

FRONTENAC NEWS



THE OFFICIAL NEWSLETTER OF THE FRIENDS OF FRONTENAC PARK

Frontenac Park

by Jane Pownall of the Minstead Study Centre in Hampshire, UK.



JANE POWNALL

Sam on promontory

Happy 25th Friends of Frontenac Park!

by Jérôme McDuff

Time flies when you have friends! It just seems like it was yesterday but the truth is that the Friends of Frontenac Park will be celebrating its 25th anniversary this year. The birth of the Friends as a legal entity occurred on 08-April-1991 – when the approved application of incorporation was received. Naturally, as for any birth, there was a gestation period, in this case of about 6 months, as the first meeting of the founding committee took place on 26-September-1990 – at the time there were eight Parks in Ontario with Friends organizations.

A new corporation requires a Board of Directors and a set of bylaws so the Friends first Board of Directors, then composed of eight people, was elected at the initial AGM held at the Park on 28-September-1991. It took till 27-October-1992 before the Friends of Frontenac became an official registered charitable organization.

The agreement between the Friends of Frontenac Park as a cooperating organization and the Minister of Natural Resources of Ontario was signed on 04-June-1992 – on a renewable five year term.

Continued on page 4

(Simon Smith, our vice-president, received visitors from England in early June. One of the visitors runs a residential centre for outdoor education and wrote this article for their newsletter. We are pleased to include it here.)

My family and I were visiting Canada for a summer wedding and had the good fortune to visit Frontenac Provincial Park. Knowing little about the locality we were unaware that we were embarking on one of the treats of a lifetime.

Our guide and companion, Simon Smith, one of the founders of the Friends of Frontenac, filled our vacation with delights beyond all our expectations.

On two of the days we simply walked the trails closest to the visitors centre. The paths were well marked and

Continued on page 6

INSIDE

- Page 2 - Vision Day Update
- Page 3 - Outside - What's happening in the Park
- Page 5 - The Challenge... 23 and Counting
- Page 7 - Annual General Meeting
New Members
- Page 8 - Park Map & Membership Application

Vision Day Update

The Members of the Board of the Friends of Frontenac Park continue to assess, select and prepare for the implementation of a number of the projects offered by the Friends, volunteers and Park Officials at the Vision Day exercise held at the Park last year. We were impressed with both the insights, the commitment and enthusiasm with which these were offered by the many participants who took part in the discussion. We also want to keep you informed of the Board's progress with the intention to draw on your support and expertise as we move forward in our continuing review and development the Vision exercise.

In our earlier update we provided an example of an 'Effort/Benefit' model we were exploring and have since adopted as our objective or quantitative model to assess each project. In addition, the projects were judged for compatibility with FOF mandate, Ontario Park regulations and implications for the demands on local Park staff. Lastly, each Board member was provided with these assessments and then asked to select their 'favourites' from the 75 projects, a largely subjective but expedient approach to prioritizing the projects. Let me stress before summarizing the highlights of our 23 September Board meeting that while some of the suggested projects may strain our resources and all developments must conform with park regulations, the Board has decided not to reject any projects at this stage but given the multi-year life cycle of our Vision exercise, projects not immediately chosen for implementation will be considered as 'pending further review'. We anticipate regular discussions aimed at approving and prioritizing many of the remaining projects.

From the numerous projects suggested at Vision Day, we were able to identify 75 discreet projects, falling within 14 common categories. Twenty seven of the projects were selected as 'favourites' by at least one Member with the most frequently selected project (... 'multi-language information brochure...') receiving 5 endorsements while a number of others received either 4 or 3 endorsements. It is reassuring to note that many of the endorsed projects were rated as 'Low Effort/High Benefit'. Among the most frequently endorsed projects, five were selected and subsequently approved at our Board meeting on 28 October including:

- 1) The placement of information plaques at a number of historical sites within the Park;
- 2) A multi-language information brochure for foreign visitors;
- 3) A Winter Nature Walk;
- 4) A Christmas Bird Count;
- 5) Funding a university or community college bursary to support research in the Park.

If your project suggestion is not among the first five, please be patient as we will continue to review and approve additional projects as we proceed on our vision exercise. We should also point out that three projects were considered 'complete' or currently in place requiring only minor adjustment to meet the spirit of the suggestion including 'the Senior Challenge', 'sighting memos' and 'signing notebooks'.



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.

2015-2016 Board of Directors

President	Herb Helmstaedt	hhelmst@cogeco.ca	613-542-6455
Vice-President	Simon Smith	sjsmith@kos.net	613-541-3964
Secretary			
Treasurer	Guy Thorne	gthorne@kingston.net	613-548-1857
Membership	John Critchley	johncritchley@bell.net	613-634-5475
Newsletter	Jérôme McDuff	jerome_mcduff@yahoo.ca	613-389-8236
Wilderness Skills Challenge	Don Stables	dstables@cogeco.ca	613-345-1644
	Anne Hogle	anne.hogle@gmail.com	613-354-2607
Director at Large	Fred Luciani	luciani63@msn.com	613-384-2933
Director at Large	Heather Jamieson	jamieson@queensu.ca	613-384-0235
Director at Large	Justin Peterson	justinpeterson3@gmail.com	613-766-1512

Committees

Frontenac Challenge	Anne Hogle	anne.hogle@gmail.com	613-354-2607
Hosting Program	Cathy Murray	Cathy527b@gmail.com	613-378-0350
Map coordinator	Jim King	jimking88@yahoo.com	613-544-9443
Newsletter Publisher	Ron Abbott	elizabethandronabbott@gmail.com	613-374-3212
Trail Sweeps	Cathy Murray	Cathy527b@gmail.com	613-378-0350
Web Master	Jérôme McDuff	jerome_mcduff@yahoo.ca	613-389-8236
Winter Camping	Don Stables	dstables@cogeco.ca	613-345-1644

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.

2016 deadlines for submission of newsletter material are March 14, August 3 and December 7.

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 🌿.

🌿 January 09: Frontenac Park January Bird Count

Kathy Felkar and Mike Burge from the Prince Edward Point Bird Observatory will lead, teach, and advise in this unofficial bird count. This is a practice run for all of us who want to learn more about birding. Meet at the Park Office. Time: 09h00.

January 16: Dion Frontenac Park Snowshoe Race

This is the third race of the 2015/16 Dion Eastern Ontario Snowshoe Running Series. For details, cost, and registration please go to: <http://healthandadventure.com> Time: 10h00.

January 23: Warm Winter Camping Trip Planning with Zabe MacEachren

Winter camping can be a hot experience when a portable wood stove and wall tent are used on extended trips during the winter. All basics will be covered, including trip planning, equipment details and safety. Time: 10h00 to 15h00.

January 23 to January 24: Warm Winter Camping Overnight

Following the Day Workshop you may stay and experience the night in a wall tent.

Dinner and breakfast will be provided. Recommended equipment list will be provided by the instructor after registering. Space is limited. Cost: \$60.00 plus the Park camping fee. Maximum 8 persons.

🌿 January 27: Friends Board Meeting

Location: Ongwanada Resource Centre, room 427 at 19h00.

🌿 January 30: Winter Camping - Trip Planning

The goal of this presentation is to prepare you to give winter camping a try. This is for people who would like to camp in a non-heated tent or in a snow shelter. Come dressed for the weather in case we go outside and bring a lunch. Time: 10h00 to 15h30 at the Park Office. The seminar is free but Park entrance fees apply.

🌿 February 06: 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.

🌿 March 09: Winter Lecture: Circling the Midnight Sun by James Raffan

Come all, members or not, for an entertaining and informative evening with James Raffan. He will recount some of his adventures while doing research for his latest book – Circling the Midnight Sun. Time: 19h00 to 20h00 in the Wilson Room of the Kingston Frontenac Public Library, Central Branch, 130 Johnson Street, Kingston.

🌿 March 09: Annual General Meeting (AGM)

All members are invited to attend the Friends' AGM in the Wilson Room of the Kingston Frontenac Public Library, Central Branch, 130 Johnson Street, Kingston. The AGM will immediately follow the Winter Lecture. Time: 20h15.

🌿 March 14: 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 23: Friends Board Meeting

Location: Ongwanada Resource Centre, room 427 at 19h00.

🌿 March 31: Your Friends' Membership Ends

Return a favour to nature. Please renew your membership for another year. Thank you.

🌿 April 02: Volunteer/Guide/Host Training Day

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 16: 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.

🌿 April 23: Historical Walk

Join history enthusiast, Jérôme McDuff for a leisurely, interpretive walk along Big Salmon Lake Road to learn about the early homesteaders in the Park. Bring your lunch, water and comfortable walking shoes. Register with the Park Office. Plan to go rain or shine. Time: 10h30 to 16h00.

Continued next page

Happy 25th Friends of Frontenac Park! - from page 1

In a moment of folly, I poured over past Board Minutes and old newsletters to gather a few statistics on our Board of Directors. (My disclaimer... since I did not use a very scientific method, I warn you that my results may contain errors. You are welcome to go through the process yourselves.)

Did you know that over the last 25 years, 57 people served on the Board of Directors, 8 of them as presidents and 24 individuals served for 4 years and more? How about that? Further, I decided to compile a "top ten" members who served the longest on the Board but not necessary in a single stretch, so here it is: Simon Smith tops the chart with 15 years. Simon, currently the vice president, was also a member of the very first Friends' Board. The late Erhard Frenzl placed second with 13 years followed by our current president Herb Helmstaedt, and Don Stables our skills coordinator, both with 12 years. John Critchley (currently membership), Anne Hogle (Challenge coordinator), Dora Hunter, Rose Jones, and Paul Vickers each served for 9 years. Finally, to round up the top ten, the late Tom Marsh served for 8 years. For your edification, here is the list of former presidents in chronological order: Janine Papadopoulos, Anne Robertson, Tom Marsh, Dora Hunter, Rose Jones, Ivan DeRome, and Paul Vickers. Herb Helmstaedt, the current president, has the distinction of having served in the position the longest with 7 years.

Naturally, there are other members that are long time volunteers but never served on the board. The best example I can think of is Ron Abbott. Around 1992, Ron started laying-out and getting the newsletter printed and is still doing it, a whopping 24 years later! Give him a big round of applause.

Thank you all, past and current members, on the Board or not, for supporting the Friends for 25 years.

Celebrating 25 years of past accomplishments is wonderful but we also need to look to the future as renewal is crucial to keep the Friends a vibrant organization.

(Get ready for the commercial... full disclosure; I borrowed a few words from a letter that Paul Vickers wrote to the membership in 2009.)

There is an AGM (Annual General Meeting) coming up on the 9th of March and I urge all members to attend. Not only can you enjoy the free Winter Lecture with James Raffan but it will give you an opportunity to meet your Board personnel, vote in the election, and maybe consider extending your involvement with The Friends of Frontenac Park by running for a position on the Board of Directors. Yes regretfully, some directors expressed the desire to step down and they will need to be replaced by new dedicated individuals. It is healthy for an organization to have a timely rotation of directors before volunteer fatigue sets in therefore we need enthusiastic new people like you to be part of another strong Board of Directors. Please help lead the Friends in their work to make Frontenac Park a special place for our future generations.

If you are interested, or would like more information, please contact any Director – you can find their e-mail and phone number on page two of the newsletter. Thank you and see you at the AGM for a group hug (just kidding!).

Vision Day Update - from page 2

I like to also point out that the many Board discussions, the Vision subcommittee's reviews and particularly the spirited input from the Vision Day participants combined with the analysis of individual projects provides a rich foundation on which to structure a vision statement(s) that we hope will both guide and inspire the Vision exercise.

In our next Update we will post the results of our assessment of additional projects and perhaps be in a position to discuss our vision statements.

Once again thank you for your contribution, commitment, patience and vision.

Herb Helmstaedt

OUTSIDE - from page 3

 April 24: Spring Work Day

Come out and join the Friends on this day dedicated to work to upgrade the Parks infrastructure. Meet at the Park Office at 08h45. Contact the Park (613 376-3489) for details.

 April 27: Friends Board Meeting

Location: Ongwanada Resource Centre, room 427 at 19h00.

 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>

The Challenge... 23 and Counting

by Anne Hogle, Challenge Coordinator.

Congratulations to all who took on one or more of the Challenges this year. Whether you finished or not, thanks for coming out and enjoying Frontenac Park.

The Frontenac Challenge continues to thrive at the age of 23, and the more recent spin offs - Junior Challenge, Camping Challenge and Trek are also doing well. Numbers this year were very similar to those of 2014 for all 4 Challenges. The encouraging fact about the Challenge is the mix of participants. We have lots of our "OLD FAITHFULS", but also 28% of our completions this year were from newcomers to the Challenge. Although the Friends does very little to actively advertise the Challenge, it seems to promote itself. We keep seeing references to the Challenge in various media forms, both digital and print, and our registrants come from increasingly farther afield.

I hope you will not pack up your gear too soon. Remember that Frontenac is a four season park. If the weather co-operates, we have snowshoeing and cross country skiing, and if it doesn't, you can always go for a winter hike.

As a final note, I will not be able to continue as the Challenge coordinator beyond 2016, and would like to find a replacement in the next few months, to ensure a smooth transition. I would be happy to hear from anyone who might be interested.

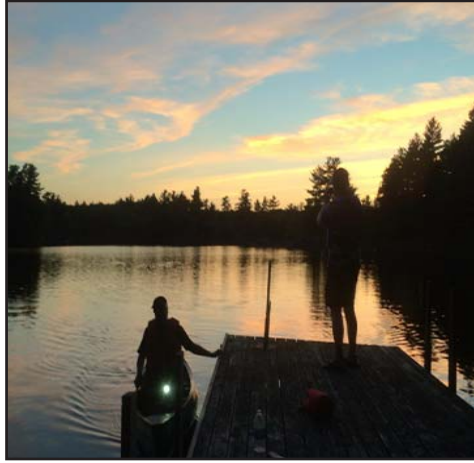
Below is the list of all who completed the 2015 hiking and camping Challenges. Our congratulations go to:

Junior Challenge	Frontenac Trek			Frontenac Challenge	
Elora Judd	Ken Bangma	Pauline Hogan	Kathy Newstead	Judith Adam	John Blackwell
Grayson Judd	Nada Beamish	Jane Hough	Mike Newstead	Janet Atwood	Sharon Blackwell
Emily Maxam	Sally Blasko	Martha Judd	Tammy Nicholson	Jennifer Baker	Peter Blood
Ana Newstead	Emma Boulay	Orrin Kim	Jason Patterson	Simon Baron	Joe Bodendistel
Mia Newstead	Laurie Care	Serena Lang	Barbara Pope	Lisa Benoit	Lisa Boulay
Onni Pockalen	Linda Dick	Maryanne Laurico	Chuck Pope	Gary Birrell	Kris Bowes
Quintin Zuber	Robert Dick	Yuntao Li	Jennine Reid	Anna Blackwell	Margaret Brand
Scotia Zuber	Debbie Earl	Ming Ma	Maureen Sly	Dominic Blackwell	Mary Brinklow
			April Turner		
Frontenac Challenge continued				All-Season Camper	
Mike Brissard	Nancy Gaudreau	Rheal Legault	Ian Mrissard	Brad Roberts	
Lesley Brown	Brenda Gavel	Karen Leggo	Stan Muldoon	Danette Romard	MaryAnne Laurico
Eve Buckley	Donna Gillespie	Laird Leggo	Jairo Munoz	Tracey Ryan	Dan Lovell
Morris Buckner	Avery Goudreau	Stephanie Leonard	Mateo Munoz	Carrie Salsbury	Gwyneth Lovell
Linds Cairncross	Jordan Goudreau	Matthew Liddell	Sofia Munoz	Audrey Sanger	Lillie Marshall
Mike Carmody	Tug Goudreau	Mike Lightstone	Bill Murdoch	Vicki Schmolka	Mike Marshall
Laura Cassidy	Ephraim Graham	Sandra Lopes	Jennifer Murrell	Gloria Seeley	Sara Marshall
Wendy Christopher	Freya Graham	David Lucas	Dick Myers	Ingrid Shim	
Carrie Cirtwill	Kevin Graham	Fred Luciani	Shirley Myers	Christine Showler	
Agnes Cleary	Patricia Gurnesy	Phillip Mabey	Jill Neve	David Shurtleff	
Robert Clooney	Chris Hanes	Zabe MacEachren	Todd Norris	Marilyn Shurtleff	
Michael Cooke	Rose Hardie	Blayne Mackey	Derek Ochej	Darrell Smith	
Kristin Cote	Robyn Hardman	Rob Mackey	Beth Orr	Ed Smith	
Chantal Courneyea	Fraser Hardmen	Blair MacKintosh	Robin Orr	Lara Smith	
Diane Creber	Crystal Hardwick	Isabel MacNeil	William Ottney	Lorna Smith	
John Creber	Elisha Hardwick	Larry Manuel	Christine Patton	Natasha Smith	
John Critchley	Rob Harrap	Lynne Manuel	Anne Petitjean	Corey St. Onge	
Les Cseh	Doug Hayes	Elliot Maracle	Erica Phillips	Richard St. Onge	
Eva Csendes	Bill Hiemstra	Lillie Marshall	Helen Phillips	Chantal St. Amour	
Diane Cuddy	Nienke Hoedman	Sara Marshall	Kent Phillips	Tim Teeple	
Cheryl Dillon	Evan Holt	Dave Maxam	Dale Pilote	Brian Tousignant	
Ian Dixon	Robert Hough	Jérôme McDuff	Jon Pilote	Toni Towle	
Kathleen Dorsey	Jon Hulse	Julia McGregor	Leszek Pisarek	Glenda Turner	
Andre Dostaler	Marie Hulse	MaryJane McIntyre	Cheryl Plancke	Evert Vroegh	
Suzanne Dostaler	Paige Humber	Derrick Mikkola	Mike Plancke	Lee Wakelin	
Joyce Duncan	Nancy Hunter	Debbie Millan	Suzanne Poldan	Harold Weese	
Rudy Duncan	Juliet Huntley	Eric Millan	Barbara Pusch	Elke Williams	
Pierre Duran	Christian Judd	Kevin Miller	George Pyke	Ann Wilson	
Jim Edwards	Gunhild Karius	Trish Miller	Louise Pyke	John Witjes	
Lynn Esau	Amy Kaufman	Rose Millet	Carol Ravnaas	Kathryn Wood	
Steve Flaherty	Rhonda Kerr	Sandra Mius	Kristine Redmond	Dave Wright	
Marek Francki	Joe Kozar	Lynda Morrison	Julie Reid	David Young	
Stephanie Fullerton	Miu Lam	Tammy Morrison	Sean Reid	Stephanie Young	
Kari Galasso	Christopher Lang	Rob Morrisette	Tom Reid	Bill Zeran	
Lynette Gaudet	Brad Leblanc	Peter Mouncey	Doug Ritchie	Rita ZeranMaryAnne	

Frontenac Park - from Page 1

excellently maintained, meandering through a range of diverse habitats, so peaceful, without meeting another living soul. The trees with their vibrant green spring cover offered welcome shade and the carefully positioned seats commanded magnificent views across the lakes.

There was an abundance of dragonflies and damselflies, tadpoles filled the shallows and iridescent bright green frogs flipped between the lily pads.



JANE POWNELL

Sunset from the dock

The boys sighted a huge black rat snake and numerous smaller garter snakes much to their delight.

The birdsong was harder to identify, the Park Assistant Superintendent took pity on us and loaned us a useful guide to birdsong. The yellowthroats perched high on the skeletal trees were clearly visible in the marsh and wrens sang their non-stop liquid melody in the woodlands.

Beavers proved to be a real fascination, seeing how they have shaped the landscape and simply spotting them, floating still, in the ponds and busy engineering their leafy materials into their massive dams.

Our remaining time was spent paddling around the lakes, spotting turtles and water snakes sunning themselves on the smooth rocks. We paused close up

to Osprey Island to marvel at the vast unruly nest, perched precariously in the top of the tallest conifer, only to spot a single chick mewing for food. Our patience was rewarded as a parent bird circled in with a large fish soon to be shredded and devoured in the nest.

Probably the most heart stopping moment was our close encounter with loons. We spotted a distant pair on the water and tried playing a recording of their eerie call, with immediate effect. Both birds paused and cast their curious gaze in our direction. Wanting to check out the competition they swam quickly towards the canoes, joined by another single bird. Then they danced their special display. Dipping heads beneath the water and suddenly diving down as if it were a race. They were so close you could see the individual beads of water on their extraordinary plumage. They sang to us and stood proud on the water with wings outstretched – a truly beautiful



JANE POWNELL

Approaching Osprey Island

moment.

We nosed into the reed beds to be met by swallows skimming the water. Time seemed to stand still as we slid through the shallow water amidst myriads of lilies harbouring shoals of small fish.

The sun dipped down low turning the lake to shimmering gold and the sky filled with scores of nighthawks weaving and dipping across a turquoise sky.

A full moon rose and fireflies flickered in the shadows. Neighbours across the lake had suggested we



SIMOM SMITH

Three loons



try to call in the barred owls. "Well we can give it a go!"

So speaker in hand we stood on the porch and played the call "Who cooks for you? Who cooks for you?" Silence, just a ripple of interest as a Luna moth fluttered up to the porch light. Then a distant reply, or was it two? We played the call again and were startled as an enormous form swooped silently over our heads. The owl was so close we felt the air bristle above us and we ducked down instinctively. Not one but three owls joined us in the



JANE POWNELL

Luna Moth On Decking

trees, so close we could see their silhouettes in the gloaming, all calling at the top of their voices – quite a cacophony of hooting!

All in all, we had the best time ever; a sense of unspoilt



SIMON SMITH

Barred Owl in Flight

wilderness, wonderful wildlife and a superb guide; the perfect formula for enjoyment on our short holiday in Ontario.

Many thanks to all the people we had the privilege to meet! They made our trip truly special with their goodwill and hospitality.

Annual General Meeting (AGM) of the

Friends of Frontenac Park

Wednesday, March 09 2015 at 8:15 p.m.

in the Wilson Room of the Kingston Public Library
130 Johnson Street, Kingston

The Winter Lecture will precede the AGM. Everyone is welcome.

6:45 p.m. The Minutes from the 2015 AGM will be posted.

- 8:15 p.m.
- President's Report
 - Treasurer's Report
 - Membership Report
 - Park Administration Report
 - Other Business
 - Elections

There will be vacancies on the Board of Directors this year. If you are interested in becoming a member of the Board, please consider standing for election.

Hurrah for our New Members!

(From 14-July to 01-December-2015)

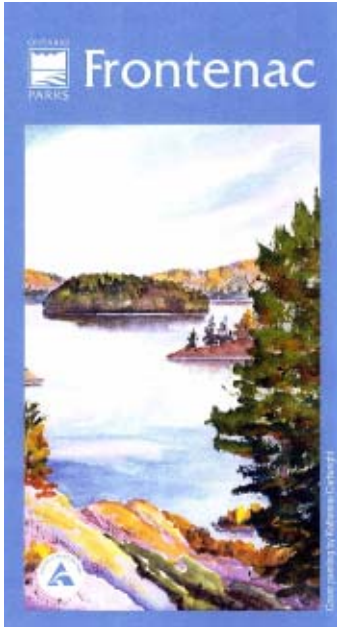
It is pleasure to extend a warm welcome to the following new members:

John & Sharon Blackwell, Michael Cooke and Juliet Huntly, Peter Dawson, Chery Dillon, Joan Lee and James Brown, Shirley and Dick Myers, Chantal St. Amour, Pamela Wheaton and John Vincett, Dave and Steph Young.

Thank you so much for "Returning a Favour to Nature".

Frontenac Provincial Park Map

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



Kingston

Trailhead, Tourism Kingston Visitor Information Centre

Sydenham Area

Frontenac Park 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) _____