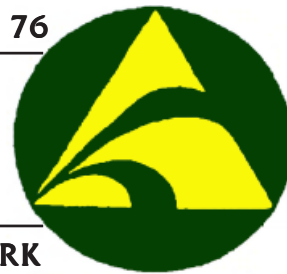


FRONTENAC NEWS



THE OFFICIAL NEWSLETTER OF THE FRIENDS OF FRONTENAC PARK

Painting 'In a Moment'

with Michelle Reid

Kingston artist, Michelle Reid, likes to paint "in a moment". While enjoying her walks through Frontenac Park, every now and then she comes upon a view or setting that speaks to her at that particular time. She takes a photograph to capture the moment, especially concentrating on the lighting, shadows, and interplay of colour and movement. Back in the studio, using the photo for a visual reference, Michelle works with acrylic paints to interpret the image. She looks for flow states, planes and shapes. Her work could be classified as impressionism as the paintings are not exact representations of the scene but rather capture the feeling she had at the time of the photo. She enjoys the play of light and dark as well as the perspective. Michelle strives to capture little moments to remind us to enjoy them and improve our quality of life. Her art distils the feeling that occurred at the moment the photo was taken.

Michelle was born in Quebec but moved to Kingston when she was two and a half. She took graphic design courses at St. Lawrence College when the course work was tactile as opposed to more computer orientated. She learned to pull in one small area, zoning in where the light is, either foreground or background. Michelle has also produced stunning paintings of cityscapes and crowd scenes using the same techniques that work so well in the wilderness.

Michelle has shown her work in several places, locally in Kingston and Gananoque, as well as in Toronto. Her work is increasingly in demand and you can view some of her work on her website www.artbymichellereid.com

The Friends of Frontenac Park purchased one of her prints of Frontenac Park as a gift for Herb Helmstaedt to thank him for his many years as President of the Friends. Michelle will be showing some of her work at the Friends 25th anniversary celebration on June 17, at Frontenac Park.



PETER OWENS

Thanks to Herb Helmstaedt

On the afternoon of February 26, several members of the Friends of Frontenac Park gathered at The University Club to thank Herb Helmstaedt for his many contributions to The Friends. Herb served as President of the Friends for eight years, in addition to serving in many other capacities on the Board. He worked tirelessly to help improve facilities and information about the park. The friends were pleased to present Herb with a print of the Park painted by Michelle Reid.



PETER OWENS

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Interim President's Message

The year 2016 was another very good year for the Friends and the Park. We not only continued our well-established range of skills programmes, volunteer work and social activities, but also supported improvements at the Park and introduced some new initiatives based on members' ideas from our 2014 Vision Day.

Friends Programmes

Our programme in 2016 began with the Winter Camping Trip planning workshop, given by Don Stables and Jérôme McDuff, and continued with the snowshoe workshop, led again by the indefatigable Edward Grenda.

Bird walks were provided by Kathy Felkar and Mike Burge (winter) and Gaye Beckwith (spring), three very experienced birders. A spring nature hike was led by Anne Robertson and Maureen Sly.

Our winter lecture was delivered by James Raffan on "Circling the Midnight Sun". He shared his experiences following the Arctic Circle around the globe. This proved very popular and evoked extensive discussion.

Jérôme McDuff led the ever-popular and highly informative historical hike in April. This hike provides insight into the story of human settlement in the Park and visits to some of the architectural remains along Big Salmon Road.

We held our annual Erhard Frenzl Memorial paddle on Big Salmon Lake with overnight camping in conjunction with National Canoe Day. This will be repeated this year at Campsite 4 on the weekend of 24th June.

The Friends again supported the Healthy Parks Healthy People movement this year – in which free entrance is offered to all Ontario Provincial Parks to encourage public activities within the park system. John Critchley led a guided hike on 15th July.

Our 24th Frontenac Challenge (together with the Junior Challenge, Camping Challenge and Trek) continues to thrive with continued record high levels of participation: 381 people registered and 191 completed the main challenge. Thanks to Anne Hogle for her many years of work on organising the Challenge and to Patricia Gurnsey who took over coordination of this event this year.

Our second Christmas Bird Count was organised in December by Carolyn Bonta and is coordinated part of a network of counts at the same time across the continent. Novice birders were teamed with experienced naturalists and groups covered the area of the Park. It provided an opportunity to learn as well as contribute to a significant species monitoring programme.

Volunteer activities

Volunteer hosts at the Park Office are organized by the Friends to support opening on winter weekends and to help out at busy periods throughout the year. Very many thanks to the members who devote their time and provide a warm welcome and hot chocolate to winter park users, and to Cathy Murray for organizing participation.

Our annual training for interior volunteers was held in March, kindly provided by Bert Korporaal and supported by Friends volunteers. As ever, the level of participation was excellent given our organization's size and illustrates a very strong spirit of volunteering by the group. These volunteers assist park operations by checking the

condition of trails throughout the year, conducting minor maintenance, servicing campsites and talking with Park visitors.

The training weekend is followed by a trail sweep to clear trails of winter debris and prepare them for the year – this is repeated in the fall. We also held a spring work bee to upgrade bridges at key locations.



Friends Products and Publications

Our newsletter "Frontenac News" is issued three times a year, and for 2016 was ably edited by Peter Owens and produced by Ron Abbott. It contains articles on a range of topics of interest to Friends and park users, as well as notices of upcoming events.

The Friends website and social media accounts also inform and support our activities, and many thanks are due

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Friends of Frontenac Park

The Friends of Frontenac Park is a nonprofit 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.

2016-2017 Board of Directors

Past President	Herb Helmstaedt	hhelmst@cogeco.ca	613-542-6455
President (interim)	Simon Smith	sjsmith@kos.net	613-541-3964
Vice-President (interim)	Fred Luciani	luciani63@msn.com	613-384-2933
Secretary	Chantal St-Amour	chantilly4@yahoo.com	613-888-2039
Treasurer	Guy Thorne	gthorne@kingston.net	613-548-1857
Membership	John Critchley	johncritchley@bell.net	613-634-5475
Newsletter	Peter Owens	peter.owens@sympatico.ca	613-544-3628
Challenge			
Publicity	John Kraemer	john.j.kraemer@gmail.com	613-484-8829
Director at Large	David Crane	davidecrane@hotmail.com	613-767-3626
Director at Large	Heather Jamieson	jamieson@queensu.ca	613-384-0235
Director at Large			

Committees

Frontenac Challenge			
Hosting Program	Cathy Murray	Cathy527b@gmail.com	613-331-0729
Map coordinator	Jim King	jimking88@yahoo.com	613-544-9443
Newsletter Publisher	Ron Abbott	elizabethandronabbott@gmail.com	613-3743212
Trail Sweeps	Cathy Murray	Cathy527b@gmail.com	613-331-0729
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.

2017 deadlines for submission of newsletter material are March 13, August 1 and December 5. 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, please telephone 613-376-3489. Programs presented by the Friends of Frontenac Park are identified with the Friends logo 🌿.

Date	Program	Start	Finish
April 08	Wilderness Survival with Walter Sepic	09:00	16:00
April 09	🌿Volunteer/Guide/Host Training Day	09:00	16:00
April 22	🌿Volunteer/Guide Spring Trail Sweep	08:30	16:00
April 27	🌿Friends Board Meeting - Ongwanada Resource Centre, Boardroom	19:00	21:00
April 29	🌿Historical Walk with Jerome McDuff	10:30	16:00
May 06	🌿Spring Nature Walk with Maureen Sly and Anne Robertson	10:30	15:00
May 06	🌿Intro to Back Country Camping, Jerome McDuff & Don Stables	09:00	16:00
May 07	🌿Spring Bird Walk with Kathy Felkar and Mike Burge	08:00	16:00
May 13	🌿Wilderness Navigation Using Map and Compass - Level I	09:00	16:00
May 25	🌿Friends Board Meeting - Ongwanada Resource Centre, Boardroom	19:00	21:00
May 27	🌿Wilderness Navigation Using Map and Compass - Level I	09:00	16:00
May 28	🌿Wilderness Navigation Using Map and Compass - Level II	09:00	16:00
June 02-04	Red Cross Wilderness First Aid with Steve Tripp	Friday p.m.	
June 03	The Amazing Tarp - Tarping Made Easy with Barry Irish	13:00	15:00
June 04	Canoe Clinic with Walter Sepic	09:00	16:00
June 10-11	ORCKA Canoe Tripping – Level 1 & 2 (or Level 3) with Barry Irish	08:00	17:00
June 16-18	Red Cross Wilderness First Aid with Steve Tripp	Friday p.m.	
June 17	🌿Celebrate the 25th Anniversary with the Friends of Frontenac Park	10:30	14:00
June 22	🌿Friends Board Meeting - Ongwanada Resource Centre, room 410	19:00	21:00
June 23-25	🌿Erhard Frenzl Memorial Paddle	12:00	16:00
June 24	🌿National Canoe Day Paddle (held as part of the Erhard Frenzl Memorial Paddle on Saturday, June 24) contact President for details.		
July 08	FISHING 101 For Women with Yvonne Brown	08:30	14:30
July 21	Healthy Parks/Healthy People – free admission to all Ontario Parks		
July 22	Paddle Canada - Introduction to Flatwater Sea Kayaking	08:30	16:00
July 29	Kayak Basics - “Getting Started” Kayak Course with Christine Showler	13:00	16:00
Aug 01	🌿Deadline for Autumn Newsletter		
Sep 01- Oct 21	🌿The Frontenac Challenge, Frontenac Trek, and Junior Challenge		
All year	🌿All Season Camping Challenge		

Interested in Undertaking Research at Frontenac Park?

The Friends of Frontenac Park have funded a research award of up to \$2,500 to support a full-time post-secondary undergraduate or graduate student conducting research in Frontenac Park.

A proposal from any discipline will be considered providing that the research will be related to Frontenac Park. This includes, but is not limited to, research on the biology, geology, hydrology, history, sociology or human geography of the Park, or expressions of art related to the Park, such as photography or literature. It is expected that the recipient will use the Park itself as the subject of research, though archival research may also be considered.

If interested in applying for the research award, please email frontenacpark@frontenacpark.ca or contact Board member Heather Jamieson.

Interim President's Message - from page 2

to Jérôme McDuff and John Kraemer for maintaining our on-line presence.

The fifth edition of the Friends map of the park was released in 2015 and sales have been spectacularly successful through 2016, such that a re-print is now being planned. The map is sold through the Park Office, on-line and through local outdoor stores, and thanks are due to Jim King for his continued support.

The Friends continues to sell merchandise for fundraising – T-shirts are very popular and were nearly sold out in 2016. Newly introduced this year are coasters with images of Park features and lakes as well as bookmarks. A small team of board members is now investigating new merchandise opportunities, so keep a watch for new products in 2017-18.

New Initiatives in 2016

A small team of Friends members along with Park staff developed the text for, and then pursued production of informational plaques which are now installed at several of the historic sites in the Park. These provide a concise and interesting story of the human presence in the Park. Five plaques were installed in 2016, and more are planned.

The Friends pursued creation of a student bursary to support research in or about the Park by students in higher education. Heather Jamieson and John Kraemer developed the project and publicized it to local institutions, and a combined team of Friends members and Ontario Parks staff reviewed the submissions. The bursary supports research into natural or human history or aspects of park usage, and will be offered annually. No suitable submissions were received in 2016, partly due to the timescale available, but the programme will continue in 2017.

Production of brief information sheets in multiple languages for overseas visitors or new Canadians is in progress. This will be a single sheet summary to supplement other information: the concise English text has been prepared, and translation is now in progress, with Spanish completed so far.

Friends Support to the Park and more...

The wall map at the Park Office was upgraded this year so that the 35-year old aerial photograph was replaced with a current satellite image with GPS-located trail alignments and hiking distances included. The Friends provided financial support for this installation.

Upgrades to the displays at the Park including wildlife displays and the mica sheet exhibit have also been supported by the Friends. A new exhibit expected in 2017 is a pair of fawns.

In the past, the Friends has maintained a watch on the possibilities for acquisition of property adjacent to the Park which may become available and facilitate its expansion. Property on Buck Lake was added in 2002, for instance. A team to investigate opportunities was been re-established this year.

And the Friends has gratefully received a large donation from the North and South Otter Lake Association, whose members are property owners on the lakes along the Park's southern boundary.

Twenty-Fifth Anniversary Recognition Events

The first elected board of the Friends was established in September 1991, and official signing of an agreement with the government followed in July 1992. So this means we are entering our 25th year of operation, and this anniversary is being recognised in several ways.

Cake and some personal reminisces of Challenges gone by were provided at the Challenge recognition event in November. Our Winter Lecture in 2017 is including presentations by people with a long-association with the Friends and the Park. And a special recognition day is being planned for 17th June 2017 at the Park, where we plan to engage Friends members in a day of official commemoration and celebration of the Friends accomplishments and of the Park by inviting members to contribute with prepared prose and poetry, off the cuff talks, artwork, photographs, even songs and music.

All-Important: People:

Herb Helmstaedt retired as President of the Friends in the spring of 2016 after eight years on the board and participation as Secretary for several years on several occasions before that. Herb is a very hard act to follow as he worked most efficiently and contributed many hours to organizing activities, preparing and running meetings and representing the Friends to other associations and agencies and of course leading hikes and the memorial paddle. While Herb is retaining his association with the Friends, his knowledge and leadership will be missed: we offer many thanks and wish him well on this "retirement".

Sigrid Ormiston had joined the Board as Secretary in 2015 but left this year to go to Viet Nam for two years. We wish Sigrid all the best for this adventure. Chantal St. Amour joined the board as Secretary following her departure and has ably filled the role – thank you very much Chantal.

Patricia Gurnsey joined our board also last year to succeed Anne Hogle as Challenge Coordinator and organized the Challenge and the Challenge celebration excellently – however a new work assignment means that she will be stepping down from the board this spring. Very many thanks to Patricia.

David Crane, who has served on the Board in the past, re-joined this year as Member-at-Large and has been addressing merchandizing and land opportunities.

Assistant Park Superintendent Bert Korporaal retired in October after over thirty years at the Park. The Park will not be the same without him – he has worked with remarkable dedication from the start of operations and led the Park in its growth and maturity through infrastructure planning and design, enforcement operations, organising skills programmes, and serving as a regional source of expertise and training for Ontario Parks. He has an irreplaceable wealth of experience and the Friends is greatly in debt to him for his strong support to us in development of the maps, conducting our annual volunteer training, contributing to the Newsletter, contribution to innumerable Friends projects and leading construction bees. We have very much appreciated Bert's dedication, expertise, patience and perpetual good humour, and look forward to his continued association with the Friends.

Continued on next page

Friends' Winter Lecture and AGM

This year's Winter Lecture featured five speakers: Rose Jones, Paul Vickers, Herb Helmstaedt, Jerome McDuff and Bert Korporaal, who entertained the audience with their anecdotes and reminisces about their connection with the Friends of Frontenac Park.

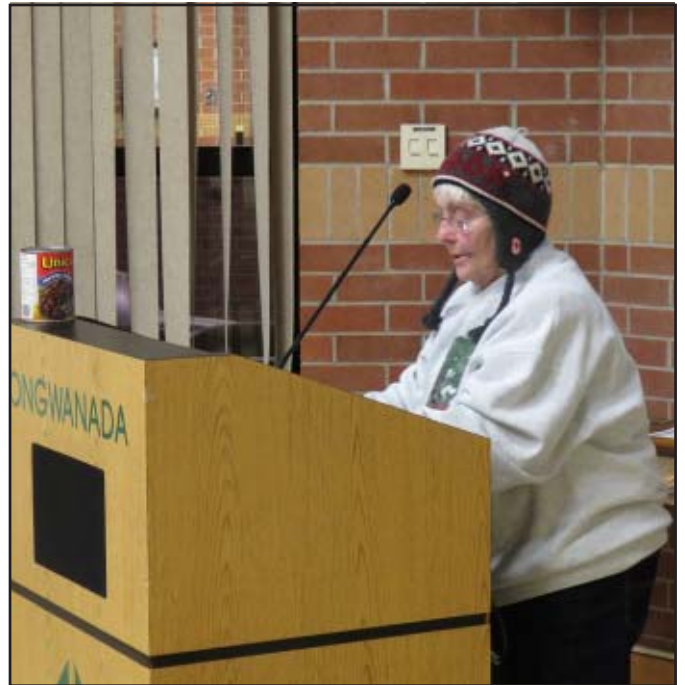
Rose, with the help of several props, explained how to encourage people in to become members of the Friends. She also explained how she used her students on school field trips to plant trees in the park (chocolate bars were involved).

Paul gave us the story behind the Doe Lake and Arab Lake Gorge Rehabilitation Project of 2006/2007. As these are the trails that most first visitors to the park use, the trails were made easier, safer and kid friendly. The Friends donated \$5000 toward the total cost of \$20 000. Two students worked on this project, bringing in wood chips, digging ditches, maintaining erosion protection and helping to build the boardwalk.

Herb gave background on the biology and geology of the Frontenac Arch which provides an animal corridor from Algonquin Park to Adirondack Park. This arch also serves as a barrier to some unwanted movement of plants and animals. Herb shared his concern about habitat loss and fragmentation.

Jerome shared a video and photos of the Park and Friends. His heartfelt talk about five men who have passed on and their many contributions to the Park was particularly well received.

Bert gave us the background on the beginning of the Friends involvement with the Park, starting in 1989. The



SIMON SMITH

Rose Jones

volunteers were vital in a time of budget cuts and fewer Park employees. The ongoing maintenance of the trails and campsites was helped greatly by the Friends. Maps, signage, boardwalks, footbridges, kiosks, promotion, assisting visitors and many other endeavours were taken on by the Friends. Frontenac Park was also the first Provincial Park to have an education component and a volunteer program to help visitors. This has expanded to include many skill training workshops.

Continued from previous page

Chris Kaloudas stepped in later in the year to assist at the Park and the Friends appreciate our brief association with him and his contribution of good ideas – Chris is shortly moving to a post in Darlington Provincial Park.

Looking Forward

Our 25th year will see the Friends continuing to support the Park through a broad range of activities, continuing those of 2016. In the coming year, we anticipate that we will be additionally directly assisting in some visits by school groups. Some special activities are still in the planning stage, but the big event of the summer will be the Friends 25th Anniversary celebration on 17th June, and all members past and present, partners and friends are invited to come to commemorate this very special organization.

Thanks to Park Staff and All Volunteers

It is the strong support of volunteers and an excellent working relationship with the Park staff which makes The Friends of Frontenac Park a successful organisation. With Ben Chabot as superintendent, and until this year Bert Korporaal as Assistant Superintendent, we have been most

fortunate to enjoy an extremely collaborative relationship.

I would like to recognize and thank our many volunteer members for their dedicated effort. We are especially grateful to those who serve on the board and fill specific roles which keep the Friends of Frontenac Park running and supporting needs of the Park and its users. We are extremely fortunate to have so many active volunteers to keep our organization functioning. As well as those already mentioned, I would like to recognise Fred Luciani for stepping in as Interim Vice President and for driving the historical plaque development and continuing our Vision Day idea deployment, Guy Thorne who provides ever-competent support as Treasurer, John Kraemer for our publicity and Peter Owens our most skilful and patient newsletter editor, John Critchley for consistent support as Membership Secretary. We are also grateful to Don Stables for providing numerous skills programmes, Cathy Murray for organizing hosts, trail sweeps and the follow-on chili, and beyond that all trail volunteers and hosts who have made Frontenac Park a special and friendly place.

Simon J. Smith

“Bears?... Yes, We Have Bears”

by B. Korporaal 2017

It is a question that is frequently asked of the Park staff.

There are two species of bears in Ontario. The black bear and the polar bear, and we're too far south for the white one. However, the black bear does inhabit the province from the Hudson Bay lowlands to far into Southern Ontario, including just north of Kingston. The black bear comes in different colour variations, from jet black, to black with a white patch on its throat or belly, to dark brown, to a light brown or a cinnamon colour.

Over the years, the Park staff tried various ways to safeguard campers' food items, or should we say, favourite items bear (and raccoons) think is food. Beginning in 2016, select interior campsites were furnished with lockable steel food storage boxes. They are there for your food. Please keep them clean and remove all items when you move from your campsite.

Bears are attracted to anything they think or smell as food. This includes: actual food, and also items (and clothes) that have food or cooking odours on them, scented and bathroom products like deodorant, soap & toothpaste. They are also attracted to the scent of fish that were absentmindedly cleaned nearby or on the picnic table, or dishwasher with food smells, which was disposed of next to the campsite.

It is each camper's responsibility to keep a clean and sanitary campsite and pack out all garbage, litter, left over food, and drop the garbage bag into the garbage cans at the canoe launch or at the trailheads.

Yes, we have black bears in and around Frontenac. They live here. They were here long before we were. Will we see any bears? The chances are rare that you will see one. Bears are soft footed animals, so they can walk around the forest very quietly. They mosey and scrounge around, always looking for something to eat. They are opportunists, if they think it can be eaten, they will. If food is there, they will find it. Generally, they don't want

anything to do with you. They'll run away or sneak away from you unnoticed. Black bears are excellent swimmers and tree climbers and can quickly run both uphill and downhill. They have excellent smell and hearing. But never surprise a bear.

If you encounter a black bear:

1. Do not run away – the bear can outrun you and may give chase

2. Make yourself look large – hold a jacket or backpack over your head

3. Shout or use a loud assertive voice – “back off bear – go away bear”

4. Allow the bear to escape if the bear is cornered – i.e. You're in a deep valley with high walls

5. Do not get between a mother bear and the cub

6. Never surprise a bear – ensure it knows you are there

It is far wiser to use common sense,

keep a clean campsite and keep in mind these few actions if a bear is encountered, rather than loose your cool.

Many bear experts in Ontario suggest having the Original Fox 40 whistle in your pocket or on a lanyard around your neck. Many black bears do not like the shrill tone or pitch of the Fox 40 and will run away. If a black bear is fixated on you, and you give long, hard repeated blasts on this whistle the animal will avoid you.

Some backcountry users carry bear pepper spray, but there are a few points you would need to keep in mind.

1. It must be readily available on your belt, at arm's reach – not in your backpack

2. It is only effective up to 4 meters under ideal conditions – and you have to hit the bear in its face

3. You only have 6 to 10 seconds of effective pressure – pressing the trigger in bursts of 2 – 3 seconds each



Black bear seen on Arab Lake Gorge trail.

Continued bottom next page

The Friends of Frontenac Park

Treasurer's Report to the Annual General Meeting

for the year ending 31 December, 2016

The year 2016 was a good one financially for the Friends. Our usual sources of revenue, donations and membership fees, were stable and comparable with the previous year. We again benefitted from substantial receipts from the sales of our new edition of the map of the Park, over \$12,000 in both 2015 and 2016. We also continued to receive modest, stable revenue from the sale of books, clothing and other items in the store at the Park Office.

I would like to expand on those sources of revenue. First, we have a membership which remains fairly constant from one year to the next. The number of members we have is important not just for the financial support it provides but also for the credibility it establishes for the Friends in our dealings with government and others. Our members are also generous donors, and so are people who come forward each year to make donations even though they are not members. Second, the map sales have perhaps been beyond our expectations - they are our biggest source of funds - and indicate the level of interest in having a new edition. It may be that sales will fall off as more people come to replace the old version with the new. Third, there may be more scope for sales of park-related merchandise from the store. We are looking at expanding the range of goods we offer.

On the expenditure side, our administrative expenses do not vary much from year to year; the largest single administrative expense is insurance. Our regular programs do not consume a great deal of money; indeed volunteer time is the largest input into those programs. The production of the newsletter continues to be the most expensive program, even though we have shed a good deal of the costs as members have adopted email delivery. We do print a good many copies for free distribution in the Park Office. Our projects, which are special efforts we concentrate on for a year or so, vary considerably. In a couple of recent years we spent money on boardwalks, bridge repairs and kiosks. In 2016 we spent less, although we did establish a bursary in that year of which we hope to make an award this year.

The result of our operations in 2016 was an overall gain of \$14,000. Our assets at the end of the year amounted to \$91,000, held mainly as guaranteed investment certificates. I would like to make some reference to what we see as the most appropriate use of those resources.

Occasionally a property adjacent to the Park may become available for purchase. When that happens, we would like to be able to assist the provincial government in acquiring the land as an addition to the Park. That sort of situation arose some years ago on Buck Lake and the Friends were able to make a financial contribution to the purchase. We feel that we should be aware of possibilities of that sort so that we can be ready to act promptly, and we have set up a small committee which will seek to keep informed in this area. Our funds are hardly sufficient to buy land outright for the Park, but we might be in a position to make a down payment.

Copies of our financial statements for 2016 will be available at the annual general meeting. The Treasurer will be pleased to hear from any members who have questions, comments or suggestions (613-548-1857; gthorne@kingston.net).

Respectfully submitted,
Guy Thorne, Treasurer

Bears - from previous page

4. You must always be observant of the wind, direction & speed, and air humidity and rain. Each will reduce the effectiveness of the pepper and distance it will spray

5. It has a limited shelf life, and lastly...

6. If the bear spray is intentionally or unintentionally discharged to a person, the person who discharged it can be charged under the Criminal Code. Bear spray is considered a prohibited weapon if administered to a person.

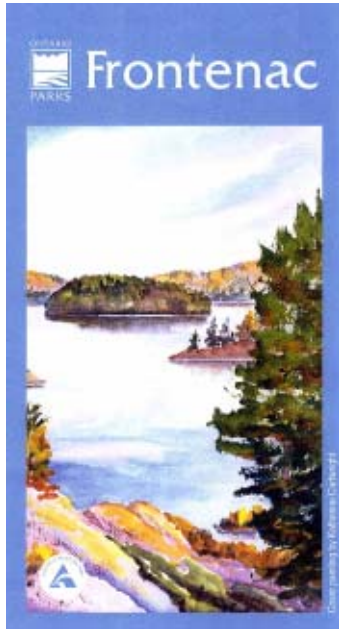
The use of bear bangers as a deterrent should be considered as a last resort as well, because it is an explo-

sive incendiary device. You aim the launcher behind the bear and fire the projectile. It travels 30 to 50 meters and then explodes. In some parts of the country and in some parks they are not allowed, and if the fire season is extremely hot and dry, they can ignite a forest fire. So they can be outlawed from season to season.

Don't give a bear any reason to visit you at your camp-site. If you encounter a bear, please report all bear sightings to the Park Office 613-376-3489

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 *(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) _____