

FRONTENAC NEWS



THE OFFICIAL NEWSLETTER OF THE FRIENDS OF FRONTENAC PARK

In 2018, Queen's University graduate student Ellen Mann, was awarded the first Friends of Frontenac Park Research Grant of \$2500 to undertake studies in the Park. Working both in the park and in her labs at RMC and Queen's, Ellen performed research on how plants could be used to alleviate the problem of winter road salt use affecting the soil along our highways. The following is a simplified version of her very detailed report.

Phytoremediation of road salt: Frontenac Provincial Park field and greenhouse studies

Canada is the largest user of salt per capita, and the majority of this salt is applied as a de-icing agent on roads in order to ensure road safety during the winter. The salt, sodium chloride (NaCl), applied to roads gradually leaches through the soil and negatively impacts soil quality, freshwater ecosystems, wildlife and vegetation.

In 2018, the Government of Canada stated that it does not plan on banning the use of road salts, despite the known environmental impacts. Hence, until a more environmentally friendly and cost-effective alternative to road salting is found, a method of neutralizing the negative impacts of road salt is needed. One possible method involves the use of halophytes (salt-tolerant plants) that are able to remove salts from soils through a process known as phytoextraction. Phytoextraction has been used to remove other contaminants (e.g. copper, zinc, cadmium, polychlorinated biphenyls) from soils, but to date it has not been implemented as a means of removing excess NaCl from soil in Canada.

Study objective:

The aim of this study was to evaluate the feasibility of using three native halophytes, *Atriplex patula*, *Atriplex hortensis*, and *Atriplex canescens*, to phytoremediate road salt. These three species are good candidates for this application as: i) they have demonstrated high salt extraction ability, ii) they are native to Canada, and iii) they are found on disturbed ground such as roadsides. Phytoextraction ability and survivability in a roadside environment are two important factors to consider when deciding if a plant species is appropriate for this application.

The Frontenac Park field study was integral in demonstrating survivability and growth rates of the species in roadside conditions, and to help develop

best practices for this remediation technique. Road salt is not applied in the park, and hence served as an ideal control field site. A contaminated field site was not identified until later in the 2018 field season. Therefore, to complement the field study in Frontenac Park, clean soil from the Park was removed and spiked with

realistic levels of NaCl to investigate the phytoextraction ability of each of the three *Atriplex* species in a greenhouse study.

Methods:

The three *Atriplex* species were planted in triplicate plots on May 29, 2018, and were monitored every two weeks throughout the summer. Observations made during these visits included measurements of mean shoot length and soil moisture level, as well as qualitative observations of degree of wilting and life cycle stage. On August 30,

all of the above ground plant tissue for all of the plants was harvested and returned to the Analytical Services Unit (ASU) at Queen's University for analysis of salt content.

See Research Grant - page 4



Summer student, Marika Vogelzang measuring shoot length.

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Acting President's Message

Welcome to the spring and summer edition of Frontenac News.

This newsletter arrives as we gear up for another busy period of volunteer activities, with training, the Spring Trail Sweep, the Work Bee, and then the start of the many Friends-led wilderness skills programmes that Frontenac Park offers. This is a good time to recognise the importance of volunteers in the work of the Friends in support of Frontenac Park, to express appreciation for all their efforts, and to encourage everyone to join in support. Thanks to you all.

One of the important roles that volunteers play is to serve on the Board of the Friends and become involved in organising the activities that members and Park visitors enjoy. We have recently had a number of changes on the Board, with some long-term members retiring and some new faces joining us. I would like to recognise and thank members for their service:

John Critchley retired after ten years of dedicated service as Membership Secretary, providing phenomenal record-keeping and performing many extra tasks to keep the Friends running efficiently. He was recognised this year with the Rick Briesse volunteer award.

Heather Jamieson joined the board ten years ago and has served as Member at Large – and jointly initiated and managed our student research bursary. We wish Heather well for the academic sabbatical she is taking.

Guy Thorne has been a member at large for last year, but before that was our Treasurer. We thank him very much for his excellent work with the group's finances as well as bringing a legal perspective to bear and being part of a team which examines potential land acquisitions for the Park.

John Kraemer came to the board in 2016 and organised publicity for the many events we have, including our 25th anniversary in 2017. He has more recently been involved with outreach and assisting with grants and funding as well as working on our student bursary.

Nick Tardif joined the Board of the Friends in 2017 and served as Vice-President, leading efforts including the revised format of the winter lecture, which has boosted attendance. He performed very dedicated work on our new canid survey, including obtaining the research permit, finding sponsorship, and organising training workshops for the volunteer force supporting this project.

I would also like to recognise Cathy Murray, who for many years has organised our hosting volunteers and the chilli for our trail sweeps. We are truly grateful and thank her very much for this support.

Don Stables has given years of support, formerly as a board member and in the last few years he has organised and delivered skills programmes such as winter and summer camping and wilderness navigation. Very many thanks to Don for generously sharing his expertise.

This year, we have welcomed Michael McDonald as Treasurer. Michael is a frequent visitor to the Park and brings his experience as an accountant to the role with energy and thoroughness.

Marie Hulse is our new membership secretary, and Patricia Wales is returning to the Board as member at large.

Dave Lucas, who has delivered the recent map and compass workshops, brings experience to the board as member at large.

I would like to also recognise those who are continuing with the board: David Crane organises the merchandise and works on land acquisition searches, as well as providing key advice on board operations.

Chantal St-Amour has provided indefatigable service as Secretary and Challenge Coordinator and provides frequent Friends-wide communications to inform members of upcoming activities

Peter Owens is our newsletter editor, and valiantly solicits material and creates superb editions every time.

Thanks as well to Nicole Walker, who has quietly and adeptly undertaken the major task of updating the Friends website at www.frontenacpark.ca. This is now well worth reviewing and brings a modern image to the group.

And thanks to the staff of the Park, especially Kayla Clinton and Ben Chabot, who have provided support and



Continued on next page

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.

2018-2019 Board of Directors

President	Chantal St-Amour	president.friendsoffrontenac@gmail.com
Vice-President	Simon Smith	sjsmith@kos.net
Secretary	Jamie Thornhill	secretary.friendsoffrontenac@gmail.com
Challenge	Chantal St-Amour	frontenacchallenge@gmail.com
Treasurer	Michael MacDonald	michael@michaelmacdonaldcpa.ca
Membership	Marie Hulse	m.c.07.hulse@gmail.com
Newsletter	Peter Owens	peter.owens@sympatico.ca
Fundraising	Patty Wales	pattywales@live.ca
Communications & Web Master	Nicole Walker	nicolemariewalker@outlook.com
Merchandise	David Crane	davidcrane@hotmail.com
Member at Large	Dave Lucas	dglucas@outlook.com
Member at Large	Rita Schulze	rita_kay_schulze@hotmail.com

Committees

Hosting Program & Trail Sweeps		
Map coordinator	Jim King	frontenacmaps@gmail.com
Newsletter Publisher	Ron Abbott	elizabethandronabbott@gmail.com
Winter Camping	Don Stables	dstables@cogeco.ca


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.

2019 deadlines for submission of newsletter material are March 11, August 5 and December 2. 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 and peter.owens@sympatico.ca

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 back page of the Ontario Parks – Frontenac tabloid and the website 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 . The Friends Board Meeting has been moved from Ongwanada to a private residence to save on rent. If you would like to attend a Board meeting, please contact the Board Secretary for details.

Date	Program	Start	Finish
April 06	 Volunteer/Guide/Host Training Day	10:00	16:00
April 13	 Spring Trail Sweep	08:30	16:00
April 24	 Friends Board Meeting	19:00	21:00
April 27	 Historical Walk with Jérôme McDuff	10:30	16:00
April 27	Survival Techniques for the Outdoors with Walt Sepic	09:00	16:00
April 28	 Spring Work Bee	08:30	16:00
May 04	 Spring Nature Walk with Maureen Sly	10:00	12:00
May 04	 Intro to Back Country Camping with Don Stables	09:00	16:00
May 04	 Introduction to Wilderness Map Use - Level I	09:00	16:00
May 05	 Advanced Techniques for Wilderness Map and Compass Use - Level II	09:00	16:00
May 05	 Spring Bird Walk with Kathy Felkar	08:00	12:00
May 22	 Friends Board Meeting	19:00	21:00
May 25	Wilderness First Aid Recertification with Steve Tripp	08:00	16:30
May 31-June 2	Red Cross Wilderness First Aid with Steve Tripp Fri. – Sun.	17:00 Friday	
June 01	Canoe Clinic with Walt Sepic	09:00	16:00
June 01	 Introduction to Wilderness Map Use - Level I	09:00	16:00
June 02	 Advanced Techniques for Wilderness Map and Compass Use - Level II	09:00	16:00
June 08-09	 Use of the Handheld GPS as a Tool in Wilderness Navigation - Level III	09:00	16:00
June 14-16	Red Cross Wilderness First Aid with Steve Tripp Fri. – Sun.	17:00 Friday	
June 15-16	 Use of the Handheld GPS as a Tool in Wilderness Navigation - Level III	09:00	16:00
June 21-23	 Erhard Frenzl Memorial Paddle		
June 22-23	ORCKA Canoe Tripping – Level 1 & 2 (or Level 3) with Barry Irish	08:00	17:00
June 26	 National Canoe Day Paddle (held as part of the Erhard Frenzl Memorial Paddle on Saturday, June 22) contact President for details.		
June 26	 Friends Board Meeting	19:00	21:00
All summer	Bring a Friend to the Park		
July 19	Healthy Parks/Healthy People – free admission to all Ontario Parks		
Aug 05	 Deadline for Autumn Newsletter		
August 17	 Family fun Day and BBQ	10:00	14:00
Sep 01- Oct 31	 The Frontenac Challenge, Frontenac Trek, and Junior Challenge		
Sept 20 -22	Red Cross Wilderness First Aid with Steve Tripp Fri. – Sun.	17:00 Friday	
October 05	 Fall Trail Sweep	08:45	16:00
All year	 All Season Camping Challenge		

Acting President's Message - from page 2

advice at our board meetings and planning sessions and have generously accommodated Friends activities all year long.

And so now, after four years as Interim President, I am stepping back to Vice-President and Chantal St-Amour will take over as President and bring new energy and focus to the role. It has been a highlight to fulfil this position, but right now I have other commitments which mean I cannot always be available and give the job the attention it deserves. In short, part of my job is a complete contrast to the calm and natural solitude in the Park. I lead an international committee creating performance requirements for the personal safety equipment used by responders to terrorist events and nuclear accidents such as Fukushima – and this often takes me out of the country.

I was on the first board of the Friends and stayed for nine years, dropping off because I was temporarily posted to the US. In 2008, hungry and arriving too late in fruitless hope of bribing my way to a Challenge barbecue hot dog, I stumbled into the AGM and was encouraged to re-join the Board, first as Vice-President, and for the last few years, as President. We now have several active younger people with new ideas on the board and the Friends is thriving, once again thanks to the dedicated volunteer efforts of many. 

Simon Smith

Friends of Frontenac Park Statement of Operations

For the Year Ended Dec. 31, 2018

REVENUE

Merchandise Sales	\$16,667
Donations	6,496
CFKA Grant -Year of the Bird	3,415
Memberships	2,755
Workshops	925
Interest Income	663
Total Revenue	\$30,920

EXPENDITURES

Administration

Advertising & Promotion	\$177
AGM	409
Bank Fees	68
Canada Helps Fees	22
Donations paid	650
Fees & Membership Dues	165
HST Rebate	(567)
Insurance	1533
Membership	456
P.O. Box	179
Postage	1
Rent	120
Total Administration	3,212

Cost of Merchandise Sold

Merchandise	2,888
Shipping Fees – Map sales	245
Total Cost of Merchandise Sold	3,133

Programs

Bird Count	\$55
CFKA – Year of the Bird	3,415
Frontenac Challenge	605
Hosting	25
Newsletter	1,936
Study Skin Workshop	83
Trail Sweeps	164
Total Programs	6,283

Projects

Brochures	\$287
Ontario Parks – 125	54
Research Award	2,500
Total Projects	2,841

Total Expenditures

Total Expenditures	15,468
Excess of Revenue Over Expenditures	\$15,452

Statement of Financial Position

For the Year Ended Dec. 31, 2018

Assets

Current Assets

Bank	\$21,234
Accounts Receivable	1,965
HST Receivable	321
Inventory	12,430
Total Current Assets	35,950

Investments

5 GICs	90,000
Total Assets	125,950

Liabilities & Net Assets

Current Liabilities

Accounts Payable	\$2,271
Accrued Liabilities	148
Deferred Revenue:	
CFKA Grant	444
Trailhead Eco-Grant	1000
Total Current Liabilities	3,864
Unrestricted Net Assets	122,086

Total Liabilities & Net Assets

\$125,950

Overall, The Friends of Frontenac Park had another good year from a financial point of view. Our revenue increased from the prior year by approximately \$6,000 thanks to The Year of the Bird grant funding from Community Foundation for Kingston & Area and higher donation revenue during the year. Similar to last year, map sales was once again our largest source of revenue, followed by donation revenue, grant funding, and membership revenue. In addition, we were also awarded with a \$1,000 Eco-Grant from Trailhead Kingston which will be spent in 2019 to support our Wolf Survey project.

Total expenditures decreased by approximately \$7,000 from the prior year. This was a result of lower Project Expenditures (in the prior year there were costs associated with historical plaques, map revision & printing, and taxidermy expenditures which were not applicable in 2018), lower merchandise costs offset by slightly higher administration costs and higher program expenditures (costs relating to The Year of the Bird grant project which are offset by grant revenue).

A new project expenditure in the current year includes the \$2,500 research award going to Ellen Mann. Her report can be found elsewhere in the Newsletter.

Overall, these operations resulted in excess revenue over expenditures for the current year of \$15,452 and an ending Net Asset Balance at December 31, 2018 of \$122,086. Our healthy net asset balance is important as it allows us to carry out current and future initiatives. It also provides The Friends with the ability to potentially assist the Provincial Government in acquiring lands surrounding Frontenac Park, should the opportunity arise.

2018 was a great year and we are looking forward to what 2019 brings! 🌱

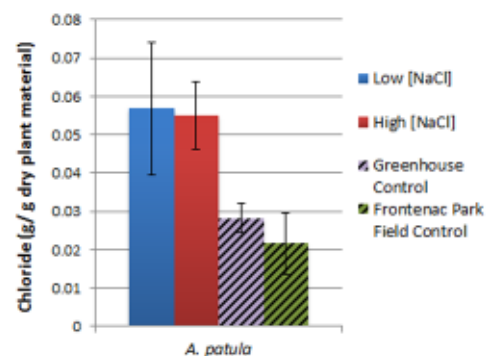
Michael MacDonald, Treasurer

Research Grant - from page 1

Results:

After analysis, it was shown that all three species of the halophytes were all able to absorb significant amounts of salt. However, because it can be planted much more densely, *A. Patula* is the best candidate for use in removing salt from the ditches and roadsides of our highways and streets. More work will be needed to further this research but thanks to the grant from The Friends of Frontenac Park a promising beginning has been made. I would like to once again thank the Friends for their support of my research. 🌱

Chloride Concentration in *Atriplex patula*



Ontario Nature 2019 Youth Summit

– for Biodiversity and Environmental Leadership

The Friends of Frontenac Park are again sponsoring a high school student to take part in the 2019 Ontario Nature Youth Summit. On the weekend of September 20 -22, approximately 100 young people from across the province will gather at the YMCA Geneva Park near Orillia, Ontario, to participate in a variety of activities pertaining to environmental issues. The \$375 cost for the summit will be covered by the Friends. The successful participant will be responsible for their travel to and from Orillia.

www.ontarionature.org/events/youthsummit has more detailed information about the summit. Information about this sponsorship has been shared with local School Boards. Interested students should submit a short essay outlining why they believe they should be chosen for this award to the Secretary of the Friends of Frontenac Park by June 14, 2019. The winner will be notified by June 26.

Last year, without an applicant from the Kingston area, The Friends sponsored a young woman from Toronto. We expect to find a worthy candidate this year from our area. Maria Sanchez attended the 2018 summit and has submitted the following thank you letter and photo of the art work that she produced at that time. Congratulations, Maria.

Dear Friends of Frontenac Park.

I would like to sincerely thank you for the sponsorship you so generously provided to attend the Ontario Nature Summit 2018. The various workshops inspired my plans for the future and the summit offered many leadership

opportunities to build confidence. I enjoyed the summit most because of the opportunity to educate myself about current environmental issues and effective ways to take action. All the information gained has helped me comprehend these issues in more depth, and enabled me to have a better understanding of how to express this within my community.

As an artist, the summit inspired me to create pieces related to various environmental issues. Through my art I am able to share my personal perspective on global issues.

Sincerely,
Maria Sanchez



Watercolour Art Statement: Mother Earth by Maria Sanchez

The woman represents mother earth. The black liquid leaking out of the woman's facial cavities, intended to capture the viewer's eye first, represents oil spills, a big environmental issue harming our oceans. This is portrayed in my painting as the black spills coming from within are ruining the woman's face as they run down her cheeks and chin. To me that is a visual representation of how the damage is affecting the earth's beauty. At the bottom of the painting the woman is holding a sphere that also represents the earth. We literally hold the responsibility for it in our hands as we also hold the power to do something positive about it. I also used the drippy effect for the "oil spill" to fall through the fingers to emphasize that the earth "is slipping through our fingers". I hope that you enjoy this piece as much as I enjoyed creating it. 🌍

Special Places in Frontenac Park

The Friends would like to highlight special places and memories in Frontenac Park. These could be favourite trails, campsites, lookouts, events, or a special time that one experienced. It is wide open and we would encourage anyone who has had a memorable time in the park to submit a short article to the newsletter editor, with photos, if possible. Hopefully, this will encourage other visitors to seek out these areas and enjoy them as much as you do. Our third article is by Simon Smith, our outgoing President and now Vice-President

My story of first contact with the Park was as a "new Canadian", thirty-three years ago, I first learned of Frontenac Park on the old Cablenet Channel 13 – where Park skills programmes were listed now and again in blocky text. I asked a few people where Frontenac Park was, and was told – "it's in front of the courthouse – you know – Frontenac County Courthouse – so it's Frontenac Park, right?" Didn't seem right, somehow, for all those courses in skiing, snowshoeing and winter camping...

In the lighter evenings of spring, I started exploring local roads in my snazzy "Florenca beige" Hyundai Pony and eventually found the Park by following signs from Harrowsmith. It was the evening of April 12th 1986 when I first discovered this wonderful place. Arriving at a deserted parking lot, I paid my \$2.50 day use permit and set off around the Doe Lake Loop, finding what were complete novelties to me like beaver dams, a heronry and

finding one magical place that brought into clarity the insight that Tom Thomson and the Group of Seven artists generated in their representation of the Canadian Shield landscape. I still go back to that spot when I want time to think - it's off-trail so I won't say where...

Over that summer, I revisited many times, soaking up the skills programmes, the finale being the weekend camping course at Campsite 6 with Harbourfront Canoe School. I was even personally tutored in canoeing by the Park's staff. I celebrated my first anniversary in Canada on a damp November weekend at Campsite 5, and can still taste the bacon and eggs with a dash of sand breakfast.

I had the remarkable opportunity the next year to undertake a two-week hike in Auyuittuq National Park on Baffin Island. Fact was, I didn't know if I could stay in Canada after that year, so grabbed the chance while I

Continued on next page

Following upon the success of Ellen Mann's research, the 2019 recipient of the Friends of Frontenac Park Research Award is Sanita Fejzic.

Sanita Fejzic

It's an honour to receive the 2019 Friends of Frontenac Park Research Award, which will give me an opportunity to spend a week enjoying the beautiful fauna and flora of Frontenac Park.

I would like to introduce myself before sharing a brief overview of the project The Friends of Frontenac Park are helping to finance with the research grant. My name is Sanita Fejzic (Fey-zich) and I am a first year PhD student in Cultural Studies specializing in Environmental Ethics and Semiotics, which is the study of signs and symbols. Broadly speaking, my research-creation project has three points of focus: to analyze the knowledge and power structures that have made our current environmental crisis possible; to suggest that we

As an award-winning author and playwright based in Ottawa, I have published books of fiction and poetry, translated poetry from French to English, and am currently working to stage my first play which was workshopped by the National Arts Centre last year. This made me the youngest playwright to hold this honour. The work of the writer has always been to imagine possible futures that either inspire us or alert us to potentialities we refuse to see happen. As Margaret Atwood says, "a word after a word after a word is power." Indeed, what kinds of words must we string together to create an ecological future worth living in?

I will spend the last week of June trying to answer these questions while penning a collection of poetry inspired by



Mossification by Nicole Crozier

are "more-than-human," that is, that we are physically continuous with nonhuman beings including animals, plant life and elements such as water; finally, to find new words and symbols for expressing these more-than-human embodiments.

The point is to destabilize the idea of the individual who is seen as autonomous and separate from their environment. The hope is that if we can accept a more-than-human portrait of ourselves, then we will feel compelled to act more ethically towards the nonhuman beings we are involved with. My project includes the creation of art that enacts and informs my academic research. Cultural Studies is a unique department at Queen's University in that it invites scholars who already have a successful career as professional artists to marry their craft with academic research.

my experience in Frontenac Park. I will be joined by award-winning Israeli documentary filmmaker and cinematographer, Danae Elon, who is also a student in Cultural Studies. Her latest documentary, **A Sister's Song**, was showcased at the Kingston Film Festival this winter. She has agreed to film my process while documenting the immeasurable beauty of Frontenac Park on the screen. My goal is not simply to celebrate the park and communicate novel ideas to an academic audience. It is my hope that the provocative work coming out of posthumanist critical theory and biosemiotics—of which I am an emerging voice—will inspire all Canadians through my poetry and the documentary film. I labour toward a slow cultural revolution—changing people's minds about the value and meaning of nature one word and one image at a time. Thank you for giving me an opportunity to do this work. 🌱

Special Places - from page 5

could. There's a lot more stories about that trip – but I employed the camping skills I had learned at Frontenac to good effect. Best part – applying hypothermia prevention after falling in the sea. But one that went slightly wrong was that I had recalled the advice that if you are going on a long trip, to take some colourful food to cheer you up. The dried food of the day – before the specialized suppliers we have now – resembled string in gravy (in appearance, texture and taste), whatever was on the label. So I packed

some oranges. To cut a long story short, on the last leg of the flight on the way in, winding down a long valley... they got loose. There is nothing like a half a dozen oranges scampering up and down the full length of a Twin Otter as we skimmed the mountain tops to scare the pants off not only the passengers, but also give the pilot white knuckles, and it earned me some choice words upon landing. So my advice, whatever the skills trainer says, if you want colourful food on a trip, stick to M & Ms. 🌱

People Around the Park

From time to time The Friends of Frontenac Park would like to feature a short profile of people that we run into throughout the Park. Some of those written about will be employees, workshop leaders or other interesting people. If you know someone who would be a candidate for this column, please contact the Newsletter Editor by email. Our first article features Walt Sepic, who teaches courses at the Park on canoeing and wilderness survival skills.

Walter Sepic

Walt has been involved in Outdoor Education activities for many years. Born in Hamilton, Ontario and graduating from McMaster University in 1976, he attended the Faculty of Education at Queen's University and soon ended up teaching Industrial Arts, Geography and Physical Education at Regiopolis Notre Dame Catholic High School in Kingston.

In 1989, the School Board opened the Msgr. J. S. Ryan Outdoor Education Centre at Sacred Heart Catholic School on Wolfe Island.

Working out of a portable classroom, Walt designed the curriculum, collected the necessary resources and began welcoming classes of elementary school students from the city schools for day long field trips. The purpose of the Centre was to help students connect with the natural environment so they could see first hand the necessity to take care of

our planet by actions such as recycling and reducing waste and energy use. The activities were informed by the Provincial educational curricula and served as part of the students Science, Health, Art and other programs. Activities included snowshoeing, cross country skiing, building snow shelters, animals in winter, cemetery studies, birding, ecosystem studies, orienteering, map and compass work, art, and air and flight among others. Thousands of students benefited from Walt's expertise. Walt retired from teaching in 2011.

Walt has been awarded the Queen's Faculty of Education Alumni Outstanding Service Award in recognition for his work in education. He also received

the Cataraqui Conservation Foundation Award for advancing the understanding of the environment of the Cataraqui region watershed and promoting its protection through research, education, conservation and advocacy.

A few years before leaving teaching, Walt started Firefly Adventures. He has made many school presentations about astronomy, team building, etc., often at smaller private schools. Walt is a fully certified canoe instructor

for ORCKA and provides courses from basic canoe skills to certifying instructors. He leads wilderness canoe trips for clients. Walt leads Canoe Workshops at Frontenac Park along with a Survival in the Outdoors workshop, which he particularly loves giving. He enjoys getting people excited about expanding the range of activities they can enjoy in the outdoors. Walt likes

giving them the skills and knowledge they need for safe and enjoyable excursions into the wilderness. Details for these events can be found in the Friends Newsletter and on the Park website.

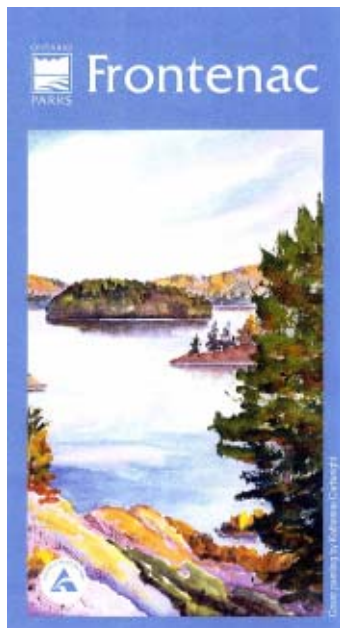
For fun, Walt likes to go on extended canoe trips in remote areas of Canada. Recently, he and three friends paddled rivers east of Great Slave Lake, seeing Musk Ox, bears, and buffalo along the way. On these voyages they depend upon fish that they catch to provide one third of their protein. Walt also enjoys canoeing the French River in Ontario for the opportunity to run the white water rapids. Walt's hobbies include scuba diving, sailing his Albacore, and wood turning. 🌿



Nova and Walt in Canoe

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 cdn 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 the bookstore Novel Idea, 156 Princess St., a 10% discount at Smith Army Surplus: SAS, 89 Princess St., in Kingston, and a 15% discount at The Point Restaurant in Sydenham.

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 _____

☐ I will pick up my membership card at the park office.

☐ Please mail me my membership card.

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

☐ Serving on the Board of Directors

☐ Other (please specify) _____