

FRONTENAC NEWS



THE OFFICIAL NEWSLETTER OF THE FRIENDS OF FRONTENAC PARK

The Frontenac Challenge is Twenty-Five Years Old!

by Chantal St-Amour and Fred Luciani

The Frontenac Challenge is twenty-five years old this year – twenty-five years of remarkable accomplishment! The celebration and awards ceremony took place in November in the amphitheatre of the Park Trail Centre to a packed and excited crowd of participants including many children and their families. The event celebrates both the astonishing growth and the many individuals who give the Challenge it’s unique character and sustainability. The Challenge is a Friends of Frontenac Park initiative that each year invites (or rather challenges!) hiking enthusiasts, recreationists, naturalists, families and the general public to hike eleven of the park’s trails during the months of September and October. A sign is posted on each trail with a word or phrase designating the year’s theme. These are recorded, returned to the Challenge organizers and used to validate the participant’s completion of the Challenge.

The highlight of this year’s celebration was the unveiling of “Twenty-Five Unknown Facts About the Frontenac Challenge” and the spirited audience participation that they ignited. The ‘facts’ were derived from long lost, misplaced registration and certificate information recovered from thumb drives, paper files. These were labouriously re-constructed into a data base that serves to track individual achievement and the history of this event. For example, did you know there were 13 finishers at the first 1993 Challenge while at this year’s event 206 certificates were awarded. Certificates have been awarded to hikers from North Bay, Calgary and from as far away as Germany. Groups of hikers from other parts of Ontario have also taken up the Challenge. In 2015, a group from Toronto and Guelph came and this year a group of eleven hikers travelled from the Bruce Trail region to complete the 2017 Challenge. Over twenty-five years, more than 4,000 hikers registered for the Challenge, 3,168 certificates were awarded to successful finishers and an estimated 25,000 park visits were generated by those who registered and earned certificates

The history of the Challenge is really about personal accomplishments and the trove of rich personalities that buttress the Challenge history. There is Mia Newstead



JOHN CRITCHLEY

The Challenge Crowd

at age 6 the youngest hiker to complete the Challenge – no one has yet claimed the title for the oldest! Morris Buckner and Jordan Goudreau completed it in an amazing 3 days by stashing provisions at trail intersections and purchasing camping sites, allowing them to hike day and night. The largest family to complete the Challenge was the Clinton family of Sydenham who completed five consecutive Challenges while Ben Chabot is the first Frontenac Park Superintendent to be awarded a certificate. But perhaps no one better embodies the spirit of the Challenge or sets the standard for many committed challengers than

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Acting President's Message

As 2018 starts, we look forward to a new year full of activities and work at the Park, while reminiscing that the year 2017 was one of the busiest ever for the Friends. We had a full slate of volunteer activities, skills programmes and guided walks. The Friends assisted with a new initiative, "Classroom without Walls", week-long visits to the Park by students from local elementary schools.

We held events to celebrate the 25th anniversary of the Friends – with a full day of formal recognition, displays by fellow organisations and local vendors, talks, music, presentations by school students in June. This was followed up in November by a celebration of the 25th year of the Frontenac Challenge. This was as popular as ever and the celebration was well-attended. We finished the year with our third Christmas Bird Count, another great success.

The Friends installed new information plaques at locations of historic interest in the Park, and supported the cost of an excellent new display of fawns in the Park Office. A renewed focus on merchandising has introduced exciting new designs of T-shirts and new souvenir items, including car decals, so you can show your support for the Park.

New brochures providing information about the park in languages other than English are being prepared, and are now available in Chinese, French, German, Russian, Slovak and Spanish, with several more on the way (volunteers to help with other languages are welcomed).

I would like to express my appreciation again to all who contributed over the year to make these events a success through organization and hard work. I would also like to thank all those who volunteered to support the Park and Friends in many different ways.

At this time, some of Friends Board members are moving on or changing roles, and again I would like to thank them for their expertise and service. We are also welcoming some new volunteers who have offered to serve on the Board.

Guy Thorne joined the board in 2011 and has provided expert service as our Treasurer – this involved a lot more than just keeping our accounts in order, creating financial records and maintaining our savings instruments. Guy supported the Friends in many other ways. He was able to explain to the Board the many legal compliance requirements necessary for our operations. Guy will be staying on the board as member-at-large, and Michael MacDonald has kindly stepped in to fill the role of Treasurer.

Fred Luciani joined the Board of the Friends in 2013, and has provided invaluable support to our operations. He has been a continual generator of innovative ideas,

and took on the advanced analysis of the projects generated in our May 2014 Vision Day – collating and organising the process for prioritization by the Board. This work has led to many new initiatives over recent years, including the information plaques, student bursary, bird counts, outreach to schools, multi-language sheets, with much more to come. Fred also served as Interim Vice-President over the last year.



This year, we have also welcomed Nicole Walker and Nick Tardif to the Board, both of whom are already contributing with new ideas and organizational skills. If you have an interest in serving on the Board, please do contact any of the Board members for more information.

There are some events in the near future which I hope members of the Friends will enjoy attending. Our Annual

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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.

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	Nick Tardif	nick.tardif@yahoo.ca	613-549-9296
Secretary & Challenge	Chantal St-Amour	chantilly4@yahoo.com	613-888-2039
Treasurer	Michael MacDonald	michael@michaelmacdonaldcpa.ca	343-364-1052
Membership	John Critchley	johncritchley@bell.net	613-634-5475
Newsletter	Peter Owens	peter.owens@sympatico.ca	613-544-3628
Fundraising	John Kraemer	john.j.kraemer@gmail.com	613-484-8829
Communications & Web Master	Nicole Walker	nicolemariewalker@outlook.com	647-745-6443
Merchandise	David Crane	davidcrane@hotmail.com	613-767-3626
Member at Large	Heather Jamieson	jamieson@queensu.ca	613-384-0235
Member at Large	Guy Thorne	gthorne1@gmail.com	613-548-1857

Committees

Hosting Program & Trail Sweeps	Cathy Murray	Cathy527b@gmail.com	613-331-0729
Map coordinator	Jim King	frontenacmaps@gmail.com	613-417-1737
Newsletter Publisher	Ron Abbott	elizabethandronabbott@gmail.com	613-374-3212
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.

2018 deadlines for submission of newsletter material are March 14, 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 or peter.owens@sympatico.ca

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 🌿.

Date	Program	Start	Finish
January 25	🌿 Friends Board Meeting - Ongwanada Resource Centre, room 427	19:00	21:00
January 27	Warm Winter Camping Trip Planning,	10:00	15:00
January 27-28	Warm Winter Camping Overnight - following the workshop	15:00	12:00
February 10	🌿 Winter Camping - Trip Planning 🌿	10:00	15:30
February 24	Dion Frontenac Park Snowshoe Race - sign up starts at 8h30	10:00	15:30
February 24	🌿 AGM – Queen’s University, Biosciences Bldg. Room 1102	12:00	
February 24	🌿 Winter Lecture – Queen’s University, Biosciences Bldg. Room 1102	13:00	
March 12	🌿 Deadline for Submissions for the Spring/Summer Newsletter		
March 22	🌿 Friends Board Meeting - Ongwanada Resource Centre, room 427	19:00	21:00
March 31	🌿 Friends’ Membership Ends – please think of renewing, thank you		
April 07	🌿 Volunteer/Guide/Host Training Day	09:00	15:00
April 14	🌿 Historical Walk – Jerome McDuff 10h30 – 16h00	10:30	16:00
April 21	Ontario Naturalists Regional Meeting	09:30	16:00
April 21	🌿 Volunteer/Guide Spring Trail Sweep	08:30	16:30
April 26	🌿 Friends Board Meeting - Ongwanada Resource Centre, room 427	19:00	21:00
April 29	🌿 Spring Work Day	08:45	16:00

Acting President’s Message - from page 2

General Meeting with the winter lecture is taking on a new format which we hope will attract more interest. Rather than a weekday evening, time on a Saturday afternoon (24th February) at Queen’s University is planned, and we will have two presentations from environmental organizations which we expect to be of great interest. The longer time and different venue for the event will allow us to offer refreshments and longer breaks so Friends can meet Friends. Please come to this event and bring... a friend.

Another event being planned is the Regional Spring Meeting of the Ontario Nature Federation, where several naturalist and Friends groups in Eastern Ontario meet for a day to share news of their activities and learn of new initiatives and ongoing environmental issues of interest to the Federation. We have been participating in these meetings for the last two years, and this year the Friends are hosting the meeting at the Park Office on 21st April. This is the same day as the Spring Trail Sweep – but with a later start and finishing with a hike on the Doe Lake Loop. If this is of interest, you are welcome to join us – e-mail me for details.

I wish you all the best for a healthy and happy 2018, and look forward to seeing you at training events, on the trails, or on the lakes!

The Friends of Frontenac Park Annual General Meeting

On Saturday, February 24, 2018 the Friends of Frontenac Park will be holding their Annual General Meeting. The business part of the AGM will be held at 12:00. At 1:00, we have scheduled two exciting lectures for your edification, David Miller of A2A and Hannah Barrom of Earthroots will entertain and inform you for about 40 minutes each. Questions are welcomed. Refreshments will be served.

The Algonquin to Adirondacks Program aims to ensure ecological connectivity and help restore biodiversity within a broad region of eastern Ontario and northern New York State stretching from Algonquin Park to the Adirondack Mountains. www.a2acollaborative.org

Earthroots is a leading grassroots environmental organization dedicated to the preservation of Ontario’s wilderness, wildlife, and watersheds through research, education and action. They work in coalition with other conservation organizations to coordinate the best strategies to move issues forward. The focus of this lecture will be on Ontario’s wolves. www.earthroots.org

The Challenge... Number 25!

Below is a list of all who completed the 2017 hiking and camping Challenges. The number after certain names refers to the year badge received. If your name was missed, please contact Peter Owens, Newsletter Editor. Congratulations to:

Junior Challenge

Sophia Antoine
Owen Garster
Sophie Garster
Elora Judd
Anja Leifso
Willa Sinnett-Mussels

Frontenac Trek

Elysia Asseltine
Joanne Biggs
Sally Blasko
Susan Dacombe
Debbie Earle
Donna Gillespie
Pauline Hogan
Laura Johnson
Freya Judd
Aneta K. Mercia
Kathy Newstead
Aidan Niedbala
Jack Posthumus
Lylah Robichaud
Ross Robichaud
Jen Sinilotti
Maureen Sly
Yveta Tesar
Nicole Walker
Wendy Woods-Lavolette

All Season Campers

Elysia Asseltine
Joanne Biggs
Ben Brunatti
Randy Brunatti
Nathan Bylsma
Sean Bylsma
Jude Larkin
Natacha Lees
John Lockyer
Dan Lovell
Gwyneth Lovell
Lillie Marshall
Mike Marshall
Sara Marshall
Adele Peszat
Christine Peszat
Tom Rae
Jill Relyea
John Relyea-Voss
Brad Roberts
Ester Sky Bell
Deborah Tempeny
Sebastian Tempeny

Frontenac Challenge

Lori Adam
Nick Adams
Stephen Allan
Doug Barton
Anna Blackwell 5
Dominic Blackwell
Sharon Blackwell 10
John Blackwell
Joe Bodendistel
Sonje Bois
Lisa Boulay 10
Kris Bowes
Margaret Brand
Mike Brennan
Graham Brooks
Eve Buckley
Morris Buckner 15
Russ Burton
Linda Cairncross
Laura Cassidy
Ben Chabot
Kevin Chapman
Carrie Cirtwill
Glenda Collings
Larry Columbo
Bob Comfort
Michael Cooke
Ian Cooper
Aidan Coulter
David Coulter
Tara Coulter
Zoe Coulter
Anya Craig
Owen Craig
Diane Creber 10
John Critchley
Cathie Crukley
Diane Cuddy
Martyn Curran
Sophie Curran
Jamie Detlor
Cheryl Dillon
James Dookhan
Fred Douglas
Rudy Duncan
Joyce Duncan
James Edwards 5
Kevin Egginton
Lynn Esau 5
Robert Farnell
Ashleigh Forsyth
Shannon French
Stephanie Fullerton
Kristine Garster
Martin Garster
Nancy Gaudreau
Lynlee George
Ann Giles
Mary Jane Gordon
Trisha Gorr
Trina Gorr
Avery Goudreau 5
Tug Goudreau 5
Jordan Goudreau 15
Pheonix Graham
Freya Graham
Ephraim Graham
Kevin Graham
Katie Grove
Melodie Gummer
Angela Haibach
John Haley
Claudia Hancock
Erik Harmsen
Phil Henderson
Ben Hendry
Bill Hiemstra
Helen Hill
Susan Hill Brooks
Deanna Hindman
Nienke Hoedeman
Catherine Holden
Rachel Holden
Evan Holt 5

John Hulse
Marie Hulse
Nancy Hunter
Juliet Huntly
Tracy Jenkin
Michael Johnson
Kelly Johnson
Collin Johnson
Todd Johnson
Christian Judd
Boddy Karavilovski
Julia Karavilovski
Gunhild Karius
Jill Konarowski
Joe Kozar
John Krysky
Miu Lam 5
Mike Lane
Louise Langlais
Elizabeth Laustroer
Daniel Lees
Rheal Legault
Brenda Leifso
Mark Leonard
Johanne Leveille
Zoe Lianga
Sandra Lopes
Dave Lucas
Fred Luciani
Luke MacDonald
Zabe MacEachren
Blair Macintosh
Isabel MacNeil
Linda Malcolm
Lillie Marshall
Sara Marshall
Jerome McDuff 15
Dale Mercer
Mary Anne Mercer
Aneta K. Mercier
M.J. Merritt
Jim Middleton

Carrie Miles
Jeff Miller
Monica Miller
Rose Millett 15
Brandon Mitea
Ruth Moffatt
Michelle Monteith
Lynda Morrison
Stan Muldoon
Bill Murdoch
Cathy Murray
Mia Newstead
Michael Newstead 10
Todd Norris
Nancy Nourry
Cheryl O'Connor
Dominic O'Neill
Frances O'Neill
Robin Orr
William Ottney
Michelle Owen
Shawn Paterson
Jayne Pellerin
Mark Pierce
Nathan Pilkey
Heather Quance
Geoff Rae
Mary Rae
Sandra Ramsay 5
Sean Reid 5
Julia Reid 5
Tom Reid 5
Doug Ritchie
Mikki Robi
Ron Robichaud
Howard Robinson
Mary Robinson
Alana Rockburne
Ray Rutitis
Catherine Rutledge
Hendrik Saaltink
Brenda Saaltink

Carrie Salisbury
Jeff Sanders
Audrey Sanger 25
Vicki Schmolka 10
Carol Seal
Gloria Seeley
Wendy Shaw
Ingrid Shim
Ritu Sikka
Karen Sligh 5
Lara Smith
Natasha Smith
Chantal St-Amour 5
Gordon Steinberg
Veronica Steinberg
Nils Stockinger
Patricia Stranberg
Bert Stranberg
Karen Surgenor
Nick Tardif
Margaret Taylor Picard
Danielle Teefy
Tim Teepell
Candice Tinlin
Robert Tolley
Brian Tousignant
Linda Turnbull
Dan Welsh
Sadie Whaley
Christina Wilcox
Margaret Wild
Dan Wilson
Rodney Wilson
Elaine Wilson
Ann Wilson 10
John Witjes
Kathryn Wood
Quintyn Zuber
Vince Zvonar

Rick Briese Memorial Award

Chantal St. Amour was presented this prestigious award at the Challenge Celebration for her outstanding volunteer efforts in 2017. In addition to being Secretary for the Friends of Frontenac Park Board, Chantal was the main organizer of this years' Challenge. She managed the data base of those who completed the different Challenges and made sure that the certificates and badges were ready for the celebration. Chantal was also instrumental in collating the 25 fun facts about the Challenge. Thanks you, Chantal, for your efforts. They are greatly appreciated.



JOHN CRITCHLEY

Frontenac Challenge Fun Facts / Did you know

1. 3168 people have complete the Full Frontenac Hiking Challenge in 25 years -- that's an average of 126.68 per year. 3317 have completed all the Hiking Challenges.
2. Audrey Sanger is the only person that has completed the challenge each year for a total of 25.
3. 13 people completed the challenge in 1993 which was our first year for the Frontenac Challenge.
4. 76 people completed the Challenge in 1997 which was the 5th Anniversary, 44 of the 76 were first time registrations and 3 of the 76 people it was their 5th Challenge.
5. 123 people completed the Challenge on the 10th Anniversary in 2002, 32 of the 123 were first time registrations only 1 person completed all 10 times.
6. 214 people have completed the Full Challenge 5 times in 25 years.
7. 84 people have completed the challenge 10 times in 25 years.
8. 18 people have completed the challenge 15 times in 25 years.
9. 4 people have completed the Challenge 20 times in 25 years.
10. 2017 is our record year for new registrations for the Challenge we had 142 register and 92 of those completed the Challenge.
11. 2007 – 15th year Anniversary – 127 people completed the challenge: 34 were first time completers, 12 people completed the Challenge 5 times, 4 people completed it 10 times and 1 person completed it 15 times.
12. The Clinton family is the largest family (6) that's ever completed the challenge together and 5 times in a row to boot. Kayla, the Senior Park Clerk is one of those members and she was 7 years old when she completed her first challenge.
13. 2012 – 20th year Anniversary 192 people completed the challenge: 63 1st time finishers, 18 people completed the Challenge 5 times, 5 people completed it 10 times, and only 1 person completed it 20 times.
14. 2017 – 25th Anniversary 207 people completed the Full Challenge: 92 – 1st year, 13 – 5th years, 6 – 10th years, 4 – 15th years, 0 – 20th years and 1 – 25th years.
15. Within Ontario - Our farthest participant was Christopher Lang from North Bay who completed the Challenge in 2015.
16. Within Canada – Our farthest Participant was Charles Henderson from Calgary Alberta who completed the Challenge in 2014.
17. From outside Canada – We had Elizabeth Naidoo from Germany who completed the Challenge in 2010.
18. In 2011 we introduced the Campers Challenge and the Junior Challenge. Since 2011 we have had 95 people complete the Campers and 46 complete the Junior Challenge.
19. In 2014 we introduced the Trek Challenge. Since 2014 we have had 82 people complete the Trek.
20. Ben Chabot is the first Park Superintendent to complete a Full Challenge. He has earned his 1st year badge this year.
21. The youngest Full Challenge participant that we are aware completed the challenge on her own 2 feet is Mia Newstead at the age of 6 years old.
22. On record we know of 2 people that have completed the Full Challenge in 3 straight days, Morris Bucker and Jordan Goudreau achieved this goal in 2007. A quote from Morris "To justify being in The Park late into the night, we had rented camping sites that we never occupied, just slept on the sides of The Trails when fatigue overcame us. Blistered feet left short-lived painful memories, but the photos show the satisfaction of accomplishment and we are still friends." Both Morris and Jordan have completed Year 15 of The Challenge this year.
23. This year is our highest year on record of first time finishers with a grand total of 92; in 2016 we had 84.
24. This year we had a group of 11 people from the Bruce Trail Hiking Club located in Southern Ontario to complete he challenge. That is our largest group on record to travel that far and complete the challenge together. One loved the park so much that she came back to do more backcountry camping.
25. The projected number of FC finishers, using a 4% average annual increase from the last 5 years, is estimated to reach 562 by the year 2042 which will be our 50th Anniversary.


Remembering Tom Rae

by Peter Owens

Everyone who visits Frontenac Park falls in love with its beauty and unique environment. Few, however, get to know it as intimately in all its seasons as Tom Rae.



Tom and his wife, Lorna, discovered the park in the early 1980's. In 1984, he and a group of friends formed the informal Frontenac Park Euchre Club. For 32 years the group camped and played euchre at the park. When the All Season Camping Challenge began, Tom went for it. He and a friend completed the Challenge that first year. After that, several of his friends continued camping with him, getting in seven or eight months in a row. Tom was the only one not to miss a month. He continued this for an amazing five years. By December 2016, Tom had completed 60 consecutive months of camping at least one night in Frontenac Park. No one else has ever come close to that record. In 2017, 23 people completed the yearly Challenge. We kept Tom's name on the list because we knew he was there in spirit. Perhaps someday one of them will match Tom's determination and follow his example.

Tom was not only an avid camper; he was a true Friend of Frontenac Park. Fred Luciani remembers meeting him 

The Frontenac Challenge - from page 1

Audrey Sanger. Audrey was among the 13 who completed the very first Challenge and was awarded her twenty fifth certificate at this year's anniversary ceremony. At the 2015 awards ceremony Challenge coordinator, Anne Hogle crowned her "The Queen of the Challenge" and to the many who are inspired by her dedication or hope to overtake her in certificates she truly is royalty.

For many the Frontenac Challenge has become a very healthy but compelling experience and of this you should be warned. It is common for first year certificate recipients to be instinctively drawn to the paper plaque in search of your name among current year's finishers. By design the current year plaque just happens to sit next to and in easy

Bruce Trail Trekkers

by Peter Owens

In the winter and spring of 2017, Ruth Moffat was busy organizing a special trip. Having heard about the Frontenac Challenge from a friend, Doris Harper, Ruth determined to get a group together from the Bruce Trail Trek groups and bring them to Frontenac Park to take the Challenge. It would be big commitment, travelling from the Niagara area, staying at Snug Harbour Resort, and trekking the many trails of Frontenac Park, with no guarantee of good weather. Serious trekkers indeed!

Ruth advertised in the Niagara Bruce Trail Newsletter and the Iroquoia Bruce Trail Hike Schedule. The word spread and soon Ruth had 20 people signed up. Of these, 15 of 16 completed the full Challenge and 4 did the Trek. They especially enjoyed our park wildlife. Highlights included a Fisher, Black Rat Snake, and Green Snakes.



JOHN CRITCHLEY

Some of the trekkers, from one of nine different Bruce Trail Clubs, from left to right: Elizabeth Laustroer, Dan Welsh, Phil Henderson, Vince Zvoner, Louise Langlois, Ruth Moffat, Ray Rutitis, Glenda Collings, Cathie Crukley, in front, Nils Stockinger and Daniel Wilson

at Christmas bird counts, trail sweeps, working bees, and on the hiking trails. Known to many just as Tom, he was appreciated for his kind greetings and quick wit.

In January 2017, Tom was diagnosed with terminal brain cancer. He passed away in September. Tom is greatly missed by his family, friends, and many who remember him for his friendly outgoing personality and great love for Frontenac Park.

view of the brass plaques honouring the five and ten-year certificate recipients. Years pass, additional Challenge certificates accrue and before long you are seated in the section of the amphitheatre reserved for the twenty to twenty-five-year certificate honourees – grandchildren in tow. It is then the grand scheme that is the Frontenac Challenge suddenly or unavoidably becomes apparent. You now realize you have been lured by The Friends of Frontenac Park to this wonderful environment, at the time of year when the sun is low and warm, breezes build, the colours peak and the opportunities for self-reflection abound. Congratulations, you have earned full membership to the Frontenac Challenge club – we expect to see you in the fall – Ha! we know we will see you in the fall.

Hard Water Fishing

by Bert Korporaal

Some people just can't get in enough fishing during the open water seasons and like to venture forth onto frozen lake surfaces. It takes a different type of person to do this. For one, he or she must be prepared for the harshness of the season. There are many factors to keep in mind when deciding to do any ice fishing. First you must determine if the fish you want to go for is in season. In this part of the province there are several fish species open to ice fishing. Pike, perch, sunfish, crappie, brook (speckled) trout are just some of them.

To be certain, you must always refer to the Ontario Fishing Regulations Summary or go online: Ontario.ca/fishing. Anglers need to be in possession of a valid Ontario fishing licence and Outdoors Card, unless you are 17 years or under or over 65 years. All species have a limit to the number you are permitted to keep, depending on the type of licence you possess.

In most waters in Ontario while ice fishing, you are permitted two lines, as opposed to open water fishing where you are only allowed to fish one line at a time. You must be in attendance of your line(s) at all times and no farther than 60 meters from them.

Brook trout are in season all year and can be found in 3 lakes in Frontenac Park (Moulton, Tetsmine and Clearwater) and one lake just north of the park, Paddy's Lake. Most anglers fish for brook trout using small mud minnows in shallow waters between 3 to 12 feet. Brook trout are structure orientated fish. They stay at a preferred depth and travel a certain contour. If you catch one at a certain depth, then most others will come from the same depth.

Pike –or northern pike, can be found in Otter Lake, Doe Lake, Kingsford, Birch, Devil and Buck Lake. Baits commonly used are large 3 – 4 inch minnows and large 3 inch silver spoons. Dead bait can also be used successfully. If you are using dead suckers or shiners, fish near weed beds and just off the bottom.

In recent years, more ice fishermen are targeting panfish such as: crappie, perch and sunfish. Once you find them, you normally get a bunch. Crappie normally bite best in low light conditions and at sunrise and sunset, even after dark. Small minnows and small spoons and jigs work best – especially with slight movement, not vigorous jigging. They bite softly and have a paper thin mouth. I've seen anglers catch 20 – 30 keeper crappie in one spot, in an hour. Perch and sunfish are sight feeders and bite best on bright days. They hit small jigs, tube jugs, and small spoons and pimples. Perch like white, yellow and chartreuse colours. Again, try to find the edges of old weedbeds in 8 to 20 feet of water and fish just off bottom. Good panfish lakes in Frontenac include: Otter, Doe, Kingsford and Buck.

A few species you must always try to avoid, as their season is closed during the winter, are lake trout and largemouth and smallmouth bass. If you accidentally catch one of these, quickly unhook it and release it back into the lake

unharmed. Fines for fishing for, and catching and keeping a species out of season can be head spinning, as is the fine for fishing without a valid licence. You shouldn't fish any lake that only has bass and lake trout in it. All lakes in the park have been surveyed for water quality and species. On the Park and Friends' websites you can find a chart showing what species inhabit which lakes.

Ice conditions should be your number one concern. On foot, I wouldn't trust ice any thinner than 6 to 8 inches. You have to remember that ice conditions can vary greatly from lake to lake, but also anywhere on a single waterbody, due to: currents, shade, beaver activity, inflow and outflow streams, wind, water depth, snow load, etc. On one lake it may be 8 inches at one end and only 2 inches at the other. Water on top of the ice affects conditions as well. Water, mixing with snow on the ice surface, turns to slush. This increased weight can lead to the ice fracturing and cracking, making ice even more unsafe.

Slush also plays havoc with footwear, snowshoes and skis. Eight inches of ice, plus 5 inches of slush with 5 inches of dry snow on top of that, will not only make for uncomfortable travel and fishing for the day, but will also make you wonder how safe the ice actually is. When travelling across the lake in a group, stay well spread apart to disperse your combined weight. Follow shorelines as much as possible. Once you have punched a few holes in the ice to determine the ice thickness, you will then have a good idea of how safe it is.

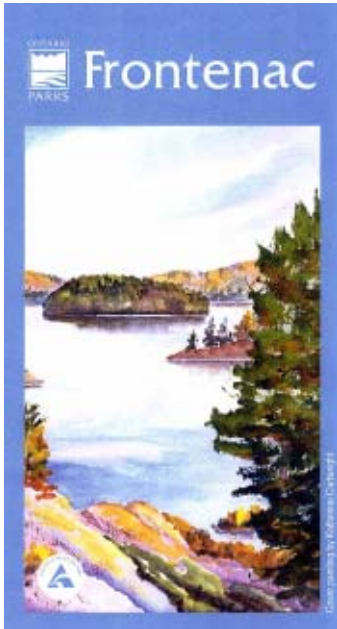
A few other items to bring when ice fishing are water proof and insulated boots, a good ice auger or spud, hot tea, coffee, or chocolate. Stay away from alcoholic beverages, as they give you a false sense of warmth. Plus it is illegal to consume alcohol in a public place. Bring lots of high calorie snacks and a good lunch with you, a small fold up chair will make it more comfortable, a good warm toque and mitts, hand warmers, spare wool socks, a sled to carry your gear, and a map of the area so you know where you're going. Remember to tell someone where you're going and when you plan to be back.

Never throw any unused or unwanted bait into the lake. This will introduce a new species into that lake and upset the lake's ecosystem. This is also unlawful. Bring out what you bring in. When in the Park, fires on the ice or along the shore are prohibited. You may only have a fire in the fireplace at a registered campsite. And lastly, if you are parking in the park or travelling through the park you will need a permit. Usually, you can go to the office ahead of the date you plan to fish and purchase your day permit ahead of time.

Pick a good day with good weather conditions. Get out there. Enjoy the winter. Stay dry and stay warm. Good luck!

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 _____

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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) _____