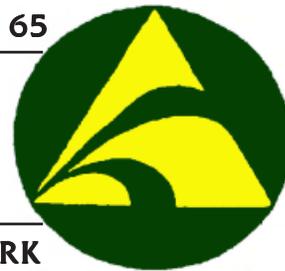


# FRONTENAC NEWS



THE OFFICIAL NEWSLETTER OF THE FRIENDS OF FRONTENAC PARK

## Tio Wulf Ramble

by Larry Gibbons

“To be always visible—to live  
in a swarm of eyes—  
a special expression must develop.  
Face coated with clay.”

“Alone”, Tomas Tranströmer

I have this recurring dream about the Frontenac Provincial Park. It's a depressing dream which seems so inevitable. Why? I only have to look at our world. At how many people are retreating into a virtual, pristine universe while their real natural world is being pillaged and polluted.

In my dream I'm hiking a trail. It's surrounded by thick bushes and forest and at one point a rocky canyon can be seen hovering over this pathway. I know there is a cave part way up the rock face because I've been in it. In another dream.

I'm hiking to one of the more remote spots in the Park. An unspoiled retreat. A great place to think and find solitude. There's a small lake there and a meadow and it's not too far from the northern boundary of the Park.

When I arrive I find it's been turned into an interior campsite. Campers and tents are all over. There's a camp office, a store, a restaurant and an open pavilion where folks can eat and drink. The campsite is accessible by a gravelled road or by a hiking trail. People can cycle, motor bike, hike, horseback ride, camelback ride or drive a vehicle into this once wild piece of turf. It's now people friendly and not fauna friendly.

I will admit that I stopped once at the pavilion and drank a cool beer. What the hey. A man has to get something out of his dreams. After the beer, I hiked to a place that, in my dream, isn't too far from the campsite. It's like a quarry and it's filled with water. When I get there it's noisy with swimmers, rock throwers and shouters. I'm sure the wild creatures had most likely tried to find some respite in another, more remote place. Isn't that usually the way it works?



Big Clear Lake

LARRY GIBBONS

At the north end of the Park, not too far from this quarry, is a town. A pleasant community with straight roads, stately trees, expensive houses and a road that ends at a large body of water. The town is busy. It leans on the Park's boundary and I wonder how much development a wild area can sustain on its border and still be wild. Our civilization seems to be in love with turning the earth into its own image, and would I suspect, erode away all wildness if it had the means and if riches and prosperity for all were the end point. No doubt you can see why I find this dream depressing.

*Continued on page 4*

## INSIDE

- Page 2 - President's Message
- Page 3 - Outside  
- A Warm Friends Welcome
- Page 4 - Canoe Raffle
- Page 5 - Making a Trip Plan Makes Sense  
- Membership Renewal
- Page 6 - Canoe Raffle Poster
- Page 7 - Wildernes Navigation Map & Compass Course  
- Did You Know
- Page 8 - Frontenac Park Map  
- Membership Application

# President's Message

When I looked at the weather forecast on my iPad the other day, I came upon the following quote by the American author Henry Van Dyke:

“The first day of Spring is one thing, the first Spring day is another.

The difference between them is sometimes as great as a month.”

As it was a very cold morning and at least ten days past the first day of Spring, I thought that the quote may actually apply this year. However, my optimism was restored when a second quote came into view, this one by the American poet Margaret E. Sangster:

“Never yet was a springtime, when the buds forgot to bloom”.

So I trust that by the time you read this newsletter, the buds will be out, and at least some spring flowers will be in full blossom. As Spring is also the time for plan-



HERB HELMSTADT

ning, most recently the Friends organized two Spring volunteer events: the Spring Trail Sweep on April 13th, and the Spring Work Day on April 27th which saw 23 volunteers come out to repair three bridges on the West Arkon Trail. Many thanks to all the volunteers who helped out.

Earlier this year, the Friends' Winter Program included two successful winter camping weekends as well as a very interesting lecture by Terry Sprague about his explorations in the Frontenac Arch. Volunteer training day, on March 23, was attended by 28 people and brought nine new volunteers to the Park. We offer them a hearty welcome and hope they will find many rewarding experiences during their efforts on behalf of the Park.

Of note, when you walk next into the Park Office, you will probably meet Kim Herrik who has taken over Karen Langley's place at the registration desk. The Friends are happy to welcome Kim to her new position on the Park



staff and look forward to collaborating with her.

As usual, all future events in our 2013 schedule are listed in our newsletter, on our website and in the Park tabloid. A possible change to this schedule may be the date for our Annual General Meeting which traditionally has been held following the Frontenac Challenge BBQ at

*Continued on page 4*

## 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 Helmsteadt	hhelmst@cogeco.ca	613-542-6455
Vice-President	Simon Smith	sjsmith@kos.net	613-541-3964
Secretary	Martha Whitehead	martha.j.whitehead@gmail.com	613-548-1087
Treasurer	Guy Thorne	gthorne@kingston.net	613-548-1857
Membership	John Critchley	sharjohn.critchley@sympatico.ca	613-634-5475
Publicity & Newsletter	Donna Gillespie	gillespie@kingstoncanada.com	613-453-1410
Wilderness Skills	Don Stables	dstables@cogeco.ca	613-345-1644
Frontenac Challenge	Anne Hogle	anne.hogle@gmail.com	613-354-2607
Trail Sweeps	Cathy Murray	cathy527b@gmail.com	613-378-0350
Member At Large	David Crane	daidecrane@hotmail.com	613-767-3626
Member At Large	Heather Jamieson	jamieson@geol.queensu.ca	613-533-6181

### Committees

Park Management Plan	Paul Vickers	paul2000@sympatico.ca	613-353-7582
Winter Camping	Don Stables	dstables@cogeco.ca	613-345-1644
Winter Hosting	Cathy Murray	cathy527b@gmail.com	613-378-0350
Frontenac Challenge	Anne Hogle	anne.hogle@gmail.com	613-354-2607
	Erhard Frenzl		613-547-0395
Newsletter Editor	Donna Gillespie	gillespie@kingstoncanada.com	613-453-1410
Newsletter Publisher	Ron Abbott	elizabethandronabbott@gmail.com	613-374-3212
Web Master	Jerome McDuff	jerome_mcduff@yahoo.ca	613-389-8236
Map Coordinator	Jim King	jimking88@yahoo.com	613-544-9443

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 August 17, 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](http://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](http://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 

 Wilderness Map & Compass Navigation Level I with Don Stables and Dan laPointe	June 01 (Saturday)	09:00	16:00
Red Cross Wilderness First Aid	June 08 to June 09	09:00	16:00
 Wilderness Map and 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
 Bring a Friend to the Park	Aug 31 to Sept 02		
 Frontenac Challenge	Sept 01 to Oct 31		
 Fall Trail Sweep	Sept 28 (Saturday)	08:45	16:00
 Frontenac Challenge BBQ	Nov 09 (Saturday)	10:30	12:30

## 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!

## A Warm Friends Welcome

The Friends of Frontenac would like to warmly welcome Kim Herrick as the new Senior Park Clerk. Kim replaces Karen Langley who retired last fall after 22 ½ years of service in the Park office. Kim comes to us with a background of working in Ontario Parks. Notably, Kim is familiar with Frontenac having camped, hiked and paddled in the Park over the years. She is married with a young daughter. Be sure to extend a word of welcome to her as you visit the Park.

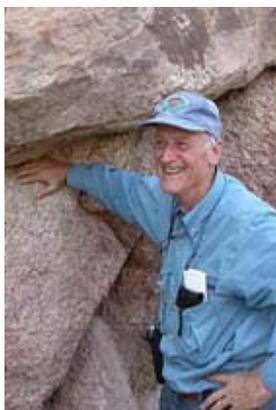


PETER DAWSON

---

## President's Message - from page 2

the beginning of November. As we have noticed a significant decline in attendance at this meeting over the last few years, the Board of Directors has discussed various alternate venues and dates to remedy this situation. However, before breaking our 20+ year old tradition, we would like to have some feedback from our membership on this matter.



The Friends of Frontenac Park was incorporated as a charitable organization in 1991 with the objective "to undertake whatever activities might be appropriate to enhance public education of and promote broad appreciation and protection of the total ecosystem of Frontenac Provincial Park." The special provisions to attain these objectives are:

- 1) to work cooperatively with the Ministry of Natural Resources in the development and implementation of policies which support the special natural qualities of Frontenac Park, and
- 2) to protect and enhance the natural qualities of Frontenac Park.

Part of the requirements for maintaining our status as a not-for-profit charitable organization is to hold regular Board of Directors' meetings as well as one Annual General Meeting (AGM) for the membership at large. As an AGM is essential, we sincerely hope that you will be forthcoming with your advice as to how we can revitalize it.

On behalf of your Board of Directors, I wish you an enjoyable Spring and Summer and thank you for your continued support.

*Herb Helmstaedt*

---

## Tio Wulf Ramble - from page 1

I have noticed however, an encouraging trend. People and organizations are buying up land to conserve as wilderness. There have been some purchases not too far from Frontenac Park. Not only that, but some folks are bequeathing their property to land trusts. One of my hopes is that the Park and these acquired wild areas might be connected by a corridor. Maybe someday there will be corridors connecting the wilderness parks all across Ontario and on and on until the whole continent has a 400 series of wild connecting trails. This is one of my daytime dreams.

Presently we are living down the road from the Middle River Wilderness Area in Cape Breton. It is a rocky wild area a little larger than Frontenac Park. One of the reasons it was set aside was because of its inaccessibility. So I say hurrah to ruggedness.

What's exciting is that there is another nearby beautiful area that might end up being preserved as well. It can be seen from the Cabot Trail. It's the area on the far side of the Lake O'Law, a gorgeous lake at the bottom of a range of three mountains called "The Three Sisters". Local legend has it that the lake is as deep as the height of the mountains that hover over its blue waters. It includes a large tract of old-growth hardwood forest and it will expand the protection of the Middle River Wilderness Area.

Has spring hit the Frontenac Provincial Park yet? As I write this, we still have three feet plus of snow on our land and that's no April Fool's joke. I wish it were. However, an 85-year-old Cape Bretoner friend, who prides himself on skiing a hundred times each winter is quite happy about the snow situation. Last week in the Co-op parking lot, he told me he had skied seventy-two times so far. I'm sure he'll make it to one hundred. The mountains sometimes don't lose all their snow until late June.

We will be heading to Ontario in a few weeks. I will be hiking the Park for sure. Maybe I'll run into some of you on the trail.

---

## Canoe Raffle

The Friends of Frontenac Park are organizing a Canoe Raffle thanks to a generous donation from Scott Canoe of New Liskeard, Ontario. All proceeds support Friends activities and programs.

GRAND PRIZE: 16' Fiberglass Prospector Canoe donated by SCOTT CANOE – Value \$1,565

2ND PRIZE: 2 Cherry Wood Paddles - Value \$140

3RD PRIZE: Land O' Lakes Paddle Guide & Throw Bag - Value \$30

Tickets are just \$5 and can be purchased at the Park Office. The draw takes place on Saturday, November 9, 2013 at 12 noon at the Park Office.

---

# Making a Trip Plan Makes Sense

by Don Stables

The 2013 summer season will soon be upon us - are you ready? Whether you are going for a day hike or a ten day trip they all should start with a trip plan. Having a trip plan is one way to make sure that you are ready for that next adventure.

Starting from the ground up:

## Footwear

Is your footwear in good shape? Are your hiking boots worn out or are they new and need to be broken in? Having good footwear will help you take a load off your feet.

## Attire

Are you dressing for the right time of the season? Remember in the spring and the fall, the nights can be quite cool. It is sometimes a good idea to bring a sweater. You can always remove clothing when you are warm but hard to put on when you forget to bring it along. The same applies to rain gear for the weatherman is not always right. Even on the best of days I have my rain gear with me on all of my hikes. "My rain coat is my jacket as well" for those cool times.

## Backpack

Now let's take a look at what's in your pack. There should be room for at least two litres of water, maybe 3 on a hot day. And how about some energy food or snacks? I always enjoy a good lunch - "Something about lunch by a lake". I always like to have a little extra just in case the day is a little bit longer than expected.

## Map and Compass

Do you have your map and compass? Is the map up to date? It is sometimes a good idea to look over the map prior to your adventure.

## Camera

Remember to bring along a camera, sometimes a picture is worth more than just a mere 1000 words!

## Hat

A good hat one with a wide brim works best for me.

## Essentials

Following are some of the things I carry in my day pack:

- Duct tape – 101 uses
- Flashlight or Head Lamp – should you get delayed and have to return in the dark
- Matches – or something to start a fire with, if the need should arise
- Multi-tool – for those little unforeseen repairs
- Solar or space blanket – if you should need to spend the night

- A whistle - one without a pea in it such as a Fox 40 whistle
- A pencil and notebook – recording memories, spontaneous prose or a message if needed
- First aid kit - you never know what could happen
- Spare socks – to help keep your feet dry
- Sunscreen and Sunglasses – to protect against harmful UV rays
- Tissue paper – 101 uses

Now that you are ready remember to take your time out there and enjoy your day. By rushing through the day we sometimes rush and put ourselves at risk of a mishap such as a fall, a strain or sprain.

## Words to Remember

A favourite quote of mine:

"Remember, always look over that next hill for on the other side is your next adventure."

---

## Membership Renewal

by John Critchley

To all members who have sent in their annual renewal, thank you - you can ignore the rest of this message. For those who haven't...

It's membership renewal time again!

If your membership expires this year, you received a personalized Membership Renewal Form enclosed in the Winter Newsletter. For those who may have misplaced the form I have enclosed a personalized Membership Renewal Form Reminder in this newsletter. Please RETURN THE RENEWAL FORM along with your cheque today.

The Renewal Forms serve as backup hard copy for the membership database as well as provides 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](mailto:sharjohn.critchley@sympatico.ca)

**THIS COULD BE YOURS  
FOR JUST \$5.00**



# CANOE RAFFLE

Canoe valued at \$1,565 graciously donated by  
**Scott Canoe of New Liskeard, Ontario**  
16' Fiberglass Prospector Canoe - Great for family trips or solo paddling!

2nd Prize: 2 Cherry Wood Paddles - Value \$140

3rd Prize: Land O' Lakes Paddle Guide and Throwbag - Value \$30

**ONLY 1,500 TICKETS PRINTED!**

Raffle organized by The Friends of Frontenac Park, License #M635080.  
Draw takes place Saturday, Nov 9, 2013 @ 12 noon at the Park Office.  
All proceeds go to the Friends of Frontenac Park.

FOR A COMPLETE LIST OF YEAR ROUND EVENTS, VISIT:  
[www.frontenacpark.ca](http://www.frontenacpark.ca)

 FrontenacPark  @FrontenacPark



**THE FRIENDS OF  
FRONTENAC PARK**

return a favour to nature

# The Wilderness Navigation Map and Compass Course

by B. Korporaal

Frontenac Park has the unique distinction of being one of the few provincial parks in Ontario that offers public workshops and courses on backwoods and wilderness skills. In fact, in 1984 Frontenac was the first Park to offer such training courses and broke ground in this field, which now sees several parks and conservation authorities offering similar programs.

One such course is Wilderness Navigation Map and Compass, which is sponsored by the Friends of Frontenac and taught by Don Stables and Dan Lapointe.

What type of person takes this course? There has been quite a shift in outdoors people taking this course, from hunters to cross country orienteering types, to presently those recreationalists who deliberately go into remote areas. Now-a-days many types of outdoor enthusiasts are signing up for the course such as backpackers, hikers, cross country skiers, canoeists and back country campers.

“People come to this course to prepare themselves and hone their skills for a favourable outcome for their backwoods adventure,” says instructor Don Sables. “It offers people the confidence in their abilities and to have peace of mind if going into the wilderness, with reading topographical maps and using a compass.” Whenever venturing into the wilderness, one has to understand the limits of your skills and abilities and know what you’re getting into. Be prepared. This is one course that can give you that skill... to be prepared.

The introductory Level 1 course is a one day workshop that entails: familiarization and interpretation of topographical maps; the use of different models of compasses; actual basic orienteering and practicing the skills of using the map and compass together. For half the day participants familiarize themselves with the taught practical skills before going outdoors to practice their skills.

On the Level 2 course participants will be more outdoors and will learn and practice more practical compass uses. On both courses you are accompanied by the instructors, who guide you through the steps and paces. Instructors set up compassing courses nearby for you to set bearings and find way points, and build confidence in using the map and compass together. Each course also includes some basics about GPS use as well.

Although the use of compasses for back country travel may seem old school and being replaced by today’s new electronic navigation equipment - the GPS, there will always be a need for the skills you will learn at the Wilderness Navigation Map and Compass Course. Most modern GPS units can be complicated and only useful

while the batteries are charged. You will need to revert back to your map reading and compass skills if the batteries run down in the GPS unit. To enroll in either Level 1 or Level 2 Wilderness Navigation Map and Compass course being held at the Park Office on Saturday, June 1 and Saturday, June 15, respectively, call Frontenac Park at 613-376-3489 to sign up. The cost for each course is only \$20.00 per person and registration ensures your spot.

## Did You Know

Across Ontario, millions of fish from provincial fish culture stations are loaded onto trucks, boats and aircraft for stocking into public waters to help support a recreational fishery valued at more than \$2.4 billion per year.

Ontario operates nine fish culture stations in the province. Each year, these facilities produce and stock approximately 8.5 million fish into more than 1,200 lakes and rivers.

Fish stocking creates more angling opportunities, rehabilitates degraded fish populations and helps restore biodiversity. Fish are also indicators of environmental change and fish populations provide early warning signals about potential problems in the environment.

This spring, Moulton, Tetsmine and Clearwater Lakes in Frontenac Park were again stocked with Brook Trout.



PETER DAWSON

*Helicopter stocking of speckled trout in Clearwater Lake.*

# Frontenac Provincial Park Map

The Frontenac Park Map is available at the following locations:



## Kingston

Trailhead, Indigo Books, Tourism Kingston Visitor Information Centre.

## 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) \_\_\_\_\_