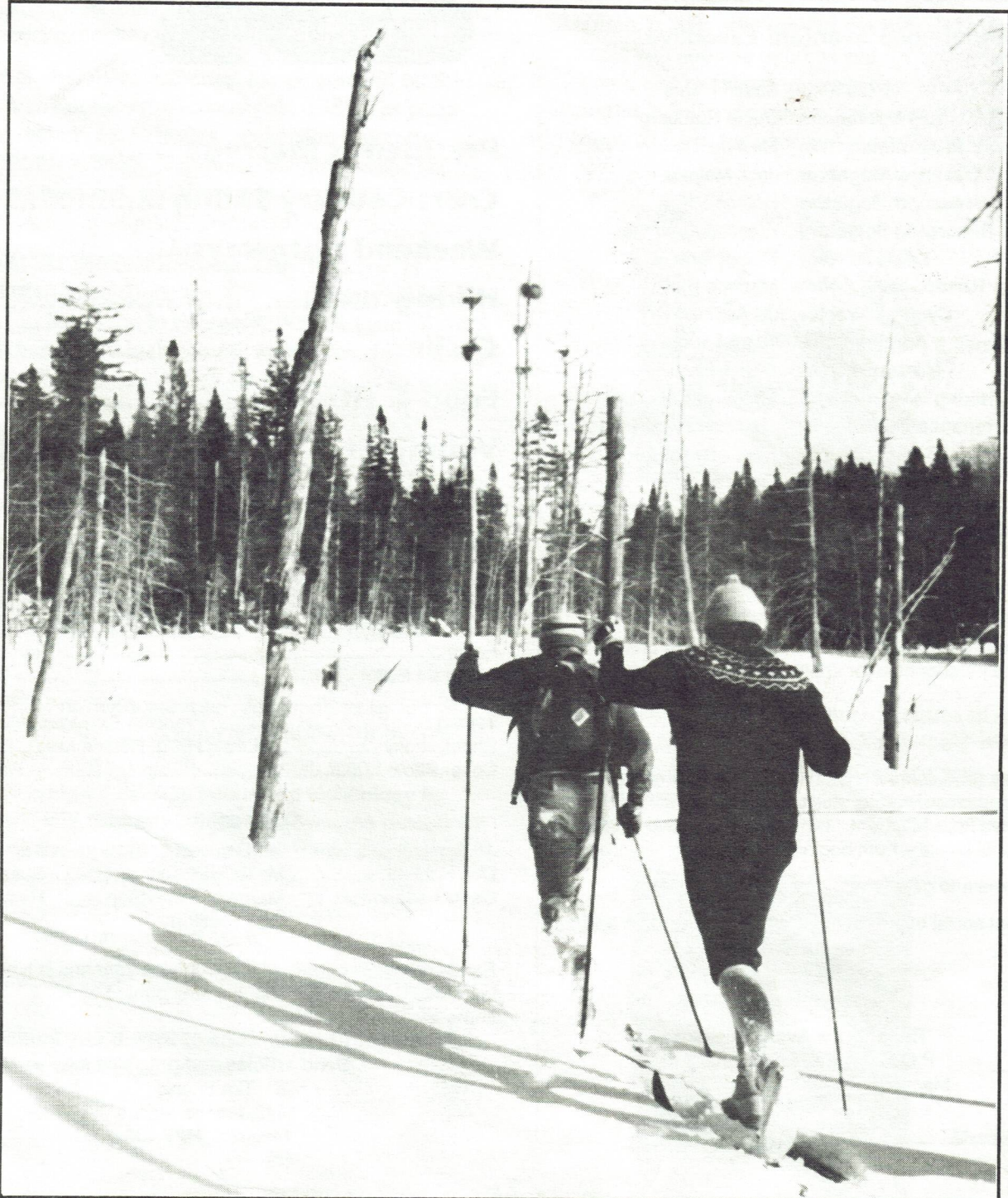


RANDONNEWS

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Montreal's Friendly Outdoor Club

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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 accommodate all levels – from beginner to expert.
- Long weekend getaways.
- Frequent social events such as picnics, barbecues and parties.
- And more...

Randonnée Aventure
P.O.Box 1102, Snowdon
Montreal, Quebec H3X 3Y2
489-0339

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PRESIDENT'S MESSAGE

Another memorable season of hiking and cycling has come to a close. Due to the untiring efforts of the members of the hiking and cycling committees, many of us have trodden the trails and ridden the roads of Vermont, New York, New Hampshire, Quebec and Ontario from May to October. We have also whooped it up at a range of social events throughout the season which have been organized with zest by our social committee members. Thanks to all these hard-working groups, club members are able to enjoy so many activities.

As part of your 1991 activities, I hope you will be able to join as many of the cross-country ski outings as possible. These include the February weekend to Pinoteau Village Condos at Mont Tremblant, the more rustic ski backpacking weekend, and the not-to-be-missed ski party and talent show. Start rehearsing now!

Our keen Ski Director this year, Gail Tedstone, is encouraging us to celebrate the 25th anniversary of the Canadian Ski Marathon in February. An RA team of skiers will participate in this event for the first time. You don't have to be Jackrabbit J. to get involved, so speak to Gail or me or call the Club number to find out more. This is a great opportunity for us to do something new as a Club, so let's get as many skiers out there as possible!

Thank you to everyone who has expressed interest in helping with Club events. If you are not called upon immediately, do not despair, your talents will be tapped eventually! Do not hesitate to come forward and join the ski committee or any other committee. The hiking and cycling committees continue to meet in the off-season to plan for next year. New members will be warmly welcomed.

Autumn, my favorite time of the year, is half over now. Christmas will soon be upon us and the snowy season with it. I would like to extend my very best wishes to all for a meaningful holiday season and for a wealth of good health and happy times in the year which awaits us.



Susan Harris

A WORD FROM THE EDITOR

Yes, the rumours are true! After two years as editor, I will be moving on to other endeavours. Not to worry, though. Tim Skene, who has assisted me in bringing desktop publishing technology to Randonnews, will take over. I have enjoyed the process of transforming the input of many members into a newsletter that reflects our growing, friendly but organized club. Thank you to everyone who has been involved with Randonnews over the past two years.

What's special about this issue? More members than ever have contributed – thank you everyone! It's all in here, everything you'd want to know about filling your late fall and winter with fun activities.

Remember, it's *your* newsletter. Feel free to submit articles, photos, drawings or ads. But make sure your contributions reach the editor *on time*; see page 2 for mailing address. Deadline for submissions for the Spring 1991 issue is February 28.



Marlene Busko

Kicking & Gliding with RA

The 1991 season features something for everyone. Day trips are to our most popular destinations. All offer a variety of terrain which we have rated for your enjoyment. The trip cost includes transportation by luxury coach and trail fees. End the season with a bang at our fifth annual feast and talent show, which includes barbeque, wine, transportation and skiing.

Each ski bus is led by a volunteer trip director and an administrator recruited at the beginning of the season from among

registered participants. This is a great way to get to know fellow Randonneurs. Please indicate your wish to help in the appropriate place on the registration form. We welcome volunteers to help scout new destinations. Scouts may be held before the season starts if the snow comes early this year. Information about scout dates and destinations will be available on the club tape at 489-0339.

*Gail Tedstone, Ski Director
Margaret Robertson, Ski Administrator*



O.K. Guys! Not a word to Wayne about his split pants til later.

Left to right: Richard, Tony, Cathy and Wayne.
Photographer: Phil Prince. First prize, ski category, 1989 Photo Contest.

Ski Touring Tips

Remember, there is no such thing as bad weather, only bad clothing.

- Wear layers, as you are insulated by the air trapped within your clothing
- Wear types of clothing that can be put on or removed easily
- Avoid cotton, as it holds water: jeans and cords are a poor choice
- Wool keeps you warm while wet
- Polypropylene (Lifa) wicks moisture away from the skin to the outside where it can evaporate
- Carry a breathable windbreaker
- Gaiters keep your socks dry and snow out of your boots
- Avoid overdressing, as sweating can lead to hypothermia
- Control heat loss – always cover your head, keep feet and hands warm and dry.

In your daypack carry energy food and liquids, extra sweater, socks and mitts, tape, shoelace, pocket knife, ski tip and ski wax.

To put it all together, come to our ski equipment and clothing show (November 30, see Social Calendar), and then to the:

Cross-Country Ski Waxing Clinic

Wednesday, January 9, 1991, 7:00 p.m.
NDG-YMCA, 4335 Hampton Avenue.
486-7315

Villa Maria Metro, 103 or 162 bus

Presented by Norway Nordic.
Unravel the mysteries of kick-waxing and glide-waxing with the experts.

Registration Information

Prices

Please note that for 1991, there will be a surcharge of \$2 for late signups. The cutoff date is December 14. Cheques must be dated and received before December 14.

Trip price is \$24, (\$26 after Dec. 14).

End-of-season ski party is \$26, (\$28 after Dec 14).

GST Warning

The proposed GST might affect our prices. We'll keep you informed.

Trip Signup Procedure

To get your first choice of trips, sign up early! Either:

Mail the registration form to the club address

or

Come to the *Early Bird Signup* (members only):

Monday, October 22, at 7:30 p.m.

at Mike and Wayne's, 4527 Melrose, NDG.

or

Sign up during the *Hallowee'n Party*

Saturday, October 27, at 8:00 p.m.

Westmount Armory

4620 Ste-Catherine St. West.

Registrations will be accepted after October 27, but check the tape first to see which trips have space remaining.

Selling a Trip during the Season:

The Monday to Wednesday prior to the trip, call the tape (489-0339) and leave your message. RA will *not* call you back, but if a buyer is found, a cheque will be mailed to you for the amount that you paid for the trip.

Buying a Trip During the Season:

The Monday to Wednesday prior to the trip, call the tape (489-0339) and leave your message. Then on the Friday evening prior to the trip, call back to listen to the list of names of people for whom there is a place on the bus. If you hear your name, show up with \$26 cash or a cheque payable to "Randonnée Aventure". We do not carry change.

If you don't hear your name, you can go to the *last* pick-up spot (T.M.R. Shopping Centre at Lucerne Road) before 8:00 a.m. with the correct payment and you stand a good chance of getting on the bus if there are "no-shows".

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

RA Cross-Country Skiing Guide

No.	Date	Destination	Trails	Rest.
1	Jan. 5	Lac Monroe	E, M, D	N
2	Jan. 12	La Mauricie	E, M	N
3*	Jan. 13	Montagne Coupée	E, M	Y
4	Jan. 19	Far Hills	E, M, D	Y
5	Jan. 26	St. Donat	E, M	Y
6*	Jan. 27	Rivière Rouge	E, M	Y
7	Feb. 2	Petit Bonheur	M, D	Y
8	Feb. 9	Vieux Foyer	M, D	Y
9	Feb. 16	St. Jovite	E, M, D	N
10	Feb. 23	Farmer's Rest	E, M	Y
11*	Feb. 24	Montebello	E, M	Y
12	Mar. 2	Morin Heights	E, M, D	Y
13	Mar. 9	L'Esterel	E, M	Y
14	Mar. 16	Pimbina (Party)	E, M	N
*Sunday				

Trail Rating

Easy: flat, machine groomed

Moderate: gentle hills, mixed machine and skier tracked

Difficult: hilly, narrow, wooded trails

Restaurants

Y: restaurant available

N: no restaurant available

Always bring a lunch in case the trip destination is changed.

Price: \$24 before Dec. 14, (\$26 after).

Trip 14 is \$26 before Dec. 14, (\$28 after).

Destinations may change depending on snow conditions.

In adverse conditions, call 489-0339 after 8 p.m. the night before the trip, to verify if the trip is still on.

Bus Pickup Points

7:30 a.m. Atwater and Ste-Catherine (MacDonald's)

7:45 a.m. Queen Mary and Décarie (Toronto-Dominion Bank)

8:00 a.m. TMR Shopping Centre (Lucerne Road)

February Cross Country & Alpine Ski Weekend

Pinoteau Village Condominiums
Mont Tremblant, Québec
Friday, Feb. 1 to Sunday, Feb. 3

While waiting for winter, now is the time to plan to indulge yourself on our weekend getaway that includes bus transportation, luxurious condominium accommodation, two breakfasts and one dinner. 90km of cross-country ski trails start from your doorstep, and Mont Tremblant's alpine skiing is 5 minutes away by shuttle bus.

We will be staying at the new Pinoteau Village Condominiums, with 4 people per condo. Your spacious condo will include two bedrooms, a kitchen and a living-room with fireplace. Included in the package price are two breakfasts (Saturday and Sunday) and Saturday's dinner at la Bonne Fourchette Restaurant, just across the driveway.

Pinoteau's facilities include a ski shop, waxing room, exercise room, sauna and whirlpool. The shuttle bus continues in the evening to the piano bar at Mont Tremblant Lodge for après-ski fun.

The number of places is limited so register early to avoid disappointment.



Transportation:

By bus from Atwater and Ste. Catherine
 Departure at 7:00 p.m., Friday.

Cost :

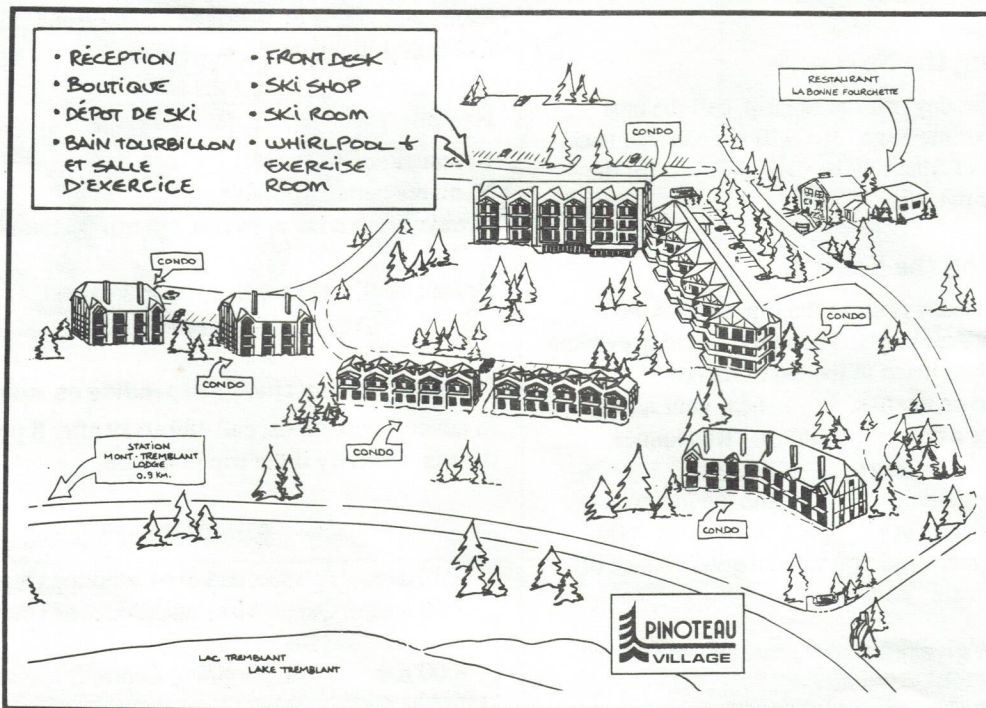
\$150 for members, \$170 for non members (includes \$20 membership).
 A \$20 surcharge is added to a balance received after Dec. 14.

Method of payment:

Deposit of \$50 dated with date of registration, plus cheque for balance by December 14.

Alpine Skiers:

A 2-day Mont Tremblant lift ticket for \$44 will be reserved for you (payable on arrival), if you so indicate on the registration form.



RWA
Mt Ste Anne
678

Canadian Ski Marathon Weekend

Feb. 9 - 10

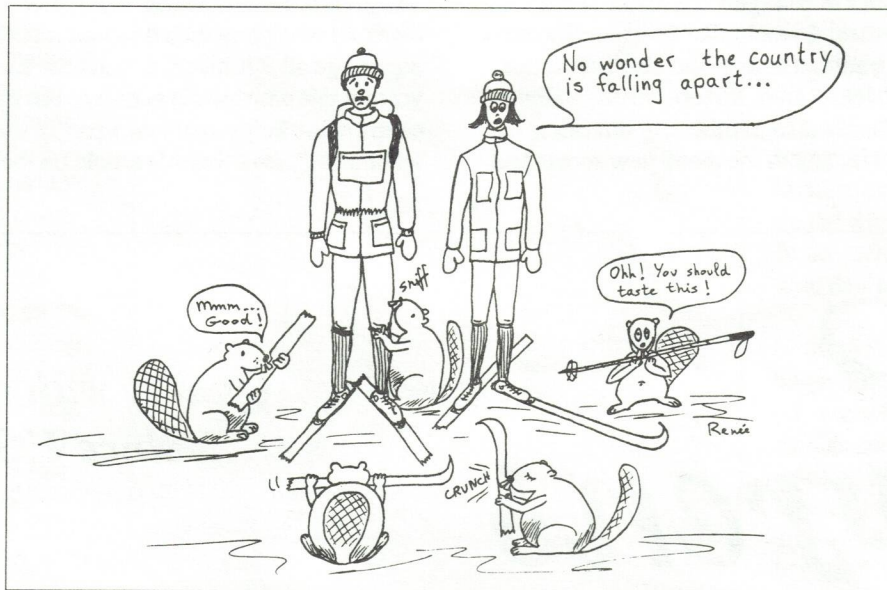
Our team spirit lives on. The success of our Rideau Lakes Cycle Tour team motivates us to put together a MAXI Team for the Ski Marathon from Lachute to Gatineau on February 9 and 10, 1991. We need a minimum of 12 skiers. The goal is to accumulate the total number of "legs" skied by the best 20 members of the team. A "leg" is approximately 10 miles. Individual skiers set their personal objective based on their ability.

The total distance of the ski marathon is 100 miles or 10 sections. It is a two-day event with accommodation in schools, motels or the Chateau Montebello. Transportation by bus is available from Montréal on Friday night and from Gatineau on Sunday night. Energy snacks and liquid are provided at each section and shuttle buses bring you to the start and to your accommodation from all sections. As enjoyable as the skiing is

the camaraderie; you will make many new friends on the trail.

Application forms will be available at registration or by mail by leaving a message on the tape. **Deadline for applicants requiring accommodation is December 28, 1990.** Applications can be submitted individually but the team captain must submit a list of team members so please let us know if you apply. I invite all former participants in the Marathon to join the team and help to encourage the new initiates.

All that is left is to stay fit after your summer of cycling and hiking until the snow falls. Our "Getting Yourself in Shape" session on November 8 (see Social Calendar) should get all off to a good start. Also, be sure to read Ian Deakin's suggestions about staying fit (p. 11) and how about coming out to volleyball with Randonnée (see details on p. 12).



Wilderness Ski Weekend

March 2 - 3

This is a repeat of a successful activity last year. The destination, a park or provincial reserve, will be confirmed after November 15. Anyone who can ski 12 kilometers with a backpack containing a sleeping bag, change of clothing and food is welcome. Terrain is gentle, accommodation is in a rustic hut. Space is limited to 24 skiers. Transportation is by carpool early Saturday morning with return on Sunday

evening. Food and gas costs are shared. The price for accommodation will vary between \$12 and \$32 depending on the quality of the camp available: pit toilets vs showers and indoor plumbing. Please mail in your deposit of \$12 with your registration form. You will be notified by the trip coordinator about balance remaining and other trip details.

Participation Reaches New Heights

Randonnée Aventure winds up its fifth season with the highest level of participation ever. To those new members who are just discovering the joys of hiking with RA, welcome!

Some highlights of our 1990 season include outstanding day trips such as the season opener to Mount Sutton on a perfect spring day, two back-to-back day trips to the Adirondack Loj, and the Meecham Lake trip with its après hike picnic and rendez-vous with cyclists. Weekend trips to Lake Placid, N.Y., Killington, Vt., and Loon Mtn., N.H., allowed us to explore a wide spectrum of trails. On the July 1st weekend, 18 hikers made the first ever club hike along the Great Range Walk.

This past season also saw Randonnée hikers conquer many high peaks (elevations greater than 4000 ft.) including the highest peaks in Vermont and New York (Mt Mansfield 4,393 ft. and Mt Marcy 5,344 ft.). We also climbed the Franconia Range in New Hampshire – from Mt Liberty (4,460 ft.) on to Mt Lincoln (5,108 ft.) and then to Lafayette (5,244 ft.).

This successful hiking season is largely the result of the efforts of the hiking committee. I would like to especially thank Margaret Robertson, hiking administrator, and also committee members: Elise, Raymond, Ian, Karen, Robert, Susan, Kathy, Diana, Phil and Helena. Thanks also to other trip directors: Gerry, Marlene, Mike and Jan, and to the many new scouts and trip administrators.

Plans are underway for a great hiking season for 1991, with new destinations and new trails. Your input is always welcome. To find out when and where the next hiking meeting is, call the club tape (489-0339).

Lastly, don't put away those muddy hiking boots just yet! There is still another hike.

Late Season Hike
Chertsey, Quebec
Sunday, November 17
Details on club tape.

Don Hackett

RA LT News

It is great to see a large number of members helping RA honour its commitment to maintain a section of the Long Trail, near Tillotson/Belvidere, Vermont. I would like to thank all who participated in trail maintenance activities and encourage all RA hikers to consider spending some time next year on this worthwhile activity. For more insight into how our contribution helps maintain a part of the "footpath through the wilderness", read Susan's article on the opposite page.

Margaret Robertson

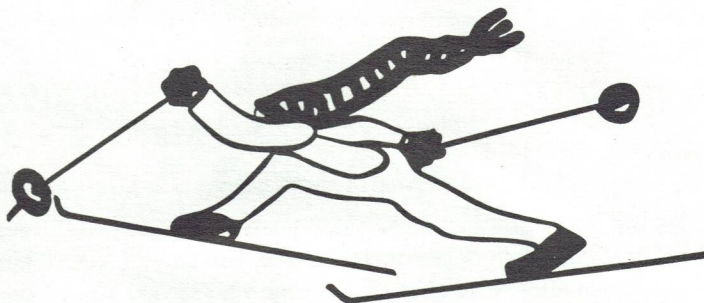
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Discovering the Long Trail

Summertime with RA – hiking, cycling, picnicking – means opportunities for wonderful memories to be etched forever in our minds. But do you know what I will remember most about this past season? My discovery of the Long Trail in Vermont! The trail is 265 miles long, and goes from the Massachusetts border through Vermont to the Canadian border near Jay Peak.

I've hiked numerous times on many parts of the trail. Four of our day-hikes this year have taken us there, and RA also maintains part of it. But until now I've never really appreciated its magnitude. I couldn't see the forest for the trees! Each day-hike was for me a self-contained experience.

In August I went backpacking on the Long Trail for the first time. The section that we hiked is part of the 90 miles which overlap the Appalachian Trail. The Appalachian Trail extends 2,100 miles, from Springer Mountain, Georgia to Mount Katahdin, Maine. Margaret Robertson and I started our trip near Bennington in Southern Vermont and hiked north, hoping to cover about 38 miles over 7 days. Unfortunately, an injury prevented us from fulfilling our original plans but the trip was a great introduction to backpacking. More than learning about the right gear to bring though, I really saw the trail in a new perspective.

Margaret is an old hand at setting up camp in the shelters; I certainly chose the right companion to learn these skills from. Shelters accommodate varying numbers of hikers, and one of the most fascinating aspects of our trip was the interaction with the people we met.

During our overnight stops, we met over twenty thru-hikers as well as overnighters and day-trippers. It was the thru-hikers who fascinated me, with trail names like Bear-Man, Van Go,

Connecticut Yankee, Trapper and Daddy-Long-Legs and their rather grubby-looking appearances. I was somewhat skeptical at the outset but soon learned to like these adventurous souls and admire their fortitude. To our special adoptee, Youngblood, we gave our left-over food which he appreciated, and we no longer had to carry! Oh, I almost forgot to tell you our trail names. Are you ready? Bear-Man christened us "The Blister Sisters"!

Most of the thru-hikers were doing the whole AT, commencing in mid-April in Georgia and ending in Mid-October in Maine. A six-month backpacking trip! Sorry, no sherpas! They would hike out to towns every so often for food, to get cleaned up and to do the laundry.

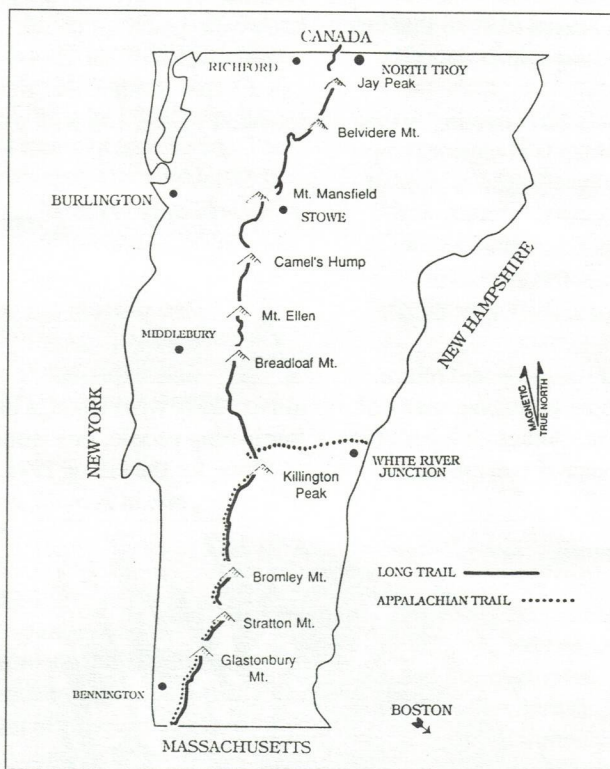
It takes from 21 to 24 days to do the LT, I'm told. What an accomplishment! I realized that it's more than just a day-hike to Mount Mansfield or Camel's Hump. The LT is another world, a wilderness at our doorstep. I'm anxious to try backpacking again, and I've added another ambition for my future – to do the whole thing in one attempt. In the meantime, I'll content myself with day-trips.

We have an opportunity to get to know our own small section of the LT better by clearing the brush, cutting away any fallen trees, painting the white trail blazes, etc. I certainly appreciated the work done on the part of the trail which Margaret and I visited, and I

learned from the thru-hikers how vital it is to look after the many shelters and leantos.

RA's trail maintenance activities continue a tradition that originates with the LT in 1910. For me it has developed from a casual acquaintance to a special friend, and I am looking forward to many more miles of happy hiking on the Long Trail.

Susan Harris



Après Cycling 1990

It is a mixed blessing to see the changing colors of the fall leaves. While it is a beautiful time for cycling, it also means the end of another cycling season. Our 1990 day trips were a combination of new discoveries and old favorites. We increased our long weekends to three, enabling you to cycle around Lake Placid, Killington and Stowe. A second year of inn-to-inn touring in the Finger Lakes repeated last year's rave reviews; and to round it all off we even gained some new bicycle mechanics with both a clinic and a course on the technical side. So all in all 1990 was a success.

I thank many of you for your feedback, as this is what will determine our future offerings. The 1991 season isn't all that far away. Let me help get you through those long winter months with some cycling thoughts:

First of all, the planning for Randonnée's 1991 cycling season moves into high gear. The cycling committee is always looking for new help and ideas; stay tuned for the tape announcement of the next meeting.

Secondly, Héléne Millas has put together a tremendous package for cycling in Europe in 1991; read about it next.

Next, for those of you really looking for a challenge, there is the 1991 Rideau Lakes Cycle Tour. It is a two-day 340-kilometer ride (not a race) from Ottawa to Kingston and return. This year we had 23 Randonnée members participating, many of whom were first time double century riders. Although it isn't for everyone, we can give you training assistance if you are inter-

ested. The registration deadline is mid-February. (Refunds are available until three weeks prior to the trip). Please check the box on our registration form if you wish further information.

Now most importantly, a big thank you to all who made 1990 cycling happen so well: First to Verna, the cycling administrator and my assistant director: merci beaucoup! To the rest of the committee: Elise, Mike, Richard, Cathy, Monika, Gail, Wayne, Sarah & Jan: many, many thanks; to the other big helpers: Marlene, Phil, Karen, Al, Diane & Ray: thanks for all the help, and to everyone else who helped so much with scouting, administering, and other tasks: (you are too many to name, but you know who you are): merci.

Finally, I wish all of you the very best, and hope that you will call up your Randonnée friends when Indian Summer (no joke intended!) finds you with a craving to ride.

Jill Aspinall

Cycling in Europe

A few years ago, I cycled the backroads of the Burgundy area in France, in the early fall. It was a most enjoyable experience. We stayed in lovely inns, and went to almost daily wine tastings in chateaux. We met up with some fascinating people, saw wonderful scenery and had a great time.

Thus, for the fall of 1991, I am planning three possible trips to Europe, one in Austria, one in Portugal and one in Scotland,

in order to give members of Randonnée Aventure a chance to experience Europe at its best. In collaboration with reputable tour organizers, these trips promise to be a unique lifetime event. Geared towards the intermediate or better cyclist, they will expand our horizons and delve into different cultures, along with giving us a chance to work off the calories gained in some of Europe's best culinary capitals.

Why not joint fellow Randonnée Aventure members for what will undoubtedly be a memorable trip? More info will be sent to members who cycled with us last year.

Héléne Millas

Two club spokespersons, Jeannine & Gerry, dreaming of Europe



Beans

Beans! They can be the duller food in the world, but may deserve better press. Together with peas and lentils they comprise the food group of legumes. In some instances their protein content is equal to that of meat.

Substituting beans for meat as a protein source is a move worth considering; greater content of fiber and absence of fat are some of the advantages. An understanding of *NET PROTEIN UTILIZATION (NPU)* helps us to plan a diet that contains both adequate quantity and quality of protein and their amino acids.

For example eggs contain only 15% protein by quantity, yet by quality (NPU) they stand at 94%, i.e. they provide most of the essential amino acids (those which we cannot produce through our own metabolism). Beans with high NPU include soybeans (61%), tofu or soybean curd (65%) and mung beans (57%). The average NPU for meat is 65%. By combining beans with rice or a grain one can obtain a full complement of essential amino acids and thus fulfill the daily protein requirements without eating meat.

Brazilians have designated their black bean dinner, called Feijoada, the national dish. It is made up of spiced black beans often sold as black turtle beans, rice with sauce and steamed

greens. If you are not prepared to concoct this tasty three-course meal, try **Cafe Nega Fulo**, 1257 Amherst; 522-1554. It is a combined Brazilian, Cajun and Mexican restaurant just east of Berry-de-Montigny and south of Ste-Catherine St.

The following NPU values are for a 1/4 - 1/3 cup serving (approx. 50 gms):

Legume Type	NPU
Tofu (soybean curd)	65%
Soybeans	61%
Mung beans	57%
Lima beans	52%
Broad beans	48%
Peas	47%
Cowpeas	45%
Chick peas (garbanzos)	43%
Black beans	42%
Kidney beans	38%
Common beans (navy, white)	38%
Lentils	30%

Herb Srolovitz

As the Leaf Falls

As fall arrives and we start on the latter stages of our hiking and cycling season, many of us find we are getting less exercise. Television, the couch, the fridge start to replace Mansfield, Camel's Hump and Meecham Lake. This is not to say that after a hard season of physical effort, a couple of weeks of rest and relaxation cannot be both refreshing and even necessary to allow the body time to overcome that nagging ache, strain, etc.

Nevertheless, most of us do want to maintain a reasonable degree of fitness either in anticipation of the skiing season or just for our own sense of well being. We know that during a ten minute span, the average person will burn approximately 65 calories cycling at 10 mph or approximately 75 calories on the average hike. But the hiking and cycling will soon be over! To paraphrase Carl Madden "What can you do?"

If walking your dog or jogging around your neighbourhood are not for you, there are other options. You might consider joining a fitness class at your local "Y" or sports complex. A low impact, regular workout may be ideal at this time. Our own

club is offering fitness and volleyball on Tuesday night (see page 12 for details). Remember that our daily activities also have work and exercise value. What about moving those boxes into or out of the basement? Walking to work? Painting that spare room? Stacking a couple of cords of wood or even, and I realize that this might be quite drastic or even unthinkable for some, walking up to the apartment?

Try not to overlook the fact that diet works together with exercise. Although not every chocolate bar should fill us with angst and self-loathing, we might remember that it is around three or four times higher in calories than an apple or pear. (Consider that it takes slightly over an hour of cycling to expend the calories contained in a couple of pieces of fried chicken and a slice of apple pie).

If you need a good adage for the coming months, how about "Use it or lose it but don't force it".

Ian Deakin

Are You Active?

Are you an active member,
the kind that would be missed?
Or are you just content
that your name is on the list?

Do you attend the meetings
or mingle with the crowd?
Or would you rather stay at home
and complain both long and loud?

Do you give a little time
and help to make things tick?
Or leave the work to just a few
and talk about the "clique"?

There is quite a program scheduled
that means success if done
And it can be accomplished
with the help of everyone.

So come to all the meetings
and help with hand and heart.
Don't just be an active member,
But take an active part.

Think it over member,
are you right or wrong
Are you an active member
or do you just belong?

*Author unknown
Contributed by Cathy Ladanowski*

Maida's Farewell

In spring 1991, after a 3-year term, I will be stepping down from my position as volunteer coordinator. To Catherine Ford who will be replacing me, I wish the best of luck. I'm sure you will enjoy coordinating RA volunteers. I would like to thank everyone of you who has helped me out these past 3 years by telephoning, decorating for parties or mailing newsletters. See you soon at the next Randonnée event.

Maida Haltrecht

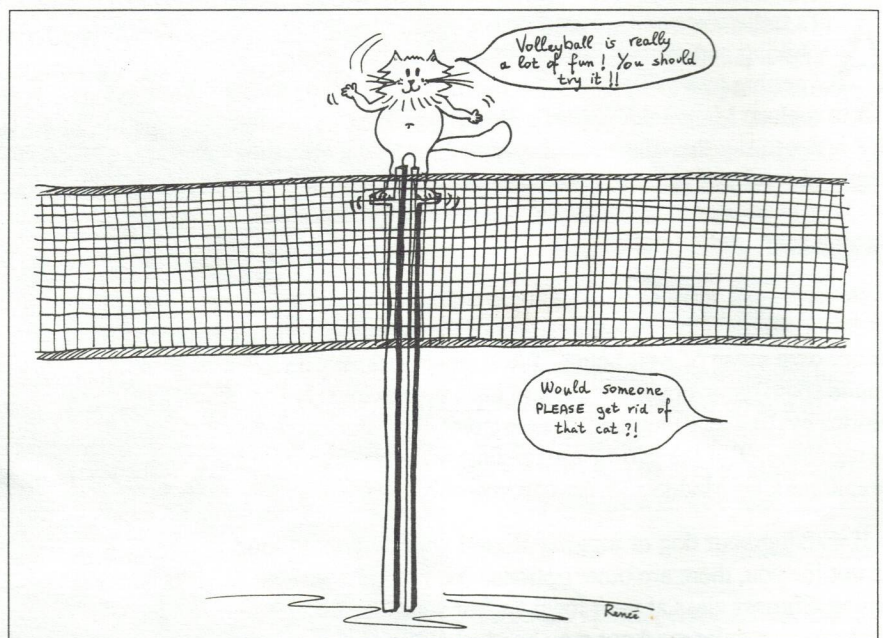
Carpooling RA Style

Randonnée Aventure has traditionally relied on the generosity of volunteer drivers to provide transportation for other members to Club events where there is no bus transportation available. In return for their lift, passengers pay their share of costs: gas, wear-and-tear on the car, etc. Carpooling is a great way to meet new members and to get to know familiar faces better. It is, of course, energy efficient. Carpooling allows RA to offer popular social events such as Margaret's Corn Roast in Howick.

To make the RA carpooling system work, RA organizers would appreciate it if all drivers with space for extra passengers would inform them as early as possible. Members who are unable to arrange transportation to an event on their own can then call the Club tape and be easily matched with a place in a car.

VOLLEYBALL BACK BY POPULAR DEMAND!

TIME: Tuesdays, 6-8 p.m. October 2 - December 4
PLACE: WAGAR HIGH SCHOOL, 5785 Park Haven,
Cote St. Luc.
COST: \$48 for the ten-week program of ski fitness from
6-7, and volleyball from 7-8 p.m.
RSVP: Organizer TOM RAVNAY at 849-8884.
See you there.



Social Calendar Fall/Winter

Saturday, October 27

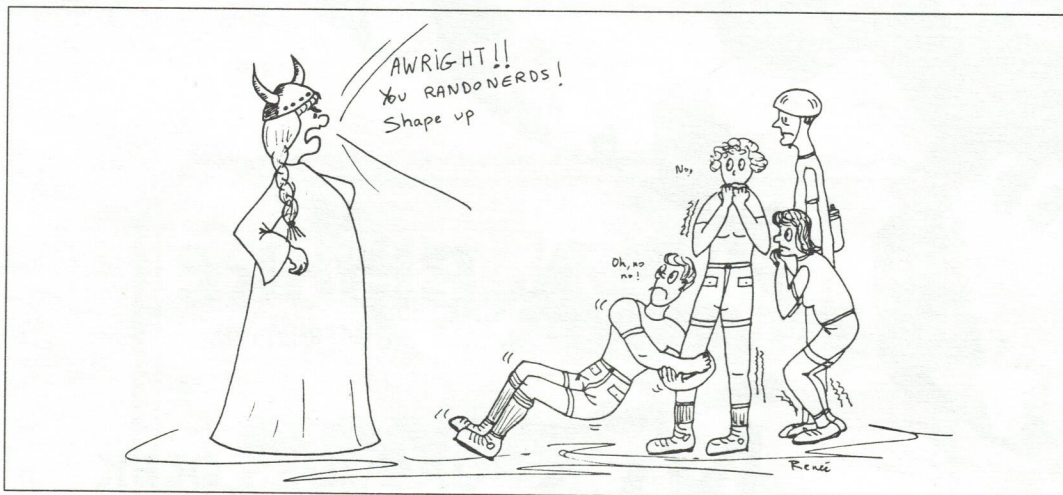
HALLOWE'EN DRESS UP AND SIGN UP PARTY

Westmount's Royal Regiment Armory, 4625 Ste. Catherine St. West.
DJ dance tunes, nibbles, costume prizes and registration for the ski season. 8 p.m. \$6

Thursday, November 8

VIKING SKI CLUB

invites us to attend a ski fitness talk at the McGill Grad Centre, 3650 McTavish, 7:30 p.m.
Speaker KAREN OLJEMARK is a level II certified coach with Cross-Country Canada and a five-time winner of the Québec Women's Championship. Free.



Saturday, November 24

An afternoon of FUN & GAMES at Ian and Di's
RSVP the tape (489-0339). BYOB and any dynamite board/bored games
that you have – Scrabble, Pictionary, etc. 3 p.m.

Friday, November 30

SPORTSWEAR EXPOSÉ and EQUIPMENT TIPS

McGill Grad Centre, 3650 McTavish, 8 p.m. Inspired by the cross-country ski fitness
talk of November 8th, you will learn what to wear and what to ski with.
Specialists will provide the answers. Dance bar after the shows.

Saturday, December 22

HOLIDAY SEASON DINNER-DANCE

A festive dish for approx. 8 people will be the price of admission.

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A full range of outdoor clothing & equipment

Blacks invites all outdoor enthusiasts to an audiovisual presentation, in French, on the ascent of Mt. Gasherbaum in the Himalayas. This was the first all-Québec conquest of an 8000m peak. Tickets are \$7, available at Blacks or at the door, with proceeds supporting the Mt. Gasherbaum team.

Friday, November 30, 8 p.m.
Université de Montréal
Science and Arts Bldg. Auditorium, Rm. 2285
3200 Jean Brillant

More information is available at Blacks.

CYCLING TOUR summer of '91. Interested in a West Coast tour? If so, call Uncle Al at 486-6019.

SKI COTTAGE TO SHARE In Morin Heights. Weekends or longer (a ski week perhaps?). Call Richard at 487-3300.

HIKING BOOTS Size 10 1/2 Men's. High Tech, Ultra Series K2. Used only once. \$50. Call Jack at 488-9904.

FRENCH IMMERSION Intermediate level. Two weeks available: December 23/90 to January 4/91. Includes food, lodging and cultural activities for \$1,200 per week. Call Jeannine at 691-4607 (home) or 698-1695 (work).

LONG-SLEEVED TURTLENECK T-SHIRTS Sizes S, M and L. White with a small print. Only seven available at \$7 each. Call Marcella at 483-4877.

DRIED FLOWER BASKETS Make very attractive gifts. Order the design of your choice. Priced from \$5 to \$50. Call Marcella at 483-4877.

TIME-SHARING CONDO One week (last week in Nov.) for sale or rent, in Puerto Vallarta, Mexico. Many amenities. Can be exchanged for any other week at another resort. Sleeps 4. Buy for \$8,000 or rent for \$600 per week (negotiable). Call Julia at 844-7355.

DOWNHILL SKI TRIPS Are you interested in carpooling to major ski areas on weekends? Possible spring break week to Whistler? Call Barbara at 932-1548.

To place an ad in the next issue of Randonnews (Spring 1991), call Tim Skene at 277-3366 and leave a message before February 28. No charge.

For the fun of skiing and the great outdoors! **NORWAY NORDIC**

BONNA

patagonia



SIERRA DESIGNS

127 rue Ste Anne (514) 457-9131
STE ANNE DE BELLEVUE

RANDONNÉE CALENDAR

October

13	Sat	Hiking Trip 13: Hunger, Vt.
20	Sat	Hiking Trip 14: Tillotson, Vt.
20-21	Sat-Sun	Trail Maintenance - Fall Walkthrough
22	Mon	Early Bird Signup
27	Sat	Hallowe'en Dressup & Signup Party

January

5	Sat	Ski Trip 1 : Lac Monroe
9	Wed	Cross-Country Waxing Clinic
12	Sat	Ski Trip 2 : La Mauricie
13	Sun	Ski Trip 3 : Montagne Coupée
19	Sat	Ski Trip 4 : Far Hills
26	Sat	Ski Trip 5 : St-Donat
27	Sun	Ski Trip 6 : Rivière Rouge

November

1	Thurs	Executive Meeting
8	Thurs	Ski Fitness Lecture
17	Sun	Late Season Hike Grande Vallée, Québec
24	Sat	Fun & Games Afternoon
30	Fri	Sportswear and Equipment Show

February

1-3	Fri-Sat	Pinoteau Weekend Ski Trip
2	Sat	Ski Trip 7 : Petit Bonheur
9	Sat	Ski Trip 8 : Vieux Foyer
9-10	Sat-Sun	Canadian Ski Marathon
16	Sat	Ski Trip 9 : St-Jovite
17	Sun	Ottawa skate
23	Sat	Ski Trip 10 : Farmer's Rest
24	Sun	Ski Trip 11 : Montebello

December

4	Tues	Volleyball and fitness
6	Thurs	Executive Meeting
22	Sat	Dinner Dance
28	Fri	Signup Deadline for Canadian Ski Marathon

March

2-3	Sat-Sun	Wilderness Weekend
2	Sat	Ski Trip 12 : Morin Heights
9	Sat	Ski Trip 13 : L'Estérel
16	Sat	Ski Trip 14 : Pimbina (Ski Party)
20	Tues.	Bowling

Call the Club tape 489-0339 for the latest information on Club events.

APRIL 13 Sat APR SPRING FLING
MAY 1 OUTDOOR LITERACY STP.
JUNE HARBOUR CRUISE DANCE
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