

# FRONTENAC NEWS



THE OFFICIAL NEWSLETTER OF THE FRIENDS OF FRONTENAC PARK

## The Babcock Homestead

by Fred Luciani

The seeds of the Friends of Frontenac Park Vision Day and vision-related exercises of 2014-15 are bearing fruit in many forms including the establishment of a student bursary/grant, a multi-language brochure, the Christmas Bird Count, the winter nature walk and, as shown at right, in the installation of historical plaques at a number of representative sites throughout the park. The installation of historical plaques commemorating the park's first inhabitants – Indigenous peoples, farmers, trappers, miners, loggers – was an idea first advanced by the last residents of the park and supported by the park's first superintendent, the Friends and the authors of "Their Enduring Spirit: The History of Frontenac Provincial Park 1783-1990". The historical plaques represent a long, sustained commitment to "remember and honour" the park's human experience and to share this experience with current park visitors.

On June 24, 2017 the Friends and park officials were pleased to join with three generations of Babcock descendants to install the first historical plaque at the Arab Lake parking lot, the site of the Babcock homestead from 1886 to 1955. From left to right: Jim Babcock, Jack Babcock and wife Theresa, Randy and Jack Babcock, Jack's children Henry Korba-Babcock and Jaclyn Korba-Babcock and Lillian Babcock-Lloyds. All of the attending family members fondly recalled their many visits to the farm site and take pride



The Babcock family plaque

JOHN CRITCHLEY

in remembering the hard work and dedication of their ancestors in carving both a livelihood and an enduring family legacy out of the Canadian wilderness.

Park visitors may want to keep an eye out along the hiking trails for additional historical plaques at four other sites.

### 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](mailto:frontenacpark@frontenacpark.ca) or contact Board member Heather Jamieson.

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## Acting President's Message

The Friends of Frontenac Park has now passed its twenty-five year mark, and we look forward to many more years supporting Frontenac Park and enriching the experience of visitors.

Deep thanks are due to all those who have volunteered their time and expertise, donated funds, and worked over so many years to support the work of the Friends to achieve so much over the years.

Our 25th Anniversary celebration in June was a success by all accounts. We had a wide variety of activities and demonstrations for the participants to enjoy. I would like to extend thanks to all who participated in this event and who worked hard on its preparation and execution.

First of all, our long-suffering board members John Critchley, Heather Jamieson, John Kraemer, Fred Luciani, Peter Owens, Chantal St-Amour and Guy Thorne, who undertook months of planning to organise and publicize the event.

We were first honoured with dignitaries Ron Vanderwal, Mayor of South Frontenac Township and Warden of Frontenac County, and Nicole Papineau from Ontario Parks.

We are very grateful to the people who came to give special presentations – Michelle Reid gave a live painting display, we had contributions from other artists and photographers displaying their work, as well as a rolling photo display.

Don Richardson provided us with music during the afternoon – selections from the Frontenac Park Suite that he composed were very popular – with tunes evocative of the natural and human history of the Park.

We are most indebted to Alec Ross, one of our first board members, who gave a great presentation on his adventures in canoeing across Canada which held the audience spellbound.

We had outdoor exhibitors from other local organizations – Rideau Trail Association, Kingston Field Naturalists, and exhibits from Frontenac Outfitters and Trailhead, and Carolyn Bonta gave an enthusiastic demonstration using samples of bird life.

And special thanks to Sharon Isbell and the staff and students of Loughborough Public School who provided rich presentations on their experience and learnings from their springtime visits to the Park as a "classroom without walls"

We were generously provided with food thanks to the efforts of the dedicated team of Joan McDuff, Cathy Murray, Val Ruttan, Maureen Sly, Don Stables, Elgin Bock and others who organised and ran our barbecue and snacks throughout the day.

Herb Helmstaedt, former President of the Friends, did

a great job as Master of Ceremonies for the day. The events concluded with the cutting of our commemorative cake by Audrey Sanger – who has completed every Frontenac Challenge since they started in 1993.



Special thanks go to Ben Chabot and the staff at the Park who allowed us full use of the premises for the day's varied activities, which by all accounts were enjoyed by all who participated.

We now look forward to many more years, starting with our 25th Frontenac Challenge in September and October, this year with a special theme. I look forward to seeing you all there.

*Simon Smith*

### 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.

#### 2017-2018 Board of Directors

|                         |                  |                               |              |
|-------------------------|------------------|-------------------------------|--------------|
| Past President          | Herb Helmstaedt  | hhelmst@cogeco.ca             | 613-542-6455 |
| President (acting)      | Simon Smith      | sjsmith@kos.net               | 613-541-3964 |
| Vice-President (acting) | 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   | johnecritchley@bell.net       | 613-634-5475 |
| Newsletter              | Peter Owens      | peter.owens@sympatico.ca      | 613-544-3628 |
| Challenge               | Chantal St-Amour | chantilly4@yahoo.com          |              |
| 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           | 613-384-8235 |
| Director at Large       | Nicole Walker    | nicolemariewalker@outlook.com | 613-530-5763 |

#### Committees

|                      |               |                                 |              |
|----------------------|---------------|---------------------------------|--------------|
| Hosting Program      | Cathy Murray  | Cathy527b@gmail.com             | 613-331-0729 |
| Map coordinator      | Jim King      | jimking98@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](http://www.frontenacpark.ca). Follow us on Facebook /frontenacparkfriends and Twitter@frontenacpark

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# 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 |
|-------------------|---|---------------------|--------|
| Sept. 01 - Oct 31 | 🌲 The Frontenac Challenge, Junior Challenge, and Frontenac Trek | at your convenience |        |
| Sept. 09          | Dutch Oven Gourmet Wilderness Cooking                           | 10:00               | 13:00  |
| Sept. 09          | Electronics on Wilderness Trips                                 | 13:00               | 14:00  |
| Sept. 15 – 17     | Red Cross Wilderness First Aid                                  | Fri p.m. – Sun p.m. |        |
| Sept. 21          | 🌲 Friends Board Meeting, Ongwanada                              | 19:00               | 21:00  |
| Oct. 07           | 🌲 Fall Trail Sweep  | 08:45               | ?      |
| Oct. 26           | 🌲 Friends Board Meeting, Ongwanada                              | 19:00               | 21:00  |
| Nov. 12           | 🌲 Frontenac Challenge Award Celebration                         | 10:30               | ?      |
| Nov. 23           | 🌲 Friends Board Meeting, Ongwanada                              | 19:00               | 21:00  |
| Dec. 4            | 🌲 Deadline for Submissions for Winter Newsletter                |                     |        |
| Dec. 16           | 🌲 Christmas Bird Count (see article in newsletter)              | 9:00                | 04:30  |
| All year          | 🌲 All Season Camping Challenge                                  |                     |        |

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## A Classroom Without Walls

by Peter Owens

This past April, four classes from Sydenham’s Loughborough Public School took part in a week long outdoor education experience at Frontenac Park. Under the direction of teacher Sharon Isbell, two Grade 1/2 classes spent a week in the park. The next week two Grade 3 classes also spent their school days involved in a wide variety of activities in the Park. This ambitious project was made possible by the Ministry of Education’s Community Connected Experiential Learning grant (CCEL), generous support from The Rotary Club, and help from the staff of Frontenac Park and members of the Friends of Frontenac Park.

The students spent most of their time outside, learning about the parks’ geology, plants and animals. They studied wildflowers, owl pellets, beavers, turtles, turkey vultures and many other inhabitants of the park. They learned about the early settlers in the park and the long association of native people with the area. They made gratitude blankets that became increasing smaller as they traded items among themselves. This showed the children how space becomes less available as time goes on. They studied historical photos of settlers and learned what local schools were like at the time. The children worked on mapping skills and after much study they made up a trail map for spiders. A favourite activity was to find a quiet personal space in the woods – a “magic spot”. There they reflected on their time in the park and made journal entries with an accompanying drawing.



Loughborough Public School Grade 3s

We were very fortunate that several of the students, their teachers and parents attended the 25th anniversary celebration of the Friends of Frontenac Park. They treated us to a slide show of their activities and the children showed many of the items they had learned about. They also read from their reports and journals. As a retired teacher, I was very impressed with the learning opportunity the students had and the hard work and dedication their teachers showed in setting up this program. Hopefully, they can return next year to expand on their knowledge.



# Some Highlights from the Friends of Fro



**Audrey Sanger  
and the 25th  
anniversary  
cake**

SIMON SMITH



**Ben Chabot,  
Nicole Papineau,  
Simon Smith**

JOHN CRITCHLEY

## Bird Studies



JOHN CRITCHLEY



**Alec Ross**

JOHN CRITCHLEY

## Don Richardson



SIMON SMITH

## Don Richardson



PETER OWENS



# Frontenac Park 25th Anniversary Celebration

Friends of Frontenac Park display



JOHN CRITCHLEY

Invasive Species display



PETER OWENS

Kingston Field Naturalists



PETER OWENS

LPS Gratitude Blanket



PETER OWENS

LPS students at the 25th



PETER OWENS

CRCA Display



PETER OWENS



# Hiking Safety

by Bert Korporaal

There are a number of hiking safety items one should keep in mind when you plan to go out for a one day or multi day trekking experience.

Are you in shape – not pear shaped – is your body ready for a hike? Plan a hike that you or your group can do, keep in mind the most unfit person or the youngest person in the group. You want it to be a positive experience for all. Do not walk faster than the slowest member of your group, as this could lead to separation and lost persons. If you are hiking in the spring of the year, begin with a shorter trail and work yourself up to the more strenuous hikes.

Be prepared. What time of the year is it? Dress for the climate and the season. Weather can and will change without notice. However, looking at the weather forecast for the day or for the next few days will help immensely in your preparation. A pair of spare socks, a wind breaker, rain jacket or poncho, and a hat will help to fend off hypothermia or keep the sun off your head. Clean, dry socks changed part way through the day feel so good and will help lift spirits almost as much as fluids or sport drinks and high energy snacks. Are you subject to reactions to bug bites? Bring your epi pen or antihistamine tablets along with pain killers such as Aspirin or Advil. If half way through the day you get a headache, it's best to be prepared. A good basic first aid kit could come in handy. I carry items such as the medications mentioned above plus ordinary bandages, tape, mole skin, gauze, a roll of elastic compression bandage, a small soap, insect repellent, sun screen, antiseptic cream along with a charged cell phone with emergency numbers, park office number, etc. I also carry (new) water purification tablets. These tablets have a shelf life, and if they were stored in a damp location over the winter, they may not work properly now. I always carry more than enough water. I prepare by freezing several water bottles the night before and also by bringing cold water. While on the trail, drink the cold water first (which probably will be cool by the time you start drinking it). When you need more, the frozen water bottles will have begun to thaw and now you'll have cold water later in the day. I always leave a couple in a cooler (or wrapped in damp newspaper) in my vehicle, as a reward at the end of the day.

An up-to-date map of the area you are hiking is essential. Remember to always read the signs when on the trail and at trail intersections. Lunch, whether you think you'll be hungry or not, should always be prepared. Simple sandwiches – with non-perishable contents - jam, salami, cheese –, several high energy snacks, such as nuts and fruit can be carried easily. When you are out

# Frontenac Challenge 2017

The Frontenac Challenge encourages hikers to enjoy the splendor of the fall colours in Frontenac Park by hiking some or each of the 11 trail loops that form the Frontenac Challenge within the months of September and October. Pick up a pamphlet and register at the Park office. There will be a fun celebration on November 12 to award certificates and badges for those who complete one of the three challenges. This is an excellent opportunity to enjoy parts of the Park you may not visit very often and to introduce friends and family to this magical place. It's fun for all ages as shown by the Newstead family who completed it with their two daughters Mia (6) and Ana (4). I'm sure they will be out there again, as it has become an annual family event.



JOHN CRITCHLEY

*The Newstead family take the Challenge*

exerting yourself, you will burn more calories. Plus, being out in the fresh air will make you hungrier than normal. I love to occasionally eat candies or chew gum while hiking. It keeps my mouth moist. If you notice that your urine is dark – you are already dehydrating. Keep yourself hydrated, even in winter.

Have a plan. Tell someone where you are going, what trail you plan to hike, when you plan to be back, and your phone number and vehicle licence number. Keep in touch with your contact if you are going to be late. An unnecessary search for a person who is not really lost is costly and can tie up emergency services manpower when those professionals might be needed elsewhere.

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# Friends of Frontenac Park's 2016 "Frontenac" Christmas Bird Count.

by Fred Luciani

*"...follow the bird feeders to the dump..."*

The second annual Friends of Frontenac Park Christmas Bird Count of the "Frontenac" circle was conducted in partnership with the Elbow Lake Environmental Education Centre (ELEEC) on December 17, 2016. It was a day that greeted participants with howling, pounding winds and snowflakes sweeping horizontally across the front window. The drive to the staging site, the Sydenham library, offered little encouragement - not a bird in sight anywhere along the road to Sydenham. To my surprise all 25 bird watchers who registered for the count had either arrived at the library or were already on their way to their designated census areas. I know very little about locating, identifying or counting birds and even less about bird habitats, routines or flight patterns, but this was not a significant impediment. I had attended my first FOF-ELEEC Christmas Bird Count the year earlier, and on proclaiming my incompetence was rewarded by being paired with two experienced birders. They were very patient with my questions and generous with sharing their knowledge. I shamelessly applied the same tactic at this year's count and again found myself in the company of experienced and supportive birders who contributed to an enjoyable, informative and productive outing.

The Christmas Bird Count started 117 years ago and last year over 2,500 counts from North, Central and South America and the Caribbean were reported to the National Audubon Society, who receive, review, and post count results on their web site. The data are digitally stored and then made available to research groups, universities, or interested parties for analysis and reporting that greatly enriches our understanding of bird habits and populations. The "Frontenac" Christmas Bird Count was led by Carolyn Bonta and Michael Johnson, who opened the day with a Bird Count 101 course - a visual and behavioural review of

preserved specimens of birds common to our survey area at this time of the year. Our "Frontenac" survey area covered a 25-mile diameter area encircling Frontenac Provincial Park and segmented into six census areas to which teams were assigned.

My group was assigned a census area around the town of Verona and any doubts I may have had at the start of the day quickly disappeared when it was decided to "follow the bird feeders to the dump" just off the main highway running through the village. The feeders provided the usual assortment of birds including Blue Jays, American Tree Sparrows and a lone Cardinal. At the dump we sighted a large number of Herring gulls and Ring-billed gulls feeding voraciously on the remnants of Verona's tables. We also saw a Greater Black-Backed gull and a Northern Shrike, neither of which are common to the area. Overall, the six teams reported a total



*Northern Cardinal*

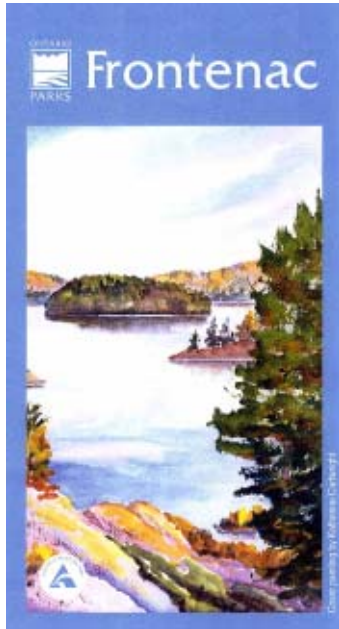
of 2,256 birds and 37 different species for the area surveyed, representing a significant increase over our first year's count.

The day ended at the Sydenham library where stories of rare sightings, ground conditions and notable events were shared, all of which adds to an understanding of the environment of our survey area. And if there is an antidote to the poor conditions on which the day started I can think of none better than the hot chili and vegetarian curry that was available at the end of the day.

The 2017 Christmas Bird Count is scheduled for the Saturday, December 16 and whether you are an experienced birder, or if we have stoked your interest in exploring a day in the woods, you can register by contacting Carolyn or Michael at [bonta.johnson@sympatico.ca](mailto:bonta.johnson@sympatico.ca) or leave your name at the Frontenac Park office.

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