

# FRONTENAC NEWS



THE OFFICIAL NEWSLETTER OF THE FRIENDS OF FRONTENAC PARK

## The Bugs of Summer

by Bert Korporaal

When I lived in the far north, we used to say that the bugs were sort of a blessing. The 'southern tourists' would complain about them and threaten not to come back because of the bugs. Only the hardy fishermen and the real campers survived... Mom used to say that bugs only bite those who have sweet blood. If you're bitter they won't bother you, otherwise dress for them and put on the bug dope. Knowing how to live with them and prepare for them will help immensely in your enjoyment of the outdoors.

The fair weather outdoor activities that we all look forward to are sometimes interspersed with questions we ask ourselves, wondering why we are out there when the bugs get in the way of our enjoyment. Once you know when they are the worst, how to put up with or prepare yourself for them, you can again, try to make the best of the warm weather.

In this area of Ontario, we endure about 2 – 3 weeks of those nasty, tiny blackflies, normally during the first few weeks of May. Blackflies need a blood meal, similar to mosquitoes, to continue their life cycle, and they prefer to lay their eggs in moving water. They love dark colours. So while hiking wear light, bright colours like white, yellow, or orange. Bug repellent will also work for them. By tucking your pant legs into your socks, you will avoid them getting up your pants or into your socks.

While we are on the subject of tucking in pant legs, we must remind you that we have ticks. Not all ticks carry the dreaded Lyme disease. Only the Black legged tick does, and not all of those carry it either. Besides the Black legged tick, the Wood tick is more common, but does not carry Lyme disease. Frontenac Park is located in an endemic area, so we do have Lyme, according to the local KFLA Health Unit. So, take precautions. Tuck in pant legs into socks, and wear light coloured pants. When wearing light colours, it is easier to spot the insect on your clothes. Even wearing hiking gaiters over your pant legs, will help. Spray your pant legs, gaiters and socks and shoes with an insect repellent that contains Deet. Also, at the end of the day,



check yourself over for any ticks. I have found them on occasion, on lower limbs, under my arms and in 'warm dark areas'. Dogs will pick up ticks as well, so check over your pet before you allow it in the car. Ticks can leave the pet, and then attach themselves to you, then or later at home. Pets can be annually vaccinated for

Lyme disease. Ticks are more commonly around in spring and early summer and then again in the fall. However, they are around from when the snow leaves to when the snow comes back, so be vigilant.

Next in the season are the mosquitoes, which will be around for most of the spring and summer. But as we get into

the heat of the summer they only seem to come out for a few hours at dusk and then again at dawn. The early season mosquitoes seem to be larger and more ferocious than those that come out later in the summer.

The next bugs are the deer flies. Yes, those nasty, annoying flies that fly dizzying circles around your head and always seem to be there to meet you at the start of a portage or when you are hiking along a swamp or near a high grass field. Yup, those biting flies that love to dig into the back of your head. Swimmers are also well acquainted with them, as they like to land on your

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# Acting President's Message

Following a very active year in 2017, it is most exciting to see that the Friends is starting out its next twenty-five years with new ideas and new activities. Certainly we have had excellent attendance at this year's events so far.

Our Annual General Meeting and Winter Lecture received a big boost in attendance over the last few years. We enjoyed two interesting talks: the first by David Miller from the Algonquin to Adirondacks Collaborative (AZA)



NICK TARDIF

who led us through a presentation of their vision and activities. This fellow organisation is focussed on preserving and advancing the ecological integrity of this critical corridor connecting these two major natural areas. As well as conservation, the group is developing a multi-use trail concept which will be over 600 km long.

Hannah Barron from Earthroots described her dedicated work on behalf of the wolf recovery strategy – through mapping the populations of wolves and other canids



NICK TARDIF

with extensive fieldwork and genetic analysis. This is revealing an interesting background to the present location and interaction between wolf and coyote populations in Eastern Ontario.

We are continuing a dialogue with both organisations so that we can participate in their programmes – more news to come soon.

Our Volunteer Training Day received a huge attendance – over sixty people joined in, more than double our usual participation. This was the result of a strong effort to contact former volunteers and to publicize the event on social media. The surprise level of attendance was almost overwhelming and sets us in an excellent position to support the Park over the coming year. We enjoyed an introduction to the Park and the Friends, an overview of their histories, and then had presentations on park operations, the technicalities of trail maintenance and interacting with the public.



Very many thanks to those involved in organising the event and to those who participated.

At our Annual General Meeting, we held an important vote concerning auditing of our accounts. This arose because of a recent piece of provincial legislation called

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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	hhelms@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	davidecrane@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	613-331-8729
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](http://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](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 .

<b>Date</b>	<b>Program</b>	<b>Start</b>	<b>Finish</b>
April 07	 Volunteer/Guide/Host Training Day	09:00	16:00
April 14	 Historical Walk with Jerome McDuff	10:30	16:00
April 21	 Volunteer/Guide Spring Trail Sweep	08:30	16:00
April 26	 Friends Board Meeting - Ongwanada Resource Centre, Boardroom	19:00	21:00
April 28	Survival Techniques for the Outdoors with Walter Sepic	09:00	16:00
April 29	 Spring Work Day	08:45	16:00
May 05	 Spring Nature Walk with Maureen Sly	10:00	15:00
May 05	 Intro to Back Country Camping, Jerome McDuff & Don Stables	09:00	16:00
May 06	 Spring Bird Walk with Kathy Felkar	08:00	16:00
May 12	 Wilderness Navigation Using Map and Compass - Level I	09:00	16:00
May 24	 Friends Board Meeting - Ongwanada Resource Centre, Boardroom	19:00	21:00
May 26	Wilderness First Aid Recertification with Steve Tripp	08:00	16:30
May 26	 Wilderness Navigation Using Map and Compass - Level I	09:00	16:00
May 27	 Wilderness Navigation Using Map and Compass - Level II	09:00	16:00
June 01-03	Red Cross Wilderness First Aid with Steve Tripp Fri. – Sun.	17:00	Friday
June 02	Canoe Clinic with Walter Sepic	09:00	16:00
June 10	Dutch Oven Gourmet Cooking with Barry Irish	10:00	13:00
June 10	Electronics on Wilderness Trips with Barry Irish	13:00	14:00
June 15-17	Red Cross Wilderness First Aid with Steve Tripp starts Friday p.m.	17:00	
June 16-17	ORCKA Canoe Tripping – Level 1 & 2 (or Level 3) with Barry Irish	08:00	17:00
June 22-24	 Erhard Frenzl Memorial Paddle	12:00	16:00
June 26	 National Canoe Day Paddle (held as part of the Erhard Frenzl Memorial Paddle on Saturday, June 24) contact President for details.		
July 21	Healthy Parks/Healthy People – free admission to all Ontario Parks		
June 28	 Friends Board Meeting - Ongwanada Resource Centre, Boardroom	19:00	21:00
Aug 01	 Deadline for Autumn Newsletter		
Sep 01-Oct 21	 The Frontenac Challenge, Frontenac Trek, and Junior Challenge		
All year	 All Season Camping Challenge		

# Friends of Frontenac Park Income Statement for 2018

## INCOME

Bank Interest	0.16
Bank Investment interest	674.46
Donations other	1,124.21
Donations receipted	2,680.00
Donations via other charity	314.75
HST Rebate	1,143.44
Memberships	2,495.00
Sales bookmarks	46.48
Sales books	575.25
Sales checklists	18.60
Sales coasters	513.30
Sales crests	1,394.76
Sales maps direct	8,702.93
Sales maps reseller	3,602.95
Sales merchandize	486.71
Sales Quick Dry	148.77
Sales T-shirts	876.91
Shipping Fee	1.77
Workshops	1,145.00

**TOTAL INCOME** 25,945.45

**OVERALL TOTAL** 1,452.93

## ASSETS

Bank Account	12,489.57
GICs	80,000.00

**TOTAL ASSETS** 92,489.57

## EXPENSES

Advertising & promotion	192.10
Bank fees	14.10
Business	35.00
Insurance	1,532.52
Membership	165.00
Merchandize	9,287.32
Misc.	-35.00
P.O. Box	183.06
Postage	27.71
Programs Frontenac Challenge	493.42
Programs hosting	64.04
Programs newsletter	2,438.11
Programs trail sweeps	24.49
Programs winter lecture	92.37
Projects 25th anniversary	898.36
Projects kiosks and signage	2,260.07
Projects map printing	3,757.25
Projects taxidermy	3,062.20

**TOTAL EXPENSES** 24,492.52

As you can see, the Friends of Frontenac Park have managed to accumulate a sizeable bank balance. Most of our income comes from map and merchandize sales, donations and memberships. Our expenses cover the cost of the many programs and projects the Friends put on. Requests from the Park to fund special projects are often covered. The fawn exhibit is a good example of this. The Friends also like to keep a large part of our assets in accessible GICs that can be used to assist the province in acquiring land adjacent to the park if it becomes available for purchase. We are always looking to make the park bigger and better. The Board would like to thank Guy Thorne for the many years that he served as treasurer. We are very pleased to have someone of Michael MacDonald's caliber to continue in that role.

## Researcher Ellen Mann

by Peter Owens

This spring and summer you may notice a young woman poking around in the ditches besides the roads in Frontenac Park. Ellen Mann, the first recipient of a \$2500 research grant provide by the Friends of Frontenac Park, will be conducting interesting and important research in and around the park.

Ellen is a first year Master of Environmental Studies student at Queen's University. She graduated from Queen's in May 2017 with a BSc, Honours in Biology. Having received a NSERC (Natural Sciences and Engineering Research Council of Canada) Undergraduate Student Research Award, Ellen spent last summer working under Dr. Barbara Zeeb (RMC) in her phytoremediation lab. She loved the work and applied to a Master's degree so she could produce her own



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research under the supervision of Dr. Zeeb and Dr. Allison Rutter (Queen's University).

Phytoremediation is the use of plants to remove or neutralize contaminants in soil sediment or groundwater. Her study will examine the effectiveness of a native halophyte (a plant that grows

in waters of high salinity) *Atriplex patula* or Common Orache in removing NaCl (road salt) from contaminated soil. Ellen hopes to determine if phytoremediation using *Atriplex patula* is a viable remediation option for road salt impacted soil.

Frontenac Park rarely applies salt to its roads. Ellen will be using a roadside in the park as a control site to plant *Atriplex patula* and compare the results to a roadside that is contaminated with road salt. This field study will determine important metrics, including NaCl extraction rates and tolerance levels of *Atriplex Patula*. Complimentary greenhouse studies using roadside soil from Frontenac Park will simultaneously be conducted at RMC.

We wish Ellen the best in her research and we will report on her findings in a later edition of the Newsletter.



# The Black Rat Snake, a species at risk

by Nick Tardif

Victim of superstitions, loss of suitable habitat and road mortality, the Black Rat Snake is a threatened species in Ontario and across Canada. Designated a “threatened” species across Canada in 1998, the Black Rat Snake is likely to find its way onto the “endangered” list, if the factors causing its vulnerability are not addressed.

“The basic reason why it’s threatened is mainly due to habitat loss and public perception and obviously road mortality plays into that,” says Frontenac Provincial Park Superintendent Ben Chabot.

The loss of habitat has resulted in a fragmented population in Ontario with only two remaining areas of suitable habitat, the Carolinian Forest region along Lake Erie and the Frontenac Axis region in southeastern Ontario. The Frontenac Axis is an ancient geological feature of granite that joins the Adirondack Mountains in New York State to the Canadian Shield in southeastern Ontario.

“The Frontenac Axis is in general, a kind of a hotbed for the rat snake. It has the environment for it to survive in, and I think it’s also because the Frontenac Axis is so rugged, development’s been limited,” says Chabot.

The Rat Snake is not poisonous, says Chabot, “It’s a constrictor, and it’s Canada’s longest snake. It’s basically a key part of the food chain. It eats a lot of smaller mammals, mice and things like that, so it helps to keep that part of the ecosystem in balance.”

Along with the vulnerabilities of loss of habitat and public persecution, the Rat Snake has its own natural dangers to contend with in the wild. In nature’s food chain, the Rat Snake doesn’t get an exemption simply because it’s on our species at risk list.

“Larger raptors could eat it: hawks, eagles, birds like that, even owls. Anything that would generally see any kind of snake as food would consider a rat snake as food,” says Chabot.

As the arrival of spring is at hand, the Rat Snake, along with other reptiles, should soon to begin immersing



FRONTENAC PROVINCIAL PARK, Ont. – A Black Rat Snake suns itself on a tree branch in Frontenac Provincial Park, May 8, 2014. As a result of habitat loss and human persecution, the Black Rat Snake is a species at risk in Canada. The snake has been labelled “threatened” or likely to become endangered if measures are not taken to relieve the stressors causing it to become extinct. Photo by Nick Tardif

from their hibernaculums. A hibernaculum is similar to a bear’s den in that it’s an underground cavity below the frost line where snakes hibernate. Although not territorial, Black Rat Snakes are loyal to their hibernaculums and return each year. Maintaining suitable habitat for their hibernaculum is essential for the survival of the Rat Snake.

“It’s going to take some warm weather to kind of get a kick start, because they’re in the hibernaculas right now, so usually by late April they’re coming out,” says Chabot. However, as spring rolls in, the roads become an irresistible temptation for Rat Snakes and reptiles alike to sun themselves on. Signs are one strategy used to warn motorists of high animal traffic areas.

“In areas where there is high snake traffic, or turtle traffic, sometimes you’ll see ‘Please brake for snakes or turtles,’ ” says Chabot.

The fate of the Black Rat Snake in Canada lies in education and conservation.

“The biggest thing is probably public education. I think that’s an important thing we need to do. I think because the rat snake is the longest snake in Canada, people think it’s going to be mean but in reality, the Rat Snake isn’t a very aggressive snake,” says Chabot.

So this spring, please break for snakes.



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## President's Message - from page 2

the "Cutting Unnecessary Red Tape Act" which releases not-for profit groups like ours with low incomes from the obligation of an annual audit of their accounts. The Friends has modest financial resources, and rather than proceed with a formal annual audit of our accounts which would consume about a quarter of our income, we have in the past undertaken external reviews by independent parties of our accounts. A motion was put forward at the AGM which formalizes this position for the future, and this was accepted on voting.

At our Annual General meeting we also had a presentation by the first recipient of our Student Research grant, Ellen Mann, who is studying the efficiency of *Atriplex patula* (salt spearbush) in the uptake of road salt. Frontenac Park will be used as an uncontaminated control region. This research will take place over 2018 and we look forward to learning more at our next AGM.

About four years ago, we held a "Vision Day" at the Park to seek ideas from our membership. This well-attended and active day led to the condensation of 75 ideas which the Friends could pursue as new initiatives. We have seen many of these being realised in the intervening years – including historical plaques, the student research award, our support of Park-based school education programmes, the Christmas Bird Count and the foreign-language information sheets. But we are still very interested in new ideas – so if you think there is an opportunity for a new activity in line with the Friends mission, please contact any member of the board.

I wish you all a very enjoyable and active summer.  
Regards,

*Simon*



Break time at the AGM

## The Bugs of Summer - from page 1

shoulders and bite when you're in the water. Wearing a T-shirt while swimming will help keep them off you. Deer flies also need blood to complete their life cycle. They come out around the third week of June and stay until the third week of August. These bugs are attracted to movement, (and the colour brown), so normally they will congregate around the first person leading the hike ... the 'decoy'. Do not flail your arms to shoo them away. You are only attracting them to you. An effective way to deal with them is to wear a hat and on the back of the hat, place a deer fly strip. This fly strip will capture the flies. At the end of the hike discard the fly strip in the garbage. On bad days you'll be amazed to see the number of deer flies stuck to your hat! All potential biters! On days when they've been especially bad and I've been bitten, this has resulted in headaches. Hence the recommendation to have Aspirin with you!

Along with them, are their cousins - the moose flies and horse flies. They all bite and will draw blood. And lastly ...are those flies that look like regular house flies, but love to bite your ankles when you are in a canoe. But they don't really bite. They have an acidic saliva that feels like a bite, but actually is more like a chemical burn that later itches. Wear socks and bring a fly swatter in the boat.

For hikers and campers who get excessively bitten and wind up with swollen ankles, immerse your feet in cool to cold water and take an antihistamine. The swelling will go down. In extreme cases one can get a fever and an upset stomach from extreme bug bites.

Some people like to wear bug jackets or bug nets to avoid the bugs. Not using sweet smelling colognes, after shaves or deodorants, will help to not attract many insects as well. Bugs are part of the environment. If you take the proper precautions and are prepared, you can enjoy the fair weather months outdoors ...with the bugs. At first you may need to be selective about when you go into the outdoors. With this information you can prepare to go out and enjoy the summer.

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## Eastern Wolves

by *Natasha MacDonald*

Eastern wolves, found in the forests of Ontario and Quebec, are at risk and Hannah Barron is following their tracks, hoping to help improve their threatened status under the endangered species act. The term “threatened” for the eastern wolf (also known as Algonquin wolf) requires there to be a recovery strategy made by the province within two years.

Hannah Barron, director of Wildlife Conservation Campaigns at Earthroots, spoke at the recent lecture series at Queen’s University, presented by the Friends of Frontenac Park. She is highly dedicated to her work and shows that through her consistent effort in the steps she takes for the conservation of the eastern wolf.

“The ideal outcome for eastern wolves, for me, would be that their population increases. So that there are enough wolves on the landscape, and we can be more sure that they are going to be able to withstand more changes in prey shift or changes in disease that are associated with things like climate change and whatever else is coming down the pipes with wolves,” says Barron.

The eastern wolf is different from the grey wolf and coyotes.

“The eastern wolf is quite a bit like the grey wolf, which is the really common wolf we have that is not endangered. They eat the same things but at slightly different rates. But they themselves are different, have different lineages. We think, and most of the research

supports the fact that the Eastern wolf evolved in North America, whereas the grey wolf evolved in Eurasia and then crossed over into north America later,” says Barron.

The population of these wolves in eastern Ontario is very difficult to determine.

“With eastern wolves, we don’t really know but we think that there are between 250 and 1,000. But it’s probably not closer to 1,000 because that would be assuming that they’re at the same density as we found them in the high-density spots in the parks. And what little we do know, outside of the parks, is that they are very rare. So, it’s probably closer to 250... I would ball park it and say 500,” says Barron.

This number is significantly lower than that of the grey wolf, which has a population of roughly 9,600 in Ontario.

Being a top predator, wolves play an important role within an ecosystem.

“What we do see are eastern coyotes everywhere and they are not the same as eastern wolves or grey wolves and no doubt that is impacting the ecosystem in some way,” says Barron.

Barron first became involved with Earthroots after her involvement with the Ontario wolf survey. Earthroots is a grassroots organization working towards protecting the province’s wildlife. Since eastern wolves are not commonly known, like the grey wolf, the organization creates awareness through research and education.

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## Volunteer Training Day

by *Peter Owens*

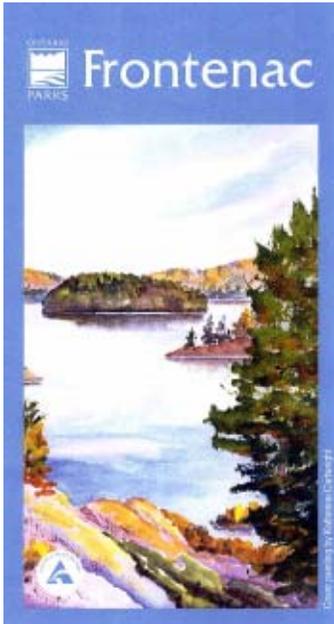
On Saturday, April 7, 62 people came to the office at Frontenac Park to take part in training to be a volunteer. Park supervisor, Ben Chabot, led the training, explaining the role the volunteers can be expected to play. Kayla Clinton and Simon Smith expanded on this. Jerome McDuff also spoke about the history of the park. The Friends are very excited to have many new volunteers joining those who have been with us for several years. Volunteers must go through this training every two years to remain qualified. They help in many different areas including trail sweeps, work bees, hosting in the office, and interacting with visitors on the trails.



SIMON SMITH

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