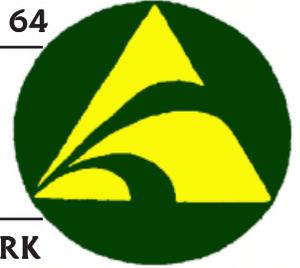


FRONTENAC NEWS



THE OFFICIAL NEWSLETTER OF THE FRIENDS OF FRONTENAC PARK

Tlo Wulf Ramble Happy New Year, Everyone

by Larry Gibbons

We now live in Cape Breton. In a snow belt not far from a gold mine. We're going to be rich, yes sirree.

People told us when we moved to this place on the Middle River that we'd be living in a snow belt. And they were right. Almost every day, those big lugs of mountains hurl snow clouds at us. And yet, when we drive the 28 kilometers to the closest town we find ourselves in something like a sun belt, with nothing like the snow we have piled up at home.

The shovelling of snow and the hewing and splitting of firewood has helped keep my mind off the part of my heart which misses Frontenac Provincial Park. Also, trying to get to know and make friends with the wilds that surround us here keeps me busy.

It was interesting to discover that many people up this way are very frightened of coyotes. The coyotes are larger here than the Ontario version and have several colour variations, all including some black or dark brown. People are continually being warned by experts and others not to hike alone and to carry a big stick. I carry a big stick but I hike alone.

We visited Ontario in October and it was a strange mix of feelings when I hiked in the Park. It was tough, actually. Hiking past my buddies - Black Lake and Little Clear Lake, was like visiting old mentors and good friends. As I hiked I was wondering whether I should enjoy the experience of being in the Park while I was here or should I sit down and have a long period of weeping.

Last week in Cape Breton, I went skiing on the road that runs into the Middle River Wilderness Area. Gorgeous. Skiing through tunnels of snow-laden spruce and fir as I approached the mountains and then standing on the top of a hill and looking over the river and the mountains that back our little place. I got to feeling rather ecstatic because it was so pretty and powerful but at



A view of the Middle River

the same time I couldn't help thinking about the beauty of Frontenac Park.

I reflected that the Frontenac Park wild community has seen me at my worst and my best. I have hiked its hallowed halls of oak and birch and sat along its bogs,

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President's Message

The 2012 Frontenac Challenge and Challenge BBQ in early November concluded the Friends' schedule of activities for the year, however, as you can read in Anne Hogle's Frontenac Challenge write-up, this does not mean the end of the season of outdoor activities at the four-season Frontenac Provincial Park. The Challenge participation set a new record, with 268 persons registered and 193 adults successfully completing. Five youth accomplished the Junior Challenge, and the requirements for the new All Seasons Camping Challenge were fulfilled by 17 intrepid campers. I would like to congratulate all Challenge participants for their achievements. Congratulations and thanks also go to Carolyn Bonta who received the Rick Briese Memorial Award presented annually at the Friends AGM by Park staff to an outstanding volunteer.

Planning for winter activities is well on its way (see schedule in this newsletter), and we hope that the number of winter visitors to the Park will keep increasing as in previous years. As always, weekend winter visitors can warm up in the Park Office over a cup of hot chocolate provided by the Friends' hosting program.

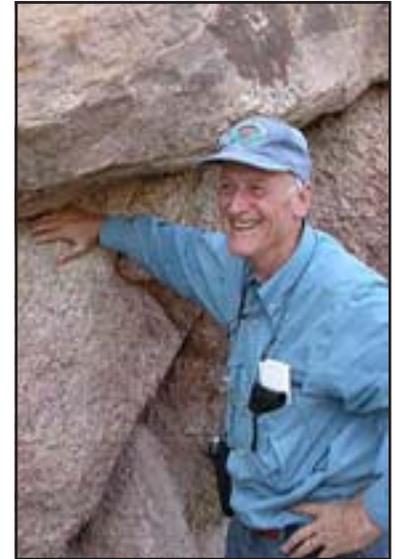
The Friends' new projects for 2013 were discussed at the Board of Directors meeting in early December. After having completed boardwalks and bridges on the N-S part of East Arkon loop in 2012, it is now time to repair/replace the boardwalks and bridges on the N-S part of West Arkon loop. Park staff will bring in materials during the winter months, and the work will be done by volunteers on the Friends' Spring Work Day in April. After having received ecological and planning approval from Ontario Parks, work will also continue on the new trail connecting the eastern and western parts of Cedar Lake loop, essentially bisecting it into two loops (similar to the Bufflehead trail which makes two smaller loops out of the Arkon loop). This will involve brushing, putting in trail markers and possibly also some boardwalk construction. The new trail section should be open for public use in 2014. The Board also decided to continue with improvements to the exhibits in the Park Office, such as refurbishing the owls, and adding new specimens to the Park animals displayed.

The 2013 Friends' Winter Lecture, taking place on February 21 at the downtown Kingston Frontenac Public Library, will be given by Terry Sprague who volunteered time from his busy schedule to talk to us about "Exploring the Frontenac Arch" (see separate announcement in this newsletter).

To end this message on a somewhat sad note, it is to report that Karen Langley has officially retired (see separate note in this newsletter). I think I can speak for all of the Friends when I say that her presence in the Park Office will be missed dearly. I would like to thank

her for her dedication to the Park, to all its visitors and to our organization. We wish her well and hope that the Park will be successful in finding somebody who can fill her shoes. Farewell Karen – enjoy your retirement!

I wish you all a Happy New Year, and I am certain that in spite of Mayan predictions, 2013 will be a great year for the Park and the Friends.



Herb Helmstaedt

Friends of Frontenac Park

The Friends of Frontenac Park is a non-profit organization whose purpose is to develop programs and materials that enhance the public's awareness, education and appreciation of the natural environment and human history of Frontenac Provincial Park.

2013 Board of Directors

President	Herb Helmstaedt	hhelmst@cogeco.ca	613-542-6455
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The Friends of Frontenac Park publishes the Frontenac News three times annually. The views expressed in the Frontenac News are not necessarily those of the Friends of Frontenac Park or the Editor. Some articles are published to give the viewpoint of an author or to incite discussions.

We welcome articles, notes, stories and photographs for the newsletter. Your ideas, suggestions and constructive criticisms are always encouraged. Material accepted is subject to editing and revision. Next deadline for submission of newsletter materials is February 18, 2013. Copy should be mailed to Friends of Frontenac Park c/o Newsletter Editor, P.O. Box 2237, Kingston, ON K7L 5J9 or sent by e-mail to frontenacpark@gmail.com.

Visit us online at www.frontenacpark.ca.

Follow us on Facebook /Frontenacpark and Twitter @frontenacpark

OUTSIDE

New programs and events may be added to the Official Schedule – please check the website at www.frontenacpark.ca for the most up to date information and details on specific programs. To register for any of the programs listed below, please telephone 613-376-3489. Programs presented by the Friends of Frontenac Park are identified with the Friends logo 

 Winter camping (Trip Planning)	January 12 (Saturday)	10:00	15:30
Dion Frontenac Snowshoe Race	January 19 (Saturday)	09:00	12:00
 Winter camping weekend #1	January 26 & January 27	10:00	15:30
Warm Winter Camping Lecture	January 20 (Sunday)	10:00	15:30
 Winter camping weekend #2	February 2 & 3	10:00	15:30
 Snowshoe workshop with Edward Grenda	February 03(Sunday)	10:30	15:30
Basic Wilderness First Aid Course	February 09 to February 10	08:30	04:30
 Winter Lecture with Terry Sprague	February 21 (Thursday)	19:00	21:00
 Volunteer Training Day	March 23 (Saturday)	09:00	15:00
 Spring trail sweep	April 13 (Saturday)	08:30	16:00
 Historical Walk with Jerome McDuff	April 20 (Saturday)	10:30	16:00
 Spring Work Day	April 27 (Saturday)	08:45	16:00
 Introduction to Back Country Camping with Don Stables	May 11 (Saturday)	09:00	16:00
Single Burner Gourmet Cooking	May 12 (Sunday)	10:00	13:00
The Amazing Tarp - Tarping Made Easy	May 12 (Sunday)	13:00	15:00
ORCKA Canoe Tripping - Level 1 & 2	May 15 to May 19		
Canoe Tripping ORCKA Level 3	May 15 to May 19		
 Wilderness Map & Compass Navigation Level I with Don Stables and Dan laPointe	June 1 (Saturday)	09:00	16:00
Red Cross Wilderness First Aid	June 08 to June 09	09:00	16:00
 Wilderness Map & Compass Navigation Level II with Don Stables and Dan laPointe	June 15 (Saturday)	09:00	16:00
 President's Paddle	June 21 to 23		
 Canoe Clinic with Carolyn Bonta	June 23 (Sunday)	10:00	15:30
 Frontenac Challenge	Sept 1 to Oct 31		
 Bring a Friend to the Park	Aug 31 - Sept 2		
 Fall Trail Sweep	September 28 (Saturday)	08:45	16:00
 Frontenac Challenge BBQ	November 9 (Saturday)	10:30	12:30
 Annual General Meeting	November 9 (Saturday)	12:30	13:30

The Frontenac ALL Season Camping Challenge

Camp at least one night in each consecutive month of the year in Frontenac Provincial Park. Register at the Park Office and retain your copy of the camping permits as proof of your stay during each of the twelve months. Start any time!

Frontenac Challenge 2012

by Anne Hogle, Challenge Co-ordinator, The Friends of Frontenac Park

Once again, I have the pleasure of reporting a successful Frontenac Challenge. Our numbers for the Challenge continue to grow with each year realizing a large number of new registrants. It was particularly encouraging this year to note how many newcomers had joined a friend or family member who was a Challenge veteran. Word of mouth continues to be a great source of advertising. Unfortunately, Slide Lake outwitted three of our hikers this year, but all of them completed the Challenge despite their broken bones!

The new Junior Challenge is still establishing itself, and in its second year we had five young hikers complete the six loops. Of interest, two of last year's Juniors went on to complete the full Challenge this year.

The new All-Season Camper Challenge has taken off beyond our wildest dreams. Conceived at the BBQ/AGM in 2011, 17 campers managed to complete the Camping Challenge by the 2012 get together and many more are well on their way to finishing in 2013.

Many people consider the Challenge BBQ to be the wind-up to the season in Frontenac Park, but they could not be more wrong. Frontenac Park is a four-season destination, with lots of winter activi-



ties to choose from. Try winter camping - traditional or "hot". Watch the snow shoe races, or try the sport yourself. Cross country ski on the groomed trails (snow permitting!) or if Mother Nature fails us, strap a pair of ice cleats on your boots and go for a winter hike.

Details of all these activities can be found at www.frontenacpark.ca

2012 Frontenac Challenge Completions

John Belchior	Margaret Bell	Debbie Bernardi	Dominic Blackwell	Michael Braden	Elias Callaerts
Kris Callaerts	Cindy Cameron	Carrie Cirtwell	Alain Cyr	Pierre Duncan	Jim Edwards
Trevor Gaberiel	Lyette Gaudet	Evelyn Gervan	Peter Goodchild	Avery Goudreau	Jarod Goudreau
Ephraim Graham	Solomon Graham	Fraser Hardman	Sean Harrap	Donna Hayward	Robyn Heather
M. Hauteclouque	Shaun Himes	David Hirtle	Nancy Hunter	Cecile Kelly	Stephen Kelly
Janice Kirk	Audrey Lakien	Jude Larkin	Lee Leggo	Chris Lemoine	Sue LeslieKaren
MacKinnon	Kai MacKintosh	Craig MacRae	Lynne Manuel	Dave Miller	Rachel Morkem
Stan Muldoon	Kamille Parkinson	Jane Parsons	Jen Poole	Anne Pope	Rob Pope
Louise Pyke	George W. Pyke	Marie-Jose Remy	Brad Roberts	Paula Roles	Adrian Smith
Georgia Smith	Holly Smith	Isobel Smith	Chantal St.Amour	Rich Stephens	Eleni Stopp
E Van der Spiegel	Dawn Wallace	Annie Wilcox	Andrew Wright	Richard Wright	Kenneth Anderson
Tom Black	Trish Black	John Branton	Mary Brinklow	Jenna Churchill-Anderson	
Donna Gillespie	Eric Gloutnay	Kevin Graham	Jack Roscoe	Susan Grigg	Rob Harrap
Doug Hayes	Bruce Henderson	Mark Johnson	Max Lucas	Blair MacKintosh	Anne MacPherson
Lynda MacRae	M-J McIntyre	Sheila Menard	Lynda Morrison	Beth Orr	Cheryl Plancke
Mike Plancke	Carol Ravnaas	Doug Ritchie	Natasha Smith	Anna Sokolovskaya	Audrey Stewart
Rose Stewart	Jack Vanderhoek	Evert Vroeg	Ann Wilson	Janet Atwood	Carla Burr
Dianne Cuddy	Derrick Hopkins	Marilyn Jensen	Christian Judd	John Kurowski	John Leblanc
Phil Mabey	Zabe MacEachren	Karen Leggo	Richard St.Onge	Robert Tulley	Susanne Williams
Joe Bodendistel	Sandra Johnson	Lesley MacKinnon	Laird Leggo	Janice Ley	Todd Norris
Katherine Stuart	Robert Bird	Sharon Blackwell	Lisa Boulay	Cookie Cartwright	Diane Creber
Eve D'Aeth	John Hanes	Susan Irving	Will Irwin	Lise Legault	Cathy Murray
Meg O'Connor	Vicki Schmolka	Susan Long Poucher	Jane Bird	Nicole Fenton	Bruce Williamson
Allan Giffin	Heather Jamieson	Rhonda Kerr	Richard Moller	Mateo Munoz	Sofia Munoz
Helen Phillips	Glenda Turner	Laurie Weaver	Bill Zeran	Rita Zeran	Bob Clooney
Janet Fenton	Bill Hiemstra	Gunhild Karius	Dave Lucas	Jairo Munoz	Peter Blood
Doris Ihrig	Rob Irving	Sandra Muis	Bob Short	Toni Towle	Eve Buckley
Rheal Legault	Michele Chittenden	Sue Maki-Braden	Henk Pardoel	Margaret Wild	Morris Buckner
Jordan Goudreau	Regina Prokopczuk	Rose Millett	Linda Turnbull	Gary Birrell	John Blackwell
Peter Burbidge	Jane Hough	Jerome McDuff	Les C. Cseh	Robert Hough	Gloria Seeley
Maureen Sly	Sandy Williams	Sally Blasko	Bill Murdoch	Barbara Pusch	Mike Carmody
Joyce Duncan	Rudy Duncan	Erhard Frenzl	Fred Luciani	Paul Markle	Audrey Sanger
Sharalee Foster	Steve Pysklywec				

2012 Junior Challenge Completions

Alexandra Chittenden	Anna Blackwell	Bart Callaerts	Pieter-Jan Callaerts	Lena Callaerts
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2012 All Season Camping Challenge Completions

Peter Blood	Carolyn Bonta	John Branton	Jeff Gibson	Derrick Hopkins	Marilyn Jansen
Karen Leggo	Laird Leggo	Paula Roles	Hannah Roth	Ben St. Amand	Mia St. Amand
Levan St. Amand	Noah St. Amand	Don Stables	Toni Towle	Crystal Wilson	

A Four Season Destination

Frontenac Provincial Park is an all-season park that provides its winter visitors with a range of recreational activities, from cross-country skiing and snowshoeing to winter camping, ice fishing, and a wilderness-skills program.

While winter weather has become quite variable, Ontario Parks in partnership with The Friends of Frontenac Park have created a Winter Trail Guide which provides maps and information on skiing, snowshoeing and hiking trails. Visitors to the park can enjoy the network of over 160 km of looped hiking trails year round. Throughout the winter there are 10 km of trails marked for cross-country skiing with track setting done when there is sufficient snowfall. The Doe Lake Loop, Arab

Lake Gorge Loop and Bufflehead Trail are favourites used primarily by snowshoers and hikers. To pick up your copy of the Frontenac Winter Trail Guide, please visit the Park Office.

Frontenac Park is also home to The Dion Frontenac Snowshoe Race which is the second race of the 2013 Dion Eastern



Ontario Snowshoe Running Series taking place on Saturday, January 19 (in the event of no snow, the race will still take place as a trail run without snowshoes). The race begins at 10am from the Park Office (registration for participants begins at 8:30am) and for those not up for racing the 6.7km course, it is also a great spectator event for watching and cheering on participants. To register for the race, go to RunningRoom.com or for more information visit the Spafford Health and Adventure Facebook page at <https://www.facebook.com/HealthandAdventure>.

Enjoy all that the Park has to offer this winter – check out our upcoming schedule of events, consider starting the All-Season Camping Challenge, or find some time for a winter hike or birdwatching.



Exploring the Frontenac Arch Winter Lecture

The 2013 winter lecture sponsored by the Friends is entitled “Exploring the Frontenac Arch” and will be given by Terry Sprague. Terry is a well-known naturalist and writer who grew up on a farm in Prince Edward County. He is a member of numerous natural history organizations and a past chairman of The Friends of Sandbanks Provincial Park. He is the author of “Birds of Prince Edward County” (1984) and just published a new book “Up Before Five - The Family Farm” (2011). Terry received several awards for his conservation efforts. He maintains his own website “NatureStuff - Tours and Things” at www.naturestuff.net

The lecture takes place at 7:00 pm on Thursday, February 21, 2013, in the Wilson Room of the Kingston Public Library on Johnson Street. Entrance is free but, as usual, donations are welcome.



Happy Trails to Karen

Many of us were taken by surprise to hear that Karen Langley has retired after 22 and one half years of



Karen at her retirement party with her colleagues Bert and Peter and with long-time friend Simon Smith.

service in the Park Office. This truly marks the end of an era, as visitors to the Park will no more be welcomed by her friendly smile, though Bert and Peter have assured us that they will try to make up for it. Although Karen did not want a formal retirement party, more than 40 friends and colleagues turned up for a retirement luncheon held in her honor on December 4, 2012 at Minos Restaurant.

There were many speeches and a number of letters were read from those unable to attend. There also were some tears when we listened to all the accolades for Karen and we began to realize just how much we will miss her.

At its December meeting, the Board of the Friends voted unanimously to make Karen an honorary member of the Friends of Frontenac Park, thus expressing our gratitude for all the help, warmth and friendship she has given us over the years. We wish her all the best and God-speed for the next phase of her life and hope that our newsletter will help her stay in touch.

Membership Matters

If your membership comes due this March, enclosed with this newsletter is your personalized Membership Renewal Form. Please take the time to turn it over and let us know about your interests.

Please be sure to RETURN THE RENEWAL FORM along with your cheque today. The Renewal Forms serve as backup hard copy for the membership database as well as providing an accounting audit trail, so it is important that you return the form with your cheque.

Any questions about membership? Contact John Critchley, Membership Secretary at 613-634-5475 or email at sharjohn.critchley@sympatico.ca.

The Friends of Frontenac Park invite you to their annual winter lecture

"Exploring the Frontenac Arch"



Presented
by

Terry Sprague

on February 21, 2013, 7 p.m.
in the Wilson Room of the
Kingston Frontenac Public Library
Central Branch
130 Johnson Street, Kingston



Terry is a well-known naturalist and writer who grew up on a farm in Prince Edward County. He is a member of numerous natural history organizations and a past chairman of The Friends of Sandbanks Provincial Park. He is the author of "Birds of Prince Edward County" (1984) and just published a new book "Up Before Five - The Family Farm" (2011). Terry received several awards for his conservation efforts. He maintains his own website "NatureStuff - Tours and Things" at www.naturestuff.net. Entrance is free but donations are welcome.

Annual Snowshoe Workshop

This year's Snowshoe Workshop has been scheduled for February 3rd (10:30am - 3:30pm) in the hope that snow conditions in early February may be better than in late February, when we have encountered icy conditions in previous years. The workshop leader will once again be Mr. Edward Grenda, well known in Kingston as an organizer of sports events (such as the K-Town Tri and the Historic Hockey series) and as soccer coach and referee. Mr. Grenda is an avid snowshoer who throughout the 1980's and early 1990's held numerous Ontario and Western Quebec snowshoe racing titles and was international race walking champion on snowshoes in 1983 and 1985. He has conducted numerous snowshoe clinics in Ontario, Manitoba and France, including clinics for the Ontario Special Olympics and the Canadian Special Olympics programs.

You will learn about different styles of snowshoes, harnesses and snowshoeing techniques. Indoor instruction in the morning will be followed by a snowshoe hike in the afternoon. Be prepared for a winter outing and bring your lunch, a warm drink and your favored snowshoes. For those without snowshoes, the Park has a number available for loan. The workshop is free, but you need a Park daily vehicle permit.



Finish of the 2010 Frontenac Snowshoe Race

Tio Wulf Ramble - from page 1

streams and lakes. Sometimes in the midst of emotional storms brought on by a death, a break-up, a divorce or a pressing problem of some other sort, any of which could have overwhelmed me. But none of them did. Because I had the Park to commune in.

I suppose some people might think this is a little over the top but believe me, I might have gone over the top if it hadn't been for the Park's wild, spirit-filled places I'd bonded with.

So, I was skiing in Cape Breton, and that's when I realized that for me, the Park is a wonderful, supportive community of friends. And when I was hiking the Park in October what was I doing? Visiting my friends who had confidence in me. They had given me the spiritual freedom and mental room to make decisions like moving to the Cape Breton mountains. And so, I had made my mentors and friends proud. Because the Park's wild community is part and parcel of where I am now.

I don't think the magical spirits that wander the Park will be disturbed when I start acting more like a Cape Bretoner. Like when I was talking about the Park to a friend and referred to Black Lake as Black River.

*Ah, when to the heart of man
Was it ever less than a treason
To go with the drift of things,
To yield with a grace to reason,
And bow and accept the end
Of a love or a season?
~Robert Frost*



Heading to our vehicles




Snowshoe Workshop
 Presented by Edward Grenda
 Sunday, February 3, 2013
 10:30am to 3:30pm
 Frontenac Provincial Park - Park Office
 Call 613-376-3489 or
 visit www.frontenacpark.ca for more information



Mr. Grenda is an avid snowshoer who throughout the 1980's and early 1990's held numerous Ontario and Western Quebec snowshoe racing titles and was international race walking champion on snowshoes in 1983 and 1985. He has conducted many snowshoe clinics in Ontario, Manitoba and France, including clinics for the Ontario Special Olympics and the Canadian Special Olympics programs. This workshop begins with a discussion on snowshoe skills and the variety of equipment and bindings that can be used. After lunch Mr. Grenda will lead a snowshoe hike in Frontenac Provincial Park. Bring your own snowshoes and lunch and dress appropriately. For those without snowshoes, the Park has several pairs available for loan. The workshop is free, but you need a Park daily vehicle permit.

Frontenac Provincial Park Map

The Frontenac Park Map is available at the following locations:



Kingston

Trailhead, Indigo Books.

Sydenham Area

Snug Harbour Resort, Frontenac Park Office.

Out of Town

Mountain Equipment Co-op (Toronto and Ottawa), World of Maps (Ottawa), Outdoors Oriented (St. Catharines), Novaks (London), Adventure Guides (Waterloo),

To order your copy by mail, send \$9 (plus \$1 for mailing) for paper map to: Friends of Frontenac Park, P.O. Box 2237, Kingston ON K7L 5J9

Your membership with The Friends entitles you to a 15% discount at Novel Idea, a Kingston owned bookstore, located at 156 Princess Street.

Join The Friends of Frontenac Park Now

In these days of government cutbacks and encroaching development, a semi-wilderness park needs all the friends it can get. Your membership in The Friends of Frontenac Park will put you in touch with other outdoor enthusiasts who have discovered one of Ontario's great natural secrets. Join today or sign a friend up. Everyone is welcome.

Name _____

Telephone (_____) _____

Address _____

E-mail _____

Postal Code _____

Membership Category

(Membership year April 1 to March 31)

Family \$ 25.00

Individual \$ 20.00

Donation *(tax receipts will be issued for amounts exceeding \$10)* \$ _____

Total Amount Submitted \$ _____

Cheques payable to:

The Friends of Frontenac Park
P.O.Box 2237
Kingston ON K7L 5J9

Getting to Know You

Are you interested in participating in Friend's activities, as an organizer, Board member, workshop leader, project coordinator, writer/editor, naturalist or general volunteer?

Please indicate your interest below and we will contact you.

I'm interested in:

- Helping with trail maintenance and work bees
- Leading nature walks
- Hosting at the Park Office
- Being an ambassador in the Park
- Serving on the Board of Directors
- Other (please specify) _____