

# FRONTENAC NEWS



THE OFFICIAL NEWSLETTER OF THE FRIENDS OF FRONTENAC PARK

## Mink Lake Lookout

*selected as one of the 10 Amazing Places in the Frontenac Arch Biosphere Reserve*

In May, 2014, the three UNESCO biosphere reserves in Ontario (Frontenac Arch, Georgian Bay and Long Point) issued a challenge to their community members to name what they consider to be Amazing Places in their areas. More than 160 places were nominated in just over four weeks. Each Amazing Place had to be publicly accessible and tell an Amazing story. Mink Lake lookout, in Frontenac Provincial Park, was selected as one of 10 Amazing Places in the Frontenac Arch Biosphere Reserve region, the others being Landon Bay, Jones Falls, Spy Rock, Blue Mountain, Gordon Island, Fort Henry, Half Moon Bay, Mica Mine Trail, and the Old Stone Mill, in Delta. You can download a checklist to visit all these places this summer at <http://www.visitamazingplaces.ca/fabchecklist>.

The amazing story told by the Mink Lake Lookout is geological and is reprinted below:

With an elevation of 195.5 m above sea level, Mink Lake Lookout is the highest point in Frontenac Provincial Park. From here you can enjoy not only a sweeping view of the landscape of the northwestern part of the Frontenac Arch, but you can also take a peek into the mysteries of geological time and gain some insight into the processes involved in the shaping of the arch as we see it today. The rocks on which you are standing are gneisses and granite that crystallized about 1.2 billion years ago almost 20 km deep in the core of a mountain range known to geologists as the Grenville orogen. The gneisses were once sandstones laid down in a shallow sea on the shelf of a landmass ("Frontenac terrane") that was located off-shore from the Precambrian nucleus of North America ("Laurentia"). The Grenville orogen formed when this landmass was welded to North America in a plate-tectonic collision much like the Himalayan Mountains are being uplifted today as the result of the slow collision between India and the Asian continent. The granites most likely resulted from partial melting of the sandstones when they were dragged down to great depth and metamorphosed into the gneisses at high temperatures and pressures. But how did these rocks come back to the surface, so that we can stand on them today?



HERB HELMSTAEDT

*Whale-shaped, asymmetric "roche moutonnée", forming the highest point at the lookout, looking south. Ice movement during the last ice age was from left to right*

We know from the example of the Himalayan Mountains that during plate tectonic collisions, when the continental crust of one landmass is pushed under that of another, the thickness of the crust (normally about 35 to 40 km) may almost double. Thus deeper layers will be

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## President's Message

It took precisely 6 years, from Spring 2008 to Spring 2014, for the newest Park trail to move from the planning to the finishing stage. The new trail, named Dedication Trail, was opened to the public after this year's spring trail sweep. It branches off the Corridor Trail, north of Arab Lake, and meanders south-east-wards for 2.4 km, meeting the eastern part of the Cedar Lake Loop about



halfway between Doe Lake and Big Salmon Lake. This divides the approx. 15 km long Cedar Lake Loop into two 10 km loops, satisfying the wish of many Park visitors for additional, easily accessible, medium range trail loops. The name "Dedication Trail" is meant to honour the many volunteers - past, present and future-involved in establishing and maintaining the Park trail network. My thanks go to all the volunteers and Ontario Parks Staff for bringing this trail project to fruition.

I am happy to report that our new wilderness skills workshop "Introduction to Back Country Camping" has taken off. It was attended by 23 people, and I thank Don Stables and Jérôme McDuff for passing on their experience to a new generation of back country campers. All our other spring activities and workshops were also well attended. Our Vision Day, held on May 24th, was a great success, as we had a good cross-section of attendees, excellent presentations and a strong output of ideas for future projects and activities (see separate write-up in this newsletter). Thanks are due to Simon Smith for spear-heading this event. This year's Frontenac Challenge will feature the new category "Frontenac Trek", designed for adults of all ages, who for various reasons would like to participate in a somewhat lower intensity adventure than the traditional Challenge. It requires the completion of any six loops not including the Arab Gorge and Doe Lake trails.

If you are wondering where to hike next in Frontenac Park, you may want to consider visiting Mink Lake Lookout, the highest point in Frontenac Park, which was recently chosen as one of the 10 top Amazing Places in the Frontenac Arch Biosphere Reserve. It is a very photogenic spot which also tells an Amazing story about the Park's geology and geomorphology (see separate write-up in this newsletter).

Hoping that you will enjoy the fall colours in Frontenac Park,

*Herb Helmstaedt*

## Goodbye to a Friend

It is with deep sadness that we announce the passing of Bernie Adell, one of our long time loyal volunteers. Bernie was a humble man and few at the park knew that he was "a former dean of the Faculty of Law (at Queen's University) and an internationally recognized scholar in the employment and labour law field". Bernie was a regular at our Trail Sweeps and an active Friend member who helped promote and maintain the trails and protect the wilderness aspect of Frontenac Park.

Our sympathies go out to Bernie's family and friends. Please see <https://www.queensu.ca/news/articles/flags-lowered-former-faculty-law-dean>

### 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.

#### 2014-2015 Board of Directors

President	Herb Helmstaedt	hhelmst@cogeco.ca	613-542-6455
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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 and to incite discussions.


We welcome your 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 material 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](mailto:frontenacpark@gmail.com).

Visit us online at [www.frontenacpark.ca](http://www.frontenacpark.ca). Follow us on Facebook / [frontenacparkfriends](https://www.facebook.com/frontenacparkfriends) 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 below, please telephone 613-376-3489. Programs presented by the Friends of Frontenac Park are identified with the Friends logo 

Date	Program	Start	Finish
August 17	Guided One Day Family Canoe Trip & Hike	10:00	15:00
Aug 30 - Sept 01	 Bring a Friend to the Park		
Sept 01 to Oct 31	 Frontenac Challenge		
September 24	 Board Meeting - Ongwanada Resource Center, room 427	19:00	21:00
September 27	Dutch Oven Wilderness Cooking	10:00	13:00
September 27	Electronic Apps, Maps and Gadgets	13:00	14:00
September 28	 Fall Trail Sweep	08:45	16:00
October 22	 Board Meeting - Ongwanada Resource Center, room 427	19:00	21:00
November 08	 Frontenac Challenge BBQ	10:30	12:30
November 26	 Board Meeting - Ongwanada Resource Center, room 427	19:00	21:00
All Year	 All Season Camping Challenge		


## Mink Lake Lookout - continued from page 1



JEROME MCDUFF

*Panoramic view to northwest from Mink Lake Lookout*

exhumed when the resulting mountain range is eroded and the thickness of the crust returns to normal. It took about 500 million years for the mountains of the Grenville orogen to be worn down to sea level, exposing rocks that were once located deep in the core of the mountain range. At the beginning of the Paleozoic Era, the nearly flat erosion surface of Precambrian rocks was flooded by a shallow sea that covered much of the Canadian Shield. Sandstone and limestone deposited in this sea once blanketed the entire region, but erosion above the rising Frontenac Arch removed most of the cover rocks and exhumed the earlier erosion surface dubbed “Cashel penepain” by the famous American geologist, Marshall Kay. Paleozoic rocks, including the Ordovician limestone of the Kingston area, are now absent from the top of the arch but can be seen marking its south-western and north-eastern flanks.

Although locally rugged, the landscape seen from the lookout, photo above, gives the impression of being essentially flat. Many people think that this is a result of erosion by the successive ice sheets that covered the area during the relatively recent Pleistocene ice ages. But what you see before you is actually the outline of the old exhumed Precambrian erosion surface. The ice age glaciers polished the rocks and enhanced the local relief, but did not affect the overall flatness of the landscape. The highest point of the lookout is a beautiful example of a “roche moutonnée”, a whale-shaped asymmetric rock that may be used as an indicator of the direction of ice movement (photo page one). The fact that the gentle (up-ice) slope faces north-east, and the steep (down-ice) surface faces south-west allows us to conclude that the last ice sheet covering the arch advanced from north-east to south-west. 

# Welly Green's Barn

by Jérôme McDuff

As you hike east on the north shore of Big Salmon Lake, you are sure to notice the old collapsed barn in a field on your left shortly before reaching Little Clear Lake (GPS: UTM WGS 84: 18 T 380549 4933832 or Lat: N44.54792° Lon: W76.50380°). It was quite the structure when it was rebuilt in 1940; the original barn on that site was much older.



COURTESY OF FRONTENAC PARK

*Green's Barn*

The exact year in which George Green and his wife Elizabeth Slack established the farm south of Little Clear Lake is not known but it falls between 1895 and 1902. George Green's main occupation was mining and he probably moved to this lot because of its proximity to the mica mining activities going on in the park at that time. We know he worked at the large Tett mine for a while.

George and his family built a two-story log house, various out buildings, and the original barn. Again the exact date is unknown but it is plausible that the original barn was erected in the early 1900s. Around 1915, the golden years of mica mining were coming to an end within the Park, so George moved north of Perth Road Village possibly to work at the mine near Indian Lake.

Unfortunately there was a long dispute over the ownership of the farm after George moved away. Eventually Wellington (Welly) Green – the second oldest of the family acquired title to the farm in 1938 but by then the barn and the rest of the buildings were in rough shape.

Welly did not live on the farm – he had two others; he grazed cattle and sheep and worked the fields. He built himself a shanty, a horse shed, and the two sets of cement gateposts that the hiking trail goes through today. In addition Welly decided to build a new barn on

the footings of the original one that his father constructed.

He gathered friends and neighbours for a barn raising bee. Welly wanted to build a big barn; the bottom of the barn made of fieldstones was intended to house sheep while the top floor would be a hayloft. His brother Bobby was the main carpenter with his three sons providing the labour. His neighbours, the McComishes, were all there to lend a hand; Minnie McComish was cooking up a storm and serving meals to the workers. It was quite the event.

Then in 1957, Welly sold a small cottage lot behind the barn and eventually sold the farm to Stan Ruttan, his nephew. Although Stan housed some pigs in the lower portion of the barn his interests were firmly in cottage development.

Later in the 1960's when the Ontario government took possession of the land to form the park, the barn was still in good shape. The Ministry of Natural Resources used it in part to store the dismantled A-frame cottage that stood on the island near campsite cluster 9. Unfortunately the barn was not maintained and eventually in the winter of 1992-93, it collapsed.



JEROME MCDUFF

*Welly Green's Barn February 2006*

Today Welly Green's barn is fading a little more each year but each time I walk by, I smile trying to visualize what the barn raising bee must have been like.

If you would like to know more about the Green homestead or the human history of the park, please read "Their Enduring Spirit" by Chris Barber and Terry Fuchs. The book is on sale at the Park Office. ↻

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# Tio Wulf Ramble

Some summers ago, I spent a day at a friend's cottage. It's situated on a lake northeast of Kingston. My friend had spent many of his boyhood and adult days on this lake. He loved it so much that he built a retirement home along its shoreline.

It was a beautiful day, made better by a supper of fully loaded hamburgers, cold milk and tasty cookies.

After the meal he suggested we go for a canoe paddle. I was game. The lake was calm and a mirror of late-day sunlight.

Ah relaxation! The gentle floating of the canoe and the restful splash of the paddles dipping into the silky water. It was muscular therapy supreme and better than a four-star masseuse.

Lots to watch too. Boats looking like sculptures cast in glossy clay. Wispy clouds forming sacred texts across the evening sky and a beaver almost slamming his noggin into the canoe before he did his patented tail slam dunk and perfect ten dive.

We canoed to the largest island on the lake and paddled around its shoreline.

"That's where we used to swim. There's the place we had picnics. There's our diving rock. Nice and deep there," my friend told me.

Suddenly we heard a chain saw growling and grinding its teeth. Then we heard a tree crashing to the ground.

"A millionaire bought the island," my friend said and suddenly we felt like we had to sneak by the island, like trespassers. Invaders of privacy, as we stopped talking and tried to be silent. At one place we saw where a large swathe had been hacked through the woods to make a lane to the millionaire's house building site.

I realized that to my friend, this was more than an island. More than real-estate in a glossy advertising brochure. My friend was spiritually and emotionally connected to this island.

I thought of the Frontenac Provincial Park, which I have hiked in for almost fifty years. Sections of the park so packed with emotional and spiritual memories that even its darkest shadows appear friendly. Where I like to think that the animals have accepted me as a piece of mobile natural fauna. The old man of the forest.

People may notice that there are many private property signs posted on land which lies outside the park. With their warnings to stay off. Indicators that this land is not my land or your land. It's theirs. Legally, so take a hike, but not on their land.

I have no real, concise political theories or arguments against or for private property. However, the emotional

and spiritual parts of my mind, give me a sense of worry and the sneakiest suspicion, that maybe, just maybe, some intrinsic, and maybe even sacred right of mine had been improperly addressed when I see these signs plastered all over the place.

So, although I don't have any great land ownership theories, I do have no problem with rationally and logically understanding the threat private property and development imposes on areas like the Frontenac Park. Kind of like a huge noose around the park's neck with no indication it's ever going to loosen up.

This brings me to thinking about my Aboriginal friends. People who originally never knew that land could be bartered by any person but the Creator. Their community and spiritual existence connected to and driven by the spirit of the land. May they save us from ourselves.

And if my friend, who does believe in private property, can feel so much hurt and sadness as he watches a piece of land he loved being owned and changed by a purchaser, then how much more does this owning and tearing up of well loved land affect those who never perceived land as being a commodity?

Maybe that's why my Aboriginal friend hung the little doll in the park. She made

it from grass and sticks and hung it from a tree which hovered over a beaver pond. She made it when she saw all the private property signs dotting one of the entrances into the park. Her doll created to protect the magic from the magic robbers. And she assured me that the doll would watch over the park and me. Loving gesture, I'd say.

Perhaps she was thinking about the Aboriginal man we had spotted in Maine. He was carrying a bottle of wine in one hand and a bunch of sweet grass in the other. The symbolism nearly brought both of us to tears.

Maybe she was thinking about the homeless, Aboriginal fella we saw when we were shopping downtown. My friend's sympathy and pain for him so profound that she'd discussed doing a painting and calling it, "Lost Souls". A painting to help her make sense of the why. To help her control and purge her feelings of confusion, sadness, sympathy, and outrage.

But then we decided they weren't empty souls. They were souls overflowing with rich puzzle pieces. Their segments unable to fit into the huge, naturally destructive puzzle of the modern consumeristic world which is blindly convinced that money, resource extraction, progress and ownership are all part of the natural order.

*Continued on page 7*



# “These Boots Are Made For Walking”

by Anne Hogle

The 22nd annual Frontenac Challenge is almost here. It started in 1993 as an activity to celebrate the 100th anniversary of the Province Park system (the first Park was Algonquin established in 1883) and it keeps growing in popularity. This year we are introducing a new version of the challenge so that the entire family can enjoy the pleasures of fall hiking in Frontenac Park.

The traditional Challenge requires a participant to hike 11 loops (Arab Lake Gorge, Arkon, Big Salmon, Cedar, Doe, Gibson, Hemlock, Little Clear, Little Salmon, Slide, Tetsmine) between September 01 and October 31 and record what is written on a sign on each loop. The Junior Challenge is for young hikers 12 years and under – they have to complete any of the 6 loops listed above.

Ever since we started the Junior Challenge, there have been numerous requests for something less than the full Challenge, but open to all hikers. It was apparent at the Vision Day, that there was a considerable group of



people who wanted some sort of a personal challenge, but for whom the traditional Frontenac Challenge was not a possibility. We have decided this year to introduce another Challenge, which after much soul searching, we have named the Frontenac Trek. The Trek will require hikers to complete any 6 loops of their choice (from the above list), excluding Doe Lake and Arab Gorge trails. This conveniently allows hikers to omit Slide Lake and Big Salmon Lake loops, which are generally considered the most arduous. We hope that this addition will encourage even more hikers to take to the trails of Frontenac Park in the fall.

Remember to register at the Park Office to get your recording sheet containing more information about the Challenge.

On November 8th, plan to attend the Challenge BBQ to receive your certificate of accomplishment and share a hot dog with other hikers who took the Challenge.

**“Are you ready boots? Start walkin’!”**



JEROME McDUFF

## Membership Matters

In order to contain costs while still providing superior service the Board has decided to email the Newsletter in a PDF format to all members who have provided their address to the Friends.

It now costs approximately \$2.27 to mail an 8 page Newsletter to a member. By going electronic we will have more funds to support our many projects in the Park.

We hope that the membership will support this initiative and by default will agree to receive the newsletter by email. If you have an email address but have not submitted it to me please do so now so that I can add you to the list. All blanket emails are sent via Blind Copy as per our Privacy Policy.

We will continue to produce paper copies for distribution in the Park as an advertising publication for the Friends.

This issue of the Newsletter will be sent in both formats, email and paper, so you can assess which is best for you and I hope that you will find the e-newsletter acceptable.

John Critchley

Membership Secretary

## Attention all volunteers:

We need you for the Fall Trail Sweep on Sunday 28-September-2014. Meet at the Park Office at 08h45. Bring a lunch and work gloves. A Chili supper will be served at the end of the day. Contact the Park (613 376-3489) for details. We promise not make you work as hard as the two volunteers in the photo.



RICHARD ST. ONGE

## Notice:

Did you take the Friends' sponsored First Aid Course on Saturday June 7th? Then your certificate is available for pick up at the Park Office. This does NOT apply to participants in the Wilderness First Aid course that started on the same date.

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# Vision Day, May 24, 2014

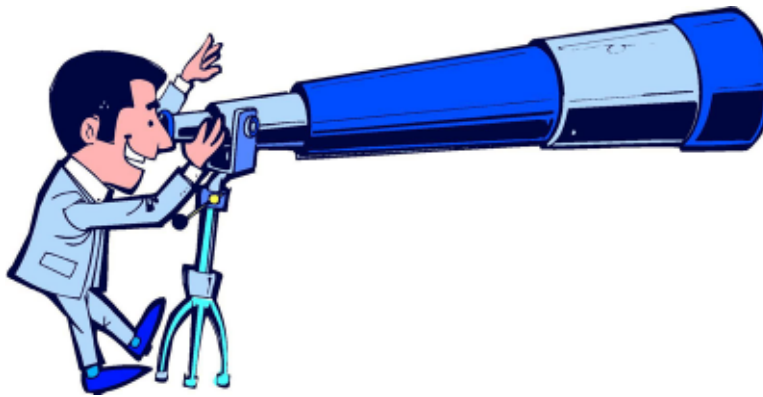
by Herb Helmstaedt

The third vision day of the Friends of Frontenac Park was held on May 24th in the Park Office with about 30 people attending. The agenda for the day was planned by a committee chaired by Simon Smith. After a welcome by Peter Dawson and the introduction of the presenters for the morning, Simon outlined the goals for the day and his vision of the process for generating ideas. He pointed out that all the Friends' current core activities resulted from ideas generated in two previous vision days held in 1994 and 1999, and that it was time that our programme and projects be reviewed and enhanced by fresh ideas.

The first invited presenter was Anne Craig, a Senior Marketing and Communications Specialist at the Peterborough Office of Ontario Parks. She put the demographics of Frontenac Park visitors into perspective with respect to the other, more than 100 parks of the Ontario Parks System. For Frontenac it appears that camper registrations have gone up, but that day-use registrations are slightly down, though this number may be skewed by the fact that many visitors have annual park passes. She pointed out that future park use will be affected by changing demographics, e.g. that camping could become less popular as baby boomers age and population growth comes increasingly from immigration of people who are less familiar with camping. She predicted that demand for learn-to-camp programs, such as our recently introduced "Introduction to Back Country Camping" will increase in the future.

The second presenter of the morning was Erica Barkley from Ontario Parks Research, Surveying and Monitoring in Kingston. Her main topic was the role of citizen

science in environmental monitoring of ecosystems in parks. She pointed out that average citizens can make enormous contributions by systematically recording and reporting what they see (all types of species). She referred to the immense success of programs, such as e-butterfly, e-bird, or Fish ON-line in updating species lists, establishing populations trends, range maps and contributing to conservation measures. She stressed that systematic recording and reporting should be done not just for rare species, but for the more common species as well, as it is the latter that best monitor environmental changes. Her suggestions as to the type of monitoring that can be done in Frontenac Park caused a lively discussion.



Following a BBQ lunch, the afternoon was open to the generation of ideas by all attendees, and this was facilitated by Anne Robertson, a KFN member and former President of the Friends. The various ideas were grouped into the following categories: 1) Mandate,

Goals, Targets, 2) Enhancing your Park Experience, 3) Communication with Park, 4) Current and New Training Programmes, and 5) Protecting and Preserving Local Ecological Integrity. There was much discussion, and Simon Smith has begun classifying the various suggestions. In the Fall, the Board will undertake the task of prioritizing them and assessing the feasibility of converting them to action items. This will be an ongoing process, and I would like to point out that further input and new ideas by the membership will always be welcome.

Overall, vision day was a great success, as there was plenty of brainstorming and a strong output of ideas. We will keep you informed as to how things will evolve.




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## Tio wulf - continued from page 5

That's why, when I see the wild places being swallowed up by industry and private ownership, when I think of my friend's feelings about not being able to visit his boyhood memory island, and the grief my Aboriginal friend felt when she saw all the private property signs and how they threatened the park and her own intrinsic view of the earth, I can't help but think that somewhere, hidden under logic, propriety, deeds, explanations, GDP, self-fulfilment, blueprints, Bible verses and legal beagles,

there is a violation which my deeper senses are tuned to.

Should any readers of this "ramble" share my concerns, you may find it worthwhile to investigate the Nature Conservancy of Canada, which works to protect our most important natural areas and the species they sustain. You can find out more here:

<http://www.natureconservancy.ca/en/who-we-are/our-story/> 

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