

FRONTENAC NEWS



THE OFFICIAL NEWSLETTER OF THE FRIENDS OF FRONTENAC PARK

Tetsmine Trail Draws Us Back Again

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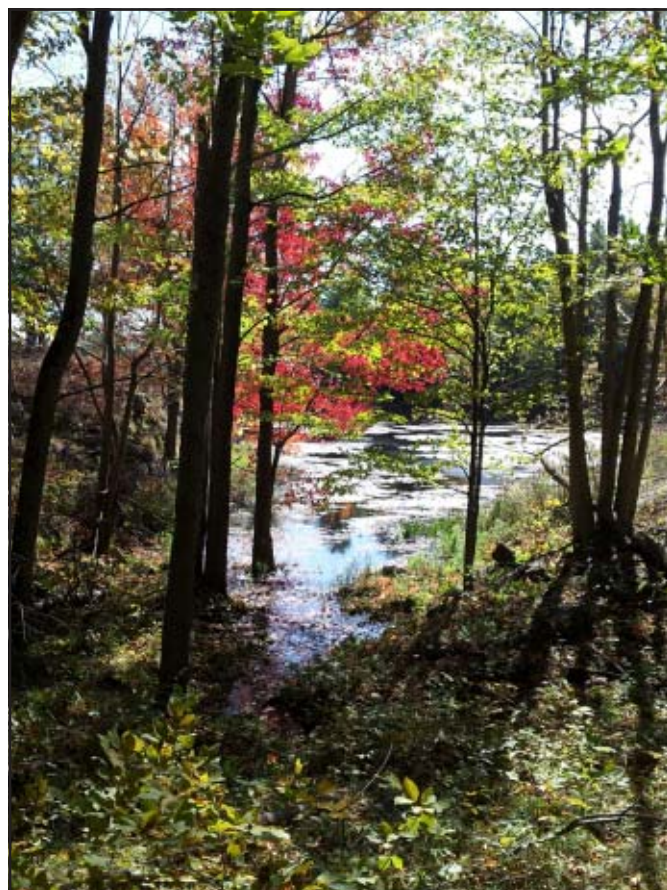
I think what keeps bringing me back to Frontenac Provincial Park is its remoteness. I am a big fan of this park and my favourite areas are on the park's far northeast side, many kilometres from the main entrance and Trail Centre and the mainstream of visitors who are drawn to this popular destination, north of Sydenham. Access to the northeast side is by Canoe Lake and Devil Lake Roads. If you follow either of these roads a bit farther they will take you to Westport. It's a big park. Frontenac is remote enough that the chances of meeting fellow hikers are slim, but not so remote that one won't come along in an hour or so if you should suffer an injury. It is the place to go, if trying to escape from the worries of the day, not to mention the irritating musical notes from cell phones, incoming text messages, computer errors and other electronic gizmo noises. Peace and tranquility at its best with only the incidental chickadee performing like a trapeze artist, or the raucous calls from a passing raven, breaking that silence.

Every year at this time there is the Frontenac Challenge, an event that challenges hikers to complete all 160 km of trail loops in a two month period. Some trails can be gruelling, like the 21-km Slide Lake Loop on the park's east side, plus whatever distance you need to walk from adjacent trails to reach it before you even start the hike! You need a full day and some Ibuprofen for that one if you expect to return before dark.

It's a competition of sorts, even if it is with only oneself. And that is who I am competing against – myself – in my own personal Frontenac Challenge. The Frontenac Challenge itself is set up to cover the primary loops, but it misses some little trail extensions and other special areas. My Challenge will be to cover all the trails – everything from the main loops right down to every lookout trail and portage, even the trails to the outdoor privies! I want to experience it all, but not in just two months. It will take several months, perhaps even two years, because I am not making this a competition. I will be happy with just once, but if health and age permit, I want to walk the same trails several times as Nature is always changing. And that is why I am doing this – to see and experience Nature as we did on a group hike two weekends ago.

For me, it was my third time on the Tetsmine Lake Loop, a relatively easy 13 kilometres from start to finish, including the short trail from the parking lot at the Kingsford Dam to the

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JULIA MCGREGOR

Autumn in Frontenac Park

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President's Message

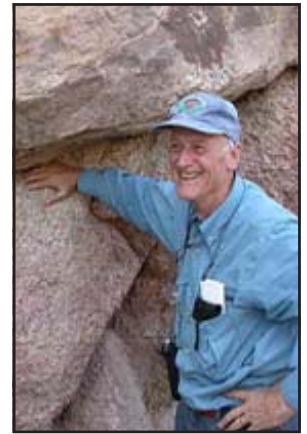
Winter came early this year and it is time to get our combined Fall and Winter newsletter into print. Compared to the previous summer, 2013 was a goldilocks summer for the Park - enough sunshine, but not excessively hot; and enough rain, but not excessively wet. To put Kingston summers into a more global climatic context, I usually look at websites monitoring the extent of the Arctic sea ice and for August/September 2013, while the ice cover was still below that of the 1981 to 2010 average, it was well above the level recorded during the previous year, which had shown the lowest ice extent since satellite monitoring began (<http://nsidc.org/arcticseaicenews/>). It was somewhat reassuring to find out that we did not have another record ice melting and that the global hothouse, predicted by so many, has been staved off for another year.

The news, in early August, of Erhard Frenzl's death as the result of a canoeing accident on Lake Superior was a shock for the Friends and took some time to sink in. None of us could imagine the Park or the Friends without him, because for many of us Erhard was the Park. Yet as tragic as it may seem to lose such a remarkable man, friend and selfless volunteer, it would not be in Erhard's spirit to linger in a state of mourning. Erhard was the epitome of an eternal optimist, and as one of the Friends of Frontenac Park's founding members, he would want us to continue with the volunteer work that he began more than 30 years ago. We are aware that none of us individually can fill his shoes, but as a group we can, knowing that his spirit will be with us in the Park.

As Erhard hated funerals, his family and closest friends decided to hold a Celebration of his Life on August 31. It took a venue as large as the Thompson Drill Hall at CFB to accommodate the many people who came to pay him their respect. Erhard was not only a much loved member of the Friends of Frontenac. He was equally cherished by the Kingston Toyota family, including his colleagues at work and countless customers, who for 36 years benefited from his generous friendship and help. There were also numerous members of the Kingston Air Cadets who over more than 20 years enjoyed his mentorship during wilderness outings in the Park. Many speakers recounted their memories of Erhard, all agreeing that he was the most dedicated, caring and helpful person they had met and who had enriched their lives. The Friends' Board of Directors and Park Personnel have received and discussed many suggestions regarding a suitable memorial for Erhard, and it was decided to install a memorial plaque set into a sheet of granite near the flagpole at the Park Office.

As you can read in Anne Hogle's contribution to this newsletter, this year's Frontenac Challenge set a new record in both Senior and Junior registrations and completions as well as in Challenge BBQ attendance. Anne mentioned that an interest had been expressed in a lesser-intensity Challenge and that this and other possible future projects would be discussed at the "vision day" scheduled by the Friends for May 24th. We are hoping for a good membership turnout for this planning

exercise. Just prior to the Challenge BBQ, the 16' Fibreglass Prospector Canoe graciously donated by Scott Canoe of New Liskeard, Ontario, was raffled off, and the lucky winner was Barb Stanley of Toronto. The raffle brought in over \$5,000 for the Friends. I would like to express our thanks to Cathy Murray and Anne Hogle plus their many helpers for the enormous effort put into organizing the raffle and the Frontenac Challenge including the BBQ. I would also like to thank Cookie Cartwright who again donated one of her lovely Frontenac Park watercolours for a silent auction to benefit the Park.



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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.

2013-2014 Board of Directors

President	Herb Helmsteadt	hhelmst@cogeco.ca	613-542-6455
Vice-President	Simon Smith	sjsmith@kos.net	613-541-3964
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Membership	John Critchley	shajohn.critchley@sympatico.ca	613-634-5475
Publicity & Newsletter	Donna Gillespie	gillespie@kingstoncanada.com	613-549-1529
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Frontenac Challenge	Anne Hogle	anne.hogle@gmail.com	613-354-2607
Trail Sweeps	Cathy Murray	Cathy527b@gmail.com	613-378-0350
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Member At Large	Heather Jamieson	jamieson@geol.queensu.ca	613-384-0235

Committees

Winter Camping	Don Stables	dstables@cogeco.ca	613-345-1644
Winter Hosting	Cathy Murray	Cathy527b@gmail.com	613-378-0350
Frontenac Challenge	Ann Hogle	anne.hogle@gmail.com	613-354-2607
Newsletter Publisher	Ron Abbott	elizabethandronabbott@gmail.com	613-374-3212
Map Coordinator	Jim King	jmking88@yahoo.com	613-544-9443
Web Master	Jerome McDuff	jerome_mcduff@yahoo.ca	613-389-8236


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 discussion.

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.

2014 deadlines for submission of newsletter materials are April 14, August 11 and December 8. 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 /frontenacparkfriends 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 below, please telephone 613-376-3489. Programs presented by the Friends of Frontenac Park are identified with the Friends logo 

Program	Date	Start	Finish
 Winter Camping (Trip Planning)	January 18 (Saturday)	10:00	15:30
 Snowshoe Workshop – Edward Grenda	February 09 (Sunday)	10:30	15:30
 Winter Lecture - Bob and Sue Clinton/AGM	February 26 (Wednesday)	19:00	21:00
 Volunteer Training Day	March 22 (Saturday)	09:00	15:00
 Spring Trail Sweep	April 12 (Saturday)	08:30	16:00
 Historical Walk with Jerome McDuff	April 26 (Saturday)	10:30	16:00
 Spring Work Day	April 27 (Sunday)	08:45	16:00
ORCKA Canoe Instructors Recertification Clinic	May 03 (Saturday)	09:00	17:00
 Introduction to Back Country Camping	May 10 (Saturday)	09:00	16:00
 Vision Day	May 24 (Saturday)	10:00	15:30
 Nature Walk with Maureen Sly	May 17 (Saturday)	10:30	??
ORCKA Canoe Tripping –Level 1 & 2 (and Level 3)	May 26 (Monday) to May 30 (Friday)		
 Wilderness Navigation using Map & Compass Level I	May 31 (Saturday)	09:00	16:00
Red Cross Wilderness First Aid	June 07 (Saturday) to June 08 (Sunday)	09:00	16:00
Single Burner Gourmet Cooking	June 08 (Sunday)	10:00	13:00
The Amazing Tarp -Tarping Made Easy	June 08 (Sunday)	13:00	15:00
 Wilderness Navigation using Map & Compass Level II	June 14 (Saturday)	09:00	16:00
Guided One Day Family Canoe Trip & Hike	June 15 (Sunday)	10:00	15:00
 Erhard Frenzl Memorial Paddle	June 20 to 22		
 Canoe Clinic with Carolyn Bonta	June 21 (Saturday)	10:00	15:30
Paddle Canada - Flatwater Sea Kayaking Certification Course	July 12 (Sunday)	8:30	16:00
ORCKA Flatwater Canoe -Tandem Basic Level 1 & 2	July 19 (Saturday)	8:00	17:00
Kayak Basics –“Getting Started” Kayak Course	July 26 (Saturday)	13:00	16:00
Guided One Day Family Canoe Trip & Hike	August 17 (Sunday)	10:00	15:00
Dutch Oven Wilderness Cooking	September 27 (Saturday)	10:00	13:00
Electronic Apps, Maps and Gadgets	September 27 (Saturday)	13:00	14:00
 Frontenac Challenge	Sept 1 to Oct 31		
 Bring a Friend to the Park	Aug 30 - Sept 1		
 Fall trail Sweep	September 28 (Sunday)	08:45	16:00
 Frontenac Challenge BBQ	November 8 (Saturday)	10:30	12:30
 All Season Camping Challenge	All Year		

Erhard Frenzl – King of the Volunteers

It is with much sadness that we remember the tragic death last summer of "our" Erhard Frenzl – "King of the volunteers". Erhard was on a trip-of-a-lifetime to Pukaskwa National Park with two other volunteers, Don and Jérôme, when his canoe capsized in Lake Superior at the mouth of the White River. Erhard had been volunteering at the Park since 1982 after leading an Air Cadets' field trip. You



could see his smiling face practically every weekend, in all seasons. He was instrumental in the formation of the Friends of Frontenac and was an instructor for many of the wilderness skills courses offered at the Park. He will be missed. Our profound condolences are with his family and friends.



Annual General Meeting

The Friends of Frontenac Park Annual General Meeting will take place on Wednesday, February 26, 2014 at 7:00 p.m., in the Auditorium at the Ongwanada Resource Centre, 191 Portsmouth Avenue, Kingston, for the purpose of:

- o Receiving the minutes of the annual general meeting for 2012;
- o Receiving the report of the President for 2013;
- o Receiving and considering the financial statements for the 2013 calendar year;
- o Electing directors for the 2014 calendar year;
- o And any other business properly to come before the meeting.

This year's annual general meeting is taking place in conjunction with the annual Winter Lecture (see the President's letter in this newsletter).

Three members of the board of directors will not be standing for re-election this year. If you are interested in becoming a member of the board, please consider standing for election. We need volunteers to come forward to provide assistance for special events, newsletter editing and publicity support.

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

Tio Wulf Ramble

by Larry Gibbons – www.larryagibbons.com

Although I still have faith that humans may yet change their direction, at the present time we're acting like the proverbial frog that was slowly boiled to death.

Oh look, there's Mr. Froggie now! He's heading out for a few hop, hop, hops around his turf. He's being smart, applying SPF sun-screen, and even wearing sunglasses to protect his eyes from the UV rays. His arms and strong, muscular legs are fully covered for protection from the dangerous sun and from the nasty insects that might be carrying diseases like West Nile. And look at that hat! Isn't it the coolest, floppy green fashion statement you've ever seen? Kudos to him for thinking to buy one with a wide brim. Better protection. I hope he took his vitamin D pills.

I read an article in the New Scientist. It pointed out that scientists are worried that as the earth heats up, the Arctic (analogous in my mind to the frog's lily pond), could release at any time, a sudden and massive amount of methane. The article stated, in the very first sentence, that this could cost the world a staggering 60 trillion dollars. Just 60 trillion dollars? Can we breathe, eat or drink those pieces of frog skins? Does this kind of philosophy of economics allow our society to hear the wee muted voices of those creatures who are crying, "We are here. We are here. We are here."

Do you know how I view some of the extreme weather that we have been receiving recently? It's the earth grieving. She can't hold in the pain, grief, anger and abuse she's been suffering. A storm is her anguished and violent sob and maybe she's crying for us too, but she won't be the one going down for the final ten count.

It's because of this abuse to the earth that I respect the critters that are royal pains in our posteriors. Like the black flies. These pesky little critters, who can find their way to every part of our body, use their saw-like mandibles to cut themselves some prime. Then, once they get the red juice oozing out, they sit back and lap it up. They are slow eaters too, as if you wanted to know this, and can be at the dinner table for up to fifteen minutes. And when they leave, they don't clean up. Their saliva can cause quite a reaction.

Although in Frontenac Provincial Park they are usually only around for a period in the spring, in Cape Breton,

where we now live, they're still around into September and sometimes far beyond. In Cape Breton, people say we have two kinds of flies: black flies and snow flies. But I'll put up with them. They are annoying, for sure, but they make it so humans can't just waltz into the wild places for their pure enjoyment, as if they're on a reality show. Because the black flies have their own ideas about being consumers. They consume us.

I would like to ramble on toward another subject. It's about Frontenac Provincial Park being an island amid a consumer-driven world. I have this idea. Why don't we take these islands like the gem of Eastern Ontario, which we call Frontenac Provincial Park, and connect them to other environmental jewels?

Then, why don't we go one step further? Start turning the areas around these treasures into some sort of interconnected wilderness preserve. That way, land that is vulnerable to development will only be developed if the result complements these wild jewels. This might add some natural connectivity to land use and would increase the chances of more wild areas remaining wild or semi-wild.

Sound crazy? Maybe, but it might be one way to put the brakes on our full-speed-ahead crash into the rock I call FINITENESS.

"Ah," exclaimed an old man, "such is the strange philosophy of the white man! He hews down the forest that has stood for centuries in its pride and grandeur, tears up the bosom of Mother Earth, and causes the silvery water courses to waste and vanish away. He ruthlessly disfigures God's own landscapes and monuments, then daubs a flat surface with many colors, and praises his work as a masterpiece!"

~Mitakuye Oyasin

Frontenac Challenge 2013

Another Challenge season is behind us. The Frontenac Challenge, and its offshoots - the Junior and All-Season Camper, continue to grow. We are delighted with the level of Park use in the fall and winter seasons. 2013 saw a record of 194 hikers complete the Full Challenge - 65 for their first time. Another 12 Juniors completed the Junior Challenge and 19 completed the All-Season Camper Challenge. We had a great time at the BBQ, with more attendees that I could count.

There has been some interest in the idea of an additional Challenge, of lesser intensity, for those hikers for whom the full Challenge is simply not possible. The Friends are having a "Vision Day" on May 24, 2014 to explore this and other great ideas. All are invited to join us at this brainstorming event to put forward your ideas for the future of the Friends of Frontenac Park, and offer your suggestions as to projects we might con-



PHOTO COURTESY JILLIAN OLSEN

Junior Challenge finishers on the Kingsford Dam footbridge at the completion of Testmine Loop, their last loop of the 2013 Junior Frontenac Challenge.

sider. We hope you will use this as an opportunity to give us your thoughts on this potential new Challenge. In the meantime, please feel free to send me your ideas. You can email anne.hogle@gmail.com or mail to 245 John Street, Napanee, ON K7R 1R8, or phone 613-530-05763. I look forward to hearing your ideas.

Have a safe and happy winter season in Frontenac Park.

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



PHOTO SIMON SMITH

Junior Challenge finishers showing off their well-deserved certificates and badges with Park Superintendent Peter Dawson.

2013 Full Challenge Completions

Anne Archer	Jennifer Barre	Anna Blackwell	Ian Brissard	Laura Browne
Dieter Brueckner	Robert Chittick	Wendy Christopher	Catherine Crandall	Bob Dick
Linda Dick	Cheryl Dillon	Dennis Dong	Linda Dong	Paul Donovan
Chris Druce	Marco Durepos	Lynn Esau	Dorina Friedli	S. Fullerton
Jim Galloway	Martin Garster	Corey Gauthier	Annie Ginn	Barry Golemiez
Tug Goudreau	Glen Green	Tom Hall	Chris Hanes	Stephen Hilder
Rosemary Hill	Evan Holt	Randall Hutchinson	Randy Hutchinson	Stephanie Karp
Noah Kendall	Miu Lam	Virginia Lavin	Roger Lockwood	Jane MacNaughton
Linda Malcolm	Larry Manuel	Mary-Beth McGinn	Julia McGregor	Tyson Montgomery
Kevin Nottle	Jill Ollson	Katherine Peever	Anne Petitjean	Alex Pilote
Heather Quance	Julie Reid	Tom Reid	Ben Robinson	Sheila Round
Emily Rudden	Martha Rudden	Tracy Ryan	Ed Smith	Corey St. Onge
Tyler Sunderland	Ashley Sytema	Nick Tardif	Carol VandelEngel	Pearl Wong
Sara Beck	Dominic Blackwell	Mike Brissard	John Creber	Lorna Deyo
Pierre Duran	Jim Edwards	Dorothy Forrester	Trevor Gabriel	Mary Jane Gordon
Ephraim Graham	Sean Harrap	Nancy Hunter	Kiersten Hutchinson	Cheryl Jacklin-Piraino
Sue Leslie	Sandra Lopes	Lynne Manuel	Dale Pilote	John Piraino
George Pyke	Louise Pyke	Deborah Spaar-Mueller	Don Stables	David Swinton
Lee Wakelin	Don Workman	Carolyn Boyce	Eve Buckley	Carrie Cirtwill
Donna Gillespie	Kevin Graham	Rob Harrap	Doug Hayes	Bruce Henderson
Mark Johnson	Sandra Johnson	Blair MacKintosh	Doug Ritchie	Audrey Stewart
Richard Sunderland	Robert Tolley	Kathy Wood	Janet Atwood	John Branton
Mary Brinklow	Clara Burr	Susan Grigg	Marilyn Jansen	Christian Judd
Karen Leggo	Laird Leggo	Phil Mabey	Lesley MacKinnon	Mary-Jean McIntyre
Richard St. Onge	Gary Stefan	Marjorie Stefan	Joe Bodendistel	Wendy Bordeleau
Janice Ley	Elaine Lowen	Karen MacKinnon	Lynda Morrison	Natasha Smith
Rose Stewart	Sharon Blackwell	Lisa Boulay	Cookie Cartwright	Diane Creber
Eve D'Aeth	John Hanes	Lise Legault	Patti McCauley	Cathy Murray
Irene O'Brien	Brad Roberts	Vicki Schmolka	Glenda Turner	Ann Wilson
Janet Fenton	Heather Jamieson	Rhonda Kerr	Dave Lucas	Mateo Munoz
Sophia Munoz	Helen Phillips	Bill Zeran	Rita Zeran	Bob Clooney
Joshua Dennis	Bill Hienstra	Gunhild Karius	Jairo Munoz	Kathy Newstead
Mike Newstead	Peter Blood	Rob Irving	Bob Short	Toni Towle
Michele Chittenden	Rheal Legault	Henk Pardoel	Margaret Wild	Morris Buckner
Jordan Goudreau	Jerome McDuff	Rose Millet	Linda Turnbull	Gary Birrell
John Blackwell	Paul Markle	Beth Orr	Robert Hough	Fred Luciani
Jack Roscoe	Gloria Seeley	Sandy Williams	Faye Dennis	Sally Blasko
Bill Murdoch	Barbara Pusch	Hugh Pratt	Mike Carmody	Joyce Duncan
Rudy Duncan	Audrey Sanger	Diane Cuddy	Todd Norris	

2013 Junior Challenge Completions

Ben Black	Kiersten Galloway	Lily Galloway	Kaelen Gauthier	Riley Gauthier
Lillie Marshall	Ana Newstead	Mia Newstead	Alora Peever	Matthew Peever
Jonathan Pilote	Grace Swinton			

2013 All Season Camper Completions


Ian Brissard	Mike Brissard	Morris Buckner	Mike Day	Frank Legros
Zabe MacEachren	Jerome McDuff	Justin Peterson	Blair Peever	Matthew Peever
Alex Pilote	Dale Pilote	Jon Pilote	Tom Rae	Susan Robertson
Jack Vanderhoek	Rob Seaby	Derrick Hopkins	Paula Roles	

Tetsmine Trail - from page 1

start of the trail. Like so many other looped trails in the Park, this one touches on at least two other loops – the Gibson Lake Loop and the Hemlock Loop. There is history here. Lots of shimmering strips of mica glistening in the sunlight, remnants likely from the days when this area of the park was mined. From a vantage point high above the Tets Mine, one can see the boiler below where it has remained, undisturbed, since it was last used in 1924 to provide the steam that ran the drill and the water pumps. As we ate our lunches here with our backs propped up against some stones, we thought about their lack of goggles, hard hats or electric lights, and little thought to safety. However, the dollar a day the miners earned fed their families.

We passed another old mine too on our walk – the Crab Lake Mine and remnants of Mark's Cabin. This walk is all about discoveries, for no matter how often this trail, or any trail in the park, is walked, we see new things. This time it was poison sumac, a species that does not occur in either Prince Edward County or the Napanee area. We were aware that it grew somewhere in this section of Frontenac Park. The habitat was certainly right – swamps, wet woods and boggy ponds. Distribution maps show it more common in the Niagara area. Although in the same family, our familiar staghorn sumac is actually quite harmless, in fact, edible. The familiar red seed head can be made into a refreshing sumac lemonade or as my wife often does, a delicious sumac jelly.

It was a day for fungi, and we found them growing on trees and beside the trail. Miniature puffballs, coral fungi, and scarlet-coloured specimens. We met one hiker who was searching for giant puffballs but had been unsuccessful, despite having hiked the entire 13 kilometres. There were spectacular views like those from the long ridge above the Moulton Gorge, so steep as to defy descending. The trail here skirts much of the formidable depth of the ravine and descends abruptly in a few rocky steps past a rippling brook and carries on to a beaver dam where a boardwalk has been built to reach the other side. It is here where the trail takes the hiker on the last leg of the journey over some interesting terrain, past stately white pines, and short detours to identified campsites.

Every trail at Frontenac is different. Some require considerable scratching and clawing to ascend, while others gently roll with the terrain, past cabin remains, logging stories, old mines, and other memories of the past. The Friends of Frontenac Park have done an amazing job of maintaining and improving the trail system in the park. One of those volunteers who was instrumental in laying out the route of the trails, was Erhard Frenzl who by day, was a well-known mechanic at Kingston Toyota, but on days off would be seen cleaning outhouses and campsites as a volunteer just for the chance to paddle the lakes and cook under the stars. Erhard, a founding member of the Friends of Frontenac, died in early August when his canoe capsized while on a paddling trip on Lake Superior. His 

And the Winners Are...

The Friends of Frontenac Park organized a canoe raffle in 2013 to raise funds for education and outreach programs. Many thanks to Scott Canoe located in New Liskeard, Ontario for their generous donation of the first prize. The Friends also wish to thank Cathy Murray for her tireless work organizing the raffle and all of the volunteers who helped to sell tickets. With your help, over \$5,000 was raised!

1st prize Scott Canoe valued at \$1,565.00 -Barb Stanley

2nd prize two cherry paddles valued at \$140.00 -Maureen and Ken Watkin

3rd prize Land O Lakes Paddle Guide and throw bag – John Allum

President's Message - from page 2

Planning for 2014 is complete with a great schedule of activities, and future construction projects include an information kiosk at the northern Park entrance and repairs to the Arab Gorge boardwalk. We have cancelled the two winter camping weekends for this season, but otherwise the Friends' schedule for 2014 is complete (see separate page in this newsletter). Please note that our Annual General Meeting will be held in conjunction with our Annual Winter Lecture, on February 26, at 7:00 p.m., in the auditorium of the Ongwanada Centre at 191 Portsmouth Ave, Kingston. The lecture will be given by Bob and Sue Clinton of Sydenham and is about their hiking adventures in the Yukon.

With best wishes for 2014

Herb Helmstaedt

involvement with Frontenac Park, stretches back to the late 1970s when he came to Kingston from Montreal, taking day trips to the Park and teaching wildlife and camping courses, specifically map and compass navigation, through the Friends of Frontenac organization up until his death.

Today, when I walk the trails at Frontenac Park, I think about Erhard and all that he accomplished in his 73 years, and give thanks to him every time I step onto one of his trails. His kind we will not soon see again.

Editors Note: To enjoy Terry Sprague's pictorial journal of his Tetsmine Hike, please visit http://naturestuff.net/site/index.php?option=com_content&task=view&id=1705&Itemid=30 Photos courtesy Louisa Ielo.



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



“From the Frontenac Challenge to a Yukon Adventure”

Presented by

Bob and Sue Clinton

**at the Annual General Meeting of the
Friends of Frontenac Park**

February 26, 2014, 7 p.m.

Auditorium of the Ongwanada Center
191 Portsmouth Ave, Kingston



Bob and Sue Clinton, owners and practitioners of ClintonDentistry in Sydenham, are outdoor enthusiasts and members of the Friends of Frontenac Park. Their participation in several Frontenac Challenges inspired them to seek out greater and more difficult hiking adventures, and they have agreed to share some of their Yukon hiking experiences . The lecture is free but donations are welcome.

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) _____