence. 6:30 show, then tour the exhibit, then supper? Tickets cannot be reserved so pick up your own (\$9.50) and meet at the entrance.

Sunday, August 19th

CORN ROAST & SWIM AT MARGARET'S, Howick, Quebec. All the corn and salad you can eat for less than \$5. BYOB and meat. Car pool and convoy from Atwater 1 p.m.

Sunday, August 26th

BLUEGRASS MUSIC FOOD FEST
St. Albans, Vermont. Noon till 4 p.m. \$3. fee supports the Am. Cancer Society. Details will be on tape 489-0339.



Tuesday, September 11th

LAMBADA NIGHT AT ALEXANDRE'S
Details will be on tape. Leave a message if you are interested.

Saturday, October 27th

HALLOWE'EN DRESS UP & SIGN UP PARTY.
Westmount Armoury.

November

Date to be set for a FASHION SHOW of sports gear to be held at the Grad Centre. To participate, please call Sam at 443-1464.

TELEPHONE COMMITTEE

Call girls and guys urgently needed to pass on socially contagious ideas in the form of a phone chain. Please call (443-1464) or Karen (739-1023)

Lambada night has been switched to Fri, Sept. 14. with kick off we will rendezvous at 8 PM at the Kracovie Rest, 1246 Stanley & then proceed onto Alexandrie

August

4	SAT	Cycle Trip 9 : North Hatley, Que.
5	SUN	Morning Walking Tour of Old Montreal
9	THURS	Executive Meeting
10-11	SAT/SUN	Trail Maintenance : Brush Clearing
15	WED	IMAX film "To The Limit" (Sports)
	"	Hiking Meeting
18	SAT	Hiking Trip 7 : Mt. Legault, Que.
19	SUN	Corn Roast and Swim at Margaret's
21	TUES	Cycling Meeting
25	SAT	Hiking Trip 10 : John's Brook, N.Y.
26	SUN	Cycle Trip 10 : Morgan, Vt.
	"	Bluegrass Fest, St. Albans, Vt.
27		<i>Cycle meeting</i>

September

1-4	SAT-MON	Labour Day Weekend : Killington, Vt.
6	THURS	Executive Meeting
8	SAT	Hiking Trip 9 : Adirondack Loj, N.Y.
9	SUN	Cycle Trip 11 : Chasm Falls, N.Y.
	"	Hiking Trip 10 : Adirondack Loj
10	MON	First Aid Course starts (6 nights)
11	TUES	Lambada Night at Alexandre's
12	WED	Hiking Meeting
14	SAT	Hiking Trip 11 : Mansfield, Vt.
15	SAT	Hiking Trip 11 : Mansfield, Vt.
16	SUN	Cycle Trip 12 : Havelock, Que.
22	SAT	Cycle Trip 13 : Lac Superieur, Que.
	"	Trail Maintenance : Trail clearing
29	SUN	Cycle Trip 14 : Glen Sutton, Que.
	"	Hiking Trip 12 : Cascade, Porter, N.Y.

October

4	THURS	Executive Meeting
10	WED	Hiking Meeting
6-8	SAT-MON	Thanksgiving Weekend : Lincoln, N.H.
13	SAT	Hiking Trip 13 : Hunger, Vt.
15	MON	CPR Course starts (4 nights)
20	SAT	Hiking Trip 14 : Tillotson, Vt.
20-21	SAT-SUN	Trail Maintenance : Fall Walkthrough
27	SAT	Hallowe'en Dress Up & Sign Up party

*Kracovie Rest 8 PM
1246 Stanley &
12 will proceed on to Alexandrie
on Peel above St Catherine*