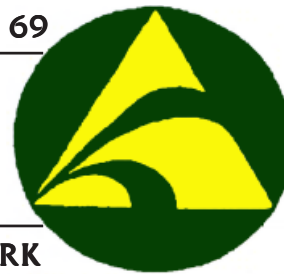


FRONTENAC NEWS



THE OFFICIAL NEWSLETTER OF THE FRIENDS OF FRONTENAC PARK

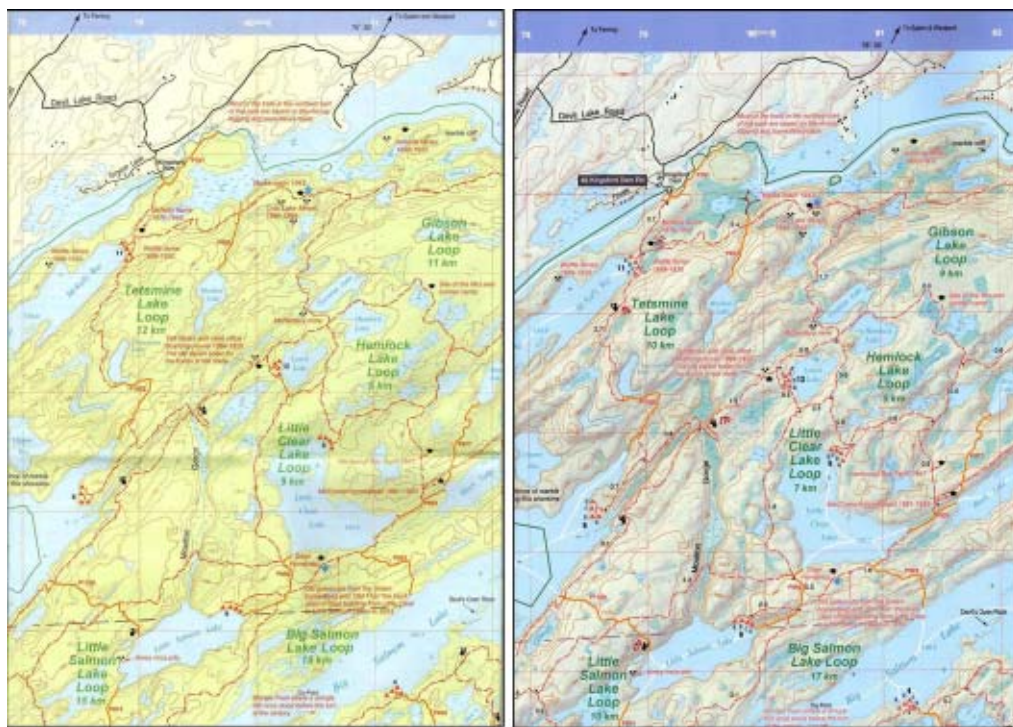
President's Message

With nearly all the copies of the fourth edition of our Park map sold, a newly updated fifth edition will be coming on stream. We had hoped to have it ready for the Frontenac Challenge BBQ, but a last-minute color glitch had to be corrected before printing, and we are now expecting that it will go on sale sometime early in the New Year. As with our previous map editions, the new map is a joint effort between park staff, the Friends, the Ministry of Natural Resources and Forestry Mapping Branch. It is published by the Friends of Frontenac Park who pay for the production and printing costs. Proceeds from the sale of the maps (once production and printing costs are recouped) have traditionally been the main income for the Friends and have contributed greatly to the financing of our various Park projects. My thanks go to all those involved in making this new map possible, especially to Bert Korporaal and Peter Dawson, who not only diligently collated and implemented the many corrections, suggested by users of the previous map, but who also undertook most of the detailed proof reading in the final stages of map production.

We hope you will find the new map with its newly designed back side a worthy substitute for the previous edition. The map will come in two versions, one printed on normal paper, the other on water resistant Polyart, selling for \$12.00 and \$25.00 including tax, respectively. The map cover, reproduced on the back page of this newsletter, shows a watercolor painting of Slide Lake by Cookie Cartwright that she donated to the Friends. Thank you, Cookie! A comparison of scans of the area around the Moulton Gorge, shown above, highlights some of the differences between the old and new maps. While the contours are the same on both

maps, the added shading significantly enhances the topographic relief on the new-edition map. Swamps are indicated in green and thus stand out better. The distance measure of the trail loops is more precise on the new map and refers to the actual loop length only. Distances of trail segments (marked by small black

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President's Message

stars) are indicated in kilometers, similar to distance measures on a road map, making route planning easier and more precise. The new map also contains other updates, such as canoe routes on lakes connecting to portages between lakes, the location of the parking lot near Kingsford Dam, and the location of the new Dedication Trail, branching off the Corridor Trail and subdividing Cedar Lake loop into two loops of about 9 km each. For the convenience of campers, the camp sites in each cluster are now marked as a, b, c and d. The addition of a new elevation point near Mink Lake Lookout is noteworthy, because it shows that the highest point in the Park is not 195.5 m above sea level, the elevation indicated just south of the lookout, but 198 m, at a point located a couple of hundred meters to the east on Slide Lake Loop. Some might say that this will make the Slide Lake Loop an even bigger climb. We hope that the new map will be well received and that map sales continue to be brisk.

The 2014 Frontenac Challenge once again was a great success (see separate report by Anne Hogle), and planning for next year's activities is well underway. Our next Annual General Meeting will be held again in conjunction with our Winter Lecture on February 25th, in the auditorium of the Ongwanada Centre at 191 Portsmouth Ave. Details about the Winter Lecture will be communicated in the New Year.

With best wishes for 2015.

Herb Helmstaedt

Letter to the Editor

Tio Wulf, "the old man of the forest", as he calls himself, wrote a heartfelt essay in the Autumn newsletter about "wild places being swallowed up by industry and private ownership". He worried about the "huge noose" around the neck of Frontenac Provincial Park, and gave a despairing plea to protect nature and land that we love.

Keep up your spirits Mr. Wulf. Right in the neighbourhood of Frontenac Park, in addition to the Nature Conservancy of Canada that you mentioned, Ontario Heritage Trust, Queen's University, the Kingston Field Naturalists, the Land Conservancy for Kingston, Frontenac, Lennox and Addington, and other conservation partners are all actively preserving wild spaces. There are already 1000s of hectares of land reserved for nature. Corridors are being established to connect wild areas so that animals and plants will continue to thrive here. We can all contribute by supporting habitat purchase and conservation projects near the Park. Something important is going on.

Vicki Schmolka, President

Land Conservancy for KFLA

www.LandConservancyKFLA.org

Keeping nature near... always



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

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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.

Deadline for submission of newsletter material for the 2015 Spring/Summer issue is March 16th.

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](https://www.facebook.com/frontenacparkfriends) and Twitter@[frontenacpark](https://twitter.com/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 (except for the Snowshoe Race), please telephone 613-376-3489. Programs presented by the Friends of Frontenac Park are identified with the Friends logo .

January 17: Winter Camping - Trip Planning

The goal of this presentation is to prepare you to give winter camping a try. Come dressed for the weather in case we go outside and bring a lunch. Time: 10h00 to 15h30 at the Park Office; maximum 35 persons. The seminar is free but Park entrance fees apply.

January 18: Dion Frontenac Park Snowshoe Race

This is the second race of the Dion Eastern Ontario Snowshoe Running Series. For details, cost, and registration please go to: <http://healthandadventure.com/2012/10/dion-frontenac-park-snowshoe-race/> Time: 10h00.

January 25: Snowshoe Workshop and Walk presented by Ed Grenda

This day is for people of all ages and levels. Ed Grenda will discuss various topics about the sport followed by a snowshoeing walk in the Park. Please dress for the weather, bring your snowshoes and lunch. There will be a limited number of snowshoes available for loan. Please meet at the Park Office. Time: 10h30 to 15h30. Call 613-376-3489 if you need more information.

February 25: Annual General Meeting (AGM)

All members are invited to attend the Friends' AGM in the Auditorium of the Ongwanada Resource Centre, 191 Portsmouth Avenue, Kingston. Time: 19h00.

February 25: Winter Lecture: TBA

The topic of our popular winter lecture has not been confirmed as we go to publication. The lecture will follow the AGM in the Auditorium of the Ongwanada Resource Centre, 191 Portsmouth Avenue, Kingston. Time: 19h30.

March 16: Deadline for Submissions for the Spring/Summer Newsletter

We welcome your articles, letters, stories and photographs. Material should be mailed to The Friends of Frontenac Park c/o Newsletter Editor, PO Box 2237, Kingston ON K7L 5J9 or e-mailed to frontenacpark@gmail.com.

March 28: Volunteer/Guide/Host Training

Would you like to volunteer at the Park? Come to this training session offered by the Park staff and the Friends at the Park Office. Bring a lunch. Time: 09h00 to 15h00. Contact the Park (613-376-3489) for details.

April 18: Volunteer/Guide Spring Trail Sweep

The Volunteers/Guides will do general maintenance on the Park's trails to get them in top shape for our visitors. Meet at the Park Office at 08h30. Bring a lunch and work gloves. Chili will be served at the end of the day. Contact the Park (613-376-3489) for details.

All Year: All Season Camping Challenge

Take the challenge and go camping in the Park at least one night for 12 consecutive months. For details see <http://www.frontenacpark.ca/pdfs/CampingChallenge.pdf>

Plaque Unveiled

A plaque in memory of Erhard Frenzl, volunteer for over 30 years at the Park, was unveiled on September 28th just before volunteer teams deployed for the Fall Trail Sweep. The plaque is mounted on a large rock in front of the Park Office. Please have a look at it and take a moment to reflect the next time you visit the Park.



Frontenac – recalculating trail lengths

by Bert Jenkins

Over the last few years of Frontenac hiking I've taken to recording standard times between known landmarks such as trail junctions. These standard times have proven to be quite reproducible, and very useful for hike planning and reassurance (or otherwise) at the end of a long day.

For example, suppose I'm setting off on the Big Salmon Lake loop, clockwise. Parking lot to the first trail junction, 10 min; to the Big Salmon/Little Salmon portage, another 15 min; to campsite #3 marker, 11 min; and so on. These times are hiking times only and exclude stops for any reason. Intriguingly, I've more recently begun to use them to check the trail lengths published on the Frontenac park map. I have always thought, for example, that the Big Salmon Lake loop is a short 19 km, and I am doubtless not the first to swear before the gods of outdoor recreation that the Slide Lake loop is no 21 km. Additionally, some loops (conspicuously the Slide Lake, but also the Hemlock, Little Clear and Gibson) require that some distance be covered before the loop itself is gained.

So consider Table 1. Here we have the Park map distances (third column) for every loop for which we have them (second column); note that these are for the loop only (first column). Then my standard times (fourth column) and from them, in the fifth column, the implied hiking speed in km/h. Taking the average of the hiking speeds, we can then recalculate (sixth column) an estimate of the loop length and finally, seventh column, the difference between the Park map distance and the new estimates.

start	loop	km	h	km/h	km_est	diff
	Arkon Lake	13	2.7	4.9	11.8	-1.2
	Buffehead	8	1.9	4.2	8.5	0.5
	Cedar Lake	15	3.5	4.3	15.3	0.3
	Slide Lake	21	6.1	3.5	26.9	5.9
	Lesser Slide Lake	11	2.9	3.8	12.9	1.9
	Big Salmon	19	4.0	4.7	17.8	-1.2
	Little Salmon	15	2.5	6.1	10.9	-4.1
	Little Clear Lake	9	1.6	5.5	7.2	-1.8
	Hemlock Lake	5	1.4	3.7	6.0	1.0
	Tetsmine Lake	12	2.4	4.9	10.8	-1.2
	Gibson Lake	11	2.5	4.5	10.8	-0.2
	totals:	139	31.4	4.4		

Table 1

Some surprises emerge – or perhaps, in the case of the Slide Lake loop, no surprise at all. Conspicuously (and rounding off decimal points):

- * Arkon Lake loop is a little overestimated at 13 km;
- * Little Salmon Lake loop is considerably overestimated at 15 km – 11 km is better;

- * The lesser Slide Lake loop (i.e. the Slide Lake circumnavigation) is, as it feels, longer than 11 km and more like 13;
- * Big Salmon is marginally over-reported, 18 km rather than 19;
- * Little Clear Lake too, 7 km rather than 9;
- * Hemlock Lake loop is a little under-reported, 6 km rather than 5;

* And the surprise that is no surprise: the Slide Lake loop comes in as a whopping 27 km, not 21 km. And this is just for the loop – you have to get there first. As if we never knew.

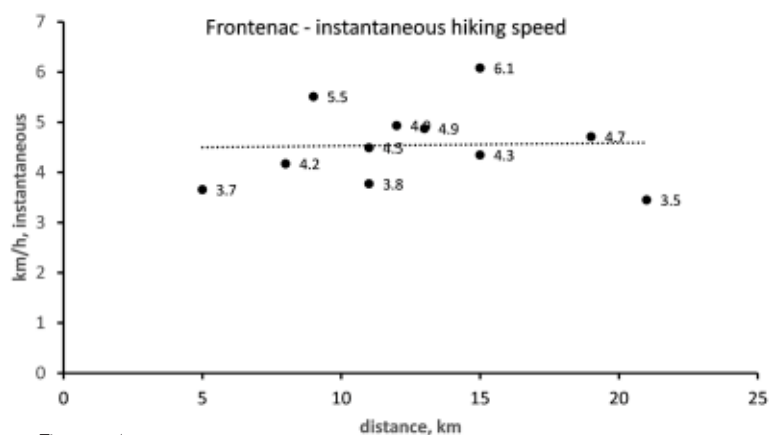


Figure 1

The discrepancies show up well on a plot of hiking speed vs distance – see Figure 1. Little Clear Lake loop and especially Little Salmon show clearly above the regression line, suggested they are shorter than reported;

Hemlock, Lesser Slide Lake and Slide Lake, the latter especially, show conspicuously below, suggesting they are longer, though Hemlock, being short, not by much. The regression line has a slight upward trend but I can assure you I don't walk faster on longer hikes.

The information harvest continues. Most loops involve some hiking just to get to their starting points, and Park information is vague on this. So see Table 2; now we have the starting points and the distances to each loop in question. Note:

- * No surprise now to find that the Slide Lake loop is a 32 km hike from the Big Salmon Lake parking lot;
- * Many of the other standard hikes come in nearer a 20 km day than might be suggested by the loop lengths;
- * The "Tets/Gibson" loop, one of my favourites, links the outer circumferences of both loops;
- * "Slide Lake, cheating" is my preferred way of doing the Slide Lake loop, though I will never get a Frontenac

Continued on page 6

The Tett House

by Jérôme McDuff

Shortly after heading north on east Little Clear Lake Loop you may miss one of the most significant historical remnants in the park. No wonder – it well hidden and you have to look in the clearing to your right, up on the small

(1899 to 1916) near Lynch Lake. I guess the food served in this house was not always to the liking of its lodgers as it is said that in 1906, the workers nearly went on strike unless a better cook was hired. When the logging and mining ended, the Tetts had no use for the Hardwood Bay farm so they leased it to the Scott family in 1919 for \$60 per year.

One can summarize the tenure of the Scotts at the Hardwood Bay farm by saying that by all accounts the Scotts and their extended family amounting to 5 adults and 9 or 10 children lived in terrible poverty. They left the farm around 1931 after staying there about 12 years.

Bert McComish married Minnie (Timmerman) in 1929 and moved in with his father George and his second wife May on their Black Lake farm next door to the Hardwood Bay place. When the Scotts left, Bert and Minnie seized the opportunity to get a place of their own and, in 1931, leased the Hardwood Bay farm from the Tetts for (a whopping!) 25\$ per year. The couple made renovations to the house as the roof was leaking and Minnie (like my wife) wanted more shelf space. Minnie and her brother dug a basement under the building so she could store root vegetables. They erected a series of small barns, had a large garden, and made maple syrup. They

COURTESY OF FRONTENAC PARK



Tett House circa 1970

hill by the edge of the woods (approximate GPS coordinates: 18 T 381459 4934765). It was the oldest structure still standing at the formation of the park and it housed the last family of settlers within its boundary. The building, known as the Tett's Boarding House or Tett house for short, is featured in a photograph as part of the display at the park office. Many visitors have seen the picture; few know where it is from.

The house was a solid 1 ½ storey log structure about 7m by 5m and had windows on all sides except the side where the chimney stood. Sources differ as to when the building was erected or even who built it. It was either the Chaffeys or the Tetts who established the Hardwood Bay Farm to provide hay for oxen and horses and to lodge their workers during the lumber heydays in the area. A source mentions that hay was cut there as early as 1845 and apparently a photograph exists of Benjamin Tett standing in the doorway of the farmhouse in 1847. This is odd, since the Chaffey family purchased the title of the lot in 1862 and sold it to the Tetts in 1877.

When the logging was slowing down, the Tetts used it also as a boarding house for the men employed at their mine



Dismantled Tett House 15-Nov-2008

toiled hard, were not wealthy, but they never went hungry. Bert's family ended up working both the Harwood Bay and the adjacent Black Lake farms.

JEROME McDUFF



Ella was the last child to be born in the house (and in the park) in 1933. The Bert McComish family, at one time composed of 3 adults and 3 children, were to live at the Tett house until 1953, when after the death of Bert, Minnie decided to move off the farm for good.

The century old house stood empty. Eventually the land was purchased for the formation of the park. There were discussions as what to do with the few structures that were still standing on some lots. In 1973, Bruce Page, the first park superintendent, in an effort to preserve the human history of the park had the building dismantled – the roof had already collapsed and the walls were weakening. He had its logs numbered, neatly stacked, and protected with sheets of tin so they would not rot. He hoped that it would be re-assembled once a decision was made on how to proceed.

Sadly, the stack of wood is still sitting there and you can see it from the trail if you look carefully. Today much of the tin covering it has blown away. The logs, hand-hewn with dove-tailed corners, are rotting away in their neat bundle located a few metres from the house's original foundation – a noticeable hole in the ground... the cellar that Minnie dug.

You can read about the Tett's Boarding house and more in the book "Their Enduring Spirit – The History of Frontenac Provincial Park 1783-1990" by Chris Barber with Terry Fuchs. The book is available for sale at the Park Office.

Please join me on a Historical Walk along the Salmon Lake Road on Saturday 25 April starting at 10h30.

Annual General Meeting (AGM)

of the

Friends of Frontenac Park

Wednesday, February 25 2015 at 7:00 p.m.

Auditorium at the Ongwanada Resource Centre

191 Portsmouth Avenue, Kingston

6:45 p.m. Minutes from the 2014 AGM will be posted.

7:00 p.m.

- President's Report
- Treasurer's Report
- Membership Report
- Park Administration Report
- Other Business
- Elections

One member will be leaving the board of directors this year. If you are interested in becoming a member of the board, please consider standing for election.

7:30 p.m. The Winter Lecture will immediately follow the AGM. Everyone is welcome.

Trail Lengths - from page 4

Challenge badge this way. Start from the Arab Lake parking lot and go either south or north; it is 2 km shorter than rigorously following the western leg of the Cedar Lake loop;

* The formidable Outer Circuit loop comes in at 55 km and 12 hours of hiking, excluding stops. Good luck;

* Even lesser Slide Lake, on the face of it a short loop, covers 18 km from County Road 10;

* When the Big Salmon Lake road is closed, the Arkon and Cedar Lake loops are 40 to 50 minutes longer;

* The south Dedication loop is a little longer than the north.

start	loop	h	km
Big Salmon	Slide Lake	7.3	32
	Little Clear	3.7	17
	Hemlock	4.6	20
Kingsford Dam	Gibson	4.1	18
	Hemlock	3.9	17
	Tets/Gibson	4.4	19
Arab Lake	Slide Lake, cheating	6.7	30
	Outer Circuit	12.4	55
County Road 10	Lesser Slide Lake	4.1	18
Trail Centre	Cedar	4.1	18
	Arkon	3.5	15
Other:	Little Salmon+Arkon	4.2	18
	loop only Dedication North	2.4	10
	loop only Dedication South	2.6	11
	Little Salmon + Kingsford	3.7	16

Table 2

Recall in all of this that these times are for hiking only. Stop for lunch: 20 min. Stop for photographs: undetermined. Just stop: your choice. In general on a 20 km hike I can add an hour for stops of one sort or another, so though the 20 km might only take 4½ h, the actual hiking time would be 5½ h. You might prefer to regard your "superficial" hiking speed as $20 / 5.5 = 3.6$ km/h.

These times have all been checked at least twice, and all done alone as day hikes with a light pack. Others will come up with different times, but once they have calculated an average speed they should come up with the same or similar distances.

Editor's note: Mr. Jenkins wrote this article on September 6, 2014. He was unaware that the upcoming edition of the Friends' map will contain updated trail distance calculations. I will leave it to the readers to compare Bert's results with the new map once it goes on sale.

Winter Lecture

Mark February 25 on your calendar and plan to attend the Friends' yearly Winter Lecture.

The topic and speaker will be announced early in the new year once it is confirmed.

The lecture will be presented in the Auditorium of the Ongwanada Resource Centre (191 Portsmouth Avenue, Kingston) at around 7:30 pm following the AGM.

Everyone is welcome

The Frontenac Challenge 2014

by Anne Hogle, Challenge Coordinator.

The Frontenac Challenge now stands at 22 and counting. It continues to attract large numbers of newcomers as well as returnees. The numbers held steady at 193 for the full Challenge this year. The Junior Challenge has a small but steady turnout, and it is great to see the youngsters getting started. The ultra-hardy All Season Campers continue to amaze me. This year we had 20 completions, including a couple of repeat customers. After the large expression of interest in a scaled down Challenge at our Vison Day last spring, we introduced the Frontenac Trek this year. Hikers were required to complete any 6 of the major loops. A mixture of veteran hikers and newcomers chose this option, and 24 hikers completed the Trek successfully.

Once again we had a very successful BBQ to wind up the Challenge. The interest in the Challenge has become so great that we have the somewhat pleasant problem of deciding how to cope with such large numbers at the BBQ. The Park Office is just not big enough, and early November does not lend itself to planning an outdoor event. After 22 years, it may be time to look at a change in format for our end of Challenge celebration. As always, your suggestions would be welcome.

Remember, Frontenac is an all season park. Hope to see you on the trails with your skis or snow shoes. But don't expect to find me in my tent this winter. I'm just not that brave. To each his own!

Below is the list of all who completed the 2014 Challenges. Our congratulations go to:

Junior Challenge Frontenac Trek

Kiersten Galloway	Bob Bell	Pauline Hogan	Angie Roberts
Lily Galloway	Kim Bell	Rose Jones	Jack Roscoe
Kaelen Gauthier	Sally Blasko	Virginia Lavin	Val Ruttan
Riley Gauthier	Michele Chittenden	Donna North	Laurie Sinon
Summer Hodgkins	Stephanie Fullerton	Henk Pardoel	Maureen Sly
Max Kuchlein	Kiersten Galloway	Barbara Pope	Karen Stinson
Emma Stuart-Kiss	Lily Galloway	Chuck Pope	Martha Whitehead
Quintyn Zuber	John Hogan	Hugh Pratt	Sandy Williams

Frontenac Challenge

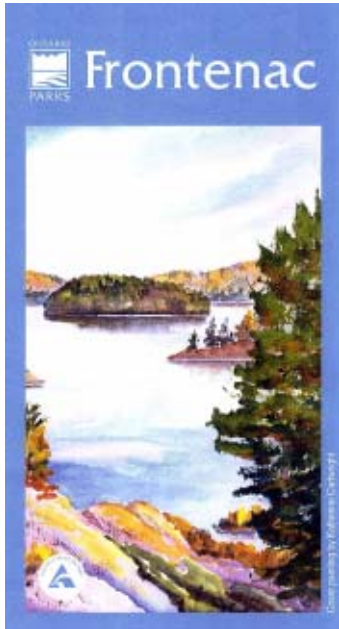
Judith Adam	Geoff Banks
J Churchill Anderson	John Belchoir
Ken Anderson	Lisa Benoit
Sirin Angasinha	Gary Birrell
Anne Archer	Anna Blackwell
Evan Arsenault	Dominic Blackwell
Lynn Arsenault	John Blackwell
Gilles Asrenault	Sharon Blackwell

Frontenac Challenge continued

Peter Blood	Suzanne Dostaler	Dave Henderson	Lynne Manuel	George Pyke	Lee Wakelin
Joe Bodendistel	Michael Doyle	Bill Hiemstra	Paul Markle	Louise Pyke	Margaret Wild
Alanna Boucher	Chris Druce	Ian Hodgkins	Lillie Marshall	Scott Read	Ann Wilson
Lisa Boulay	Joyce Duncan	Nienie Hoedeman	Sara Marshall	Julia Reid	Kathryn Wood
Kris Bowes	Rudy Duncan	Evan Holt	Mel McCullough	Sean Reid	Harold Woods
Mary Brinklow	Jill Dupuis	Jane Hough	J�r�me McDuff	Tom Reid	Bill Zeran
Lesley Brown	Pierre Duran	Robert Hough	Debbie Millan	Doug Ritchie	Rita Zeran
Eve Buckley	Jim Edwards	Nancy Hunter	Rose Millett	Brad Roberts	
Morris Buckner	Lynn Esay	Rob Irving	Clark Moffatt	Tracy Ryan	All-Season
Peter Burbidge	Richard Faulkner	Heather Jamieson	Lynda Morrison	Audrey Sanger	Camper
Julie Burns	David Field	Christian Judd	Carter Mouncey	Vicki Schmolka	Chris Bajc
Carla Burr	Dorothy Forester	Amanda Kaiser	Charlotte Mouncey	Fairleigh Seaton	Jennifer Bonn
Danny Burr	Nancy Gaudreau	Gunhild Karius	Peter Mouncey	Gloria Seeley	Kate Bonn
Charla Burtenshaw	Corey Gauthier	Rhonda Kerr	Sandra Muis	Bob Short	Mike Bonn
Linda Cairncross	Lynlee George	Miu Lam	Jairo Munoz	Christine Showler	Will Bonn
Mike Carmody	Donna Gillespie	Brad Leblanc	Mateo Munoz	Brian Sligh	Evan Briden
Laura Cassidy	Anne Ginn	Lise Legault	Sofia Munoz	Karen Sligh	Kris Callaerts
Robert Chittick	Barry Golemic	Rheal Legault	Bill Murdoch	Carole Smith	Chris Clarke
Wendy Christopher	Decker Golemic	Karen Leggo	Dick Myers	Lara Smith	Don Clarke
Carrie Cirtwill	Fiona Gordon	Laird Leggo	Shirley Myers	Natasha Smith	Cody J. Denstedt
Agnese Cleary	Avery Goudreau	Sue Leslie	Jill Neve	Shawn Smith	Renee Houle
Kayla Clinton	Jordan Goudreau	Matthew Liddell	Todd Norris	Chantal St. Amour	Andrew Laur
Bob Clooney	Tug Goudreau	Mike Lightstone	Beth Orr	Richard St. Onge	Josee Legros
Shannon Collins	Tylee Goudreau	Stasia Lloyd	William Ottney	Don Stables	Lawson Mann
Catherine Crandall	Ephraim Graham	Tim Lloyd	Cameron Palliser	Robert Tolley	Curtis Merritt
Diane Creber	Kevin Graham	Sandra Lopes	Robert Palliser	Brian Tousignant	Justin Peterson
John Creber	Jenna Hamelinck	Dave Lucas	Christine Patton	Toni Towle	Tom Rae
Susan Crigg	Chris Hanes	Fred Luciani	Beverley Pearcey	Linda Turnbull	Rob Reid
John Critchley	John Hanes	Zabe MacEachren	Tom Pearcey	Glenda Turner	Teigan Sparkes
Diane Cuddy	Rob Harrap	Karen MacKinnon	Anne Petitjean	Jack Tyhuis	Els Van Der Spiegel
Ruth Culley	Kathy Hatch	Lesley MacKinnon	Helen Phillips	Reed Tyhuis	
Cheryl Dollon	Phil Hatch	Blair MacKintosh	M Taylor Picard	Jin Vanden Hoek	
Paul Donovan	Doug Hayes	Isabel MacNeil	Regina Prokopczuk	Arthit Vathanathorn	
Andre Dostaler	Charles Henderson	Larry Maneul	Barbara Pusch	Evert Vroegh	

Frontenac Provincial Park Map

The new 5th edition of the Frontenac Park Map will be available at the following locations:



Kingston

Trailhead, Tourism Kingston Visitor Information Centre

Sydenham Area

Frontenac Park Office, Snug Harbour Resort

Elsewhere

Adventure Attic (Dundas), Adventure Guides (Waterloo), Mountain Equipment Co-op (Toronto and Ottawa), Outdoors Oriented (St. Catharines), Wild Rock Outfitters (Peterborough), World of Maps (Ottawa)

To order your copy by mail, send \$12.00 cnd for paper map or \$25.00 cnd for Polyart and add \$2 for mailing 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 <i>(tax receipts will be issued for amounts exceeding \$10)</i>	\$ _____
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) _____