



# BETWEEN FRIENDS

☞ working with the park to make it an even better place to visit ☞

## Spring into Summer 2011

**FRIENDS OF SANDBANKS PARK**  
P.O. Box 20007

219 Main Street

Friends web page is [www/pec.on.ca/friends](http://www/pec.on.ca/friends)  
Picton ON K0K 3V0

The Friends of Sandbanks Park is a Registered Charity #893935767

### 2010 BOARD OF DIRECTORS & COMMITTEE MEMBERS

Penny Sipkes	Chair	613-393-5774
Mark Despault	Vice-Chair, Park Liaison	613-393-3319
Brian McLaughlin	Treasurer	613-399-2438
Don Metcalf	Secretary	613-476-4423
Mark Powell	Director	613-967-6157
Doug Johnson	Director	613-476-1377
John Drechsler	Director	613-476-0460
Doug Sloane	Past Chair	613-476-3277
Elaine Metcalf	Nature Shoppe Co-Manager	613-476-4423
Janet Mooney	Nature Shoppe Co-Manager	613-399-9099
Neil Sipkes	Membership Co-ordinator	613-393-5774
Evelyn Sloane	Newsletter Editor	613-476-3277

### 2011 MEETING DATES

Friends of Sandbanks Park meetings are at the Park Office and start promptly at 10:00am. However, the AGM is usually held offsite. All members are welcome to attend, but please confirm in advance, by phoning Penny at 613-393-5774. The following are the planned dates for the next few months - April 11, May 9, June 13, August 8, September 12, October 17, November 8, and December 12 [tentative] for the AGM.

The printing of the newsletter is made possible by the generous support of Don Bucholtz, Superintendent of Sandbanks Provincial Park. Thank you to Don and all the staff at the Park who support the Friends in so many ways. We would be pleased to print articles pertaining to memories of Sandbanks; joys or woes of camping; book reviews; recipes - Snail mail to the Friends address or e-mail to [romar@kos.net](mailto:romar@kos.net). Deadline for submissions for the next newsletter is *August 31, 2011*. The contents of this newsletter are the sole property of the Friends of Sandbanks Park and may not be reproduced without the permission of the editor.

Local companies advertise in the newsletter. Their generosity helps to offset the postage and supplies for the newsletter. Please support these local businesses in the County.

The worst day camping is better than the best day working.



Looking Back and Looking Forward from my chair.....

Penny Sipkes

Looking out I can see the bulbs starting to emerge as the snow starts to disappear from the hedgerows. At last spring is officially here.

We had a great Snowfest this year. Most years there is no snow but just in time enough fell to give Mark and Laura something to groom for the many skiers. We met at Maple Rest and everyone was served chili and hot chocolate. It was fun talking to the skiers and they enjoyed the food and cosy warmth after the fresh air.

The upcoming year is looking very exciting. On page 3 is the Park Report on the Dune Trail. We hope to have a grand opening but a date has not been set yet.

Mother's Day is always fun at the Nature Shoppe, seeing the new products and meeting new and old friends. Always a wonder which of the wildflowers Yvette will find to show us and how many birds Jo-Anne can identify (whether or not we can see them). This is the fourth year of our reforestation project with yet more trees to be planted in May.

This summer we are trying out something new - Dinner and Theatre night twice during the summer. Currah's will cater out of the new picnic shelter beside the amphitheatre on July 27<sup>th</sup> and August 10<sup>th</sup>. Tickets can be purchased in advance at the Nature Shoppe and the Park Store but at the event we can only accept cash, no bank or credit cards.

Sandfest, the family day for making anything out of sand, will be on July 20<sup>th</sup> and our environmental Trash Bash on August 10<sup>th</sup>. Prizes will be given at both events for participants. We also can be found, eating corn at Lakeshore Lodge Day on August 17<sup>th</sup> or waving runners through on September 18<sup>th</sup> during the Fun Run. Come out and say hello at one or all of our events.

We hope to improve the web page to make it more current so watch out for improvements. [www.friendsofsandbanks.org](http://www.friendsofsandbanks.org)

Keep in touch throughout the year as we are always looking for more ways to improve the camping and park experience, for articles for this newsletter, for photographs, for volunteers for our events and just to stay in touch.

It is hard to believe that Mark Despault is retiring from Sandbanks at the end of April. He has assisted the Friends throughout the years in an amazing number of ways. He will be greatly missed at the park but he has promised to stay a Friend. We all wish him every happiness for many, many years in his retirement. Thank you, Mark.

Looking forward to all the wonderful sunny days that are part of summer in the County at Sandbanks,



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Chris Currah, Proprietor  
Danielle Duguay, Special Events Coordinator  
Lyndon Johnston, Executive Chef

[www.currahs.com](http://www.currahs.com)

👉 Memberships run from April 1<sup>st</sup> till March 31<sup>st</sup> so please fill in the renewal notice enclosed and let's remain Friends. If there is no notice enclosed you are paid up for another year. 📧



**A long awaited dream comes true!**

**Mark Despault - Assistant Park Superintendent**

In the cold of winter 1993, a small group of people gathered in Picton to discuss the concept of creating a non-profit community organization to assist the staff at Sandbanks Provincial Park with various educational and interpretive undertakings that might encourage visitors to walk away with a better understanding of the park's natural and cultural features. This group soon obtained their non-profit and charitable status and came to be known as "The Friends of Sandbanks Park". One of the main projects that group undertook was to assist in the designing, planning and construction of an interpretive trail featuring the large baymouth bar and sand dunes located on the west side of the park adjacent to both Lake Ontario and West Lake.

Finally, almost 20 years later, this spectacular dunes trail will come to volition. Thanks to monies obtained through the Federal/Provincial Infrastructure Fund, Ontario Parks and The Friends of Sandbanks, this 2.5 km trail, complete with boardwalks, stairs and viewing platforms, will wind its way through rolling sand dunes and skirt along natural pannes (low lying marsh areas situated between the dunes).

Trail construction is presently being carried out by the landscaping company The Scott Wentworth Group with a planned completion date of March 31. Park naturalist Yvette Bree is also designing and producing an interpretive guide which will focus on some of the many natural features of this significant park attribute. Interpretive panels will eventually be developed to bring this area's rich landscape to life.

Plans are tentatively being made for a grand opening sometime in the spring and we encourage all our members to venture out to the park in 2011 and experience this fabulous new interpretive trail.



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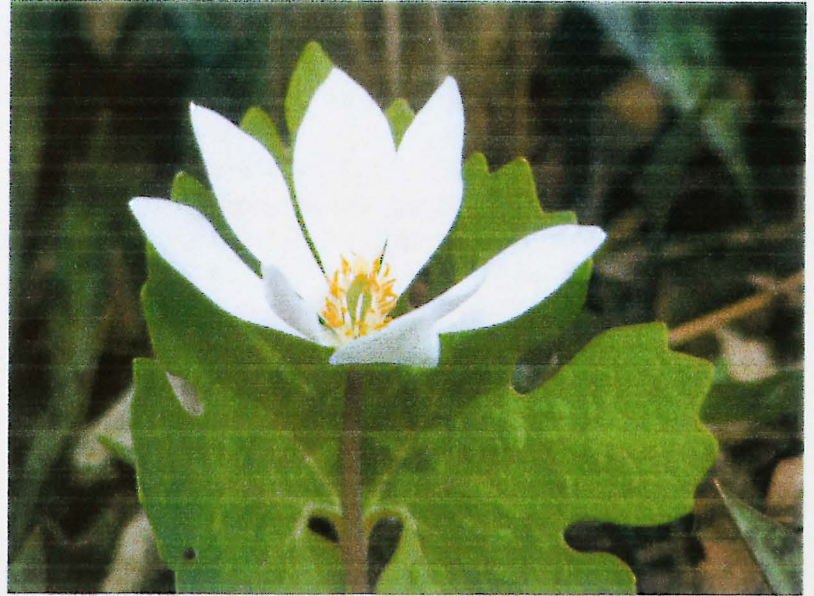


## Spring Has Sprung

Yvette Bree - Natural Heritage Education Coordinator

Well, perhaps not yet, but the signs are there. As temperatures begin to warm, the ice disappears from the lakes, snow melts and tiny green shoots start appearing. Birds return from their winter "vacations," frogs, toads and snakes emerge from their hibernaculum and many wildflowers burst forth with welcome blooms.

Plants do flower throughout the warmer months, but there is definitely a plethora of petals in spring, before the trees develop their leaves and block sunlight from reaching the forest floor. One of the earliest to be seen is Bloodroot (*Sanguinaria canadensis*), so named because of the colour of its sap (which is more of a rusty orange). It often produces just the flower first – 8 to 12 pure white petals – with the large, lobed and rounded leaves visible days to weeks later. Other early bloomers include pinkish-white Spring Beauties (*Claytonia virginica*) and Sharp-lobed Hepaticas (*Hepatica acutiloba*), with white, pink or purple flowers.



Trout Lilies (*Erythronium*) are known by several different names – Dogtooth Violet, Adder's Tongue or Fawn Lily to name a few. Two different types can be found at Sandbanks – the first to appear has a yellow flower (*E. americanum*) and the other is white (*E. albidum*). The White Trout Lily is approaching its northernmost limits here, as it is found much more commonly in the Carolinian Forests further south.

Of course spring wouldn't be spring without trilliums. Once again, two different species can be found here, most commonly the Large-flowered Trillium (*Trillium grandiflorum*), which most people simply call White. You have to look a little harder to find the Red Trillium (*T. erectum*) which is also called Stinking William due to its supposedly strong odour.







As spring progresses, many more flowers appear. Marsh Marigolds (*Caltha palustris*) bloom in wet areas; tiny snowflake-shaped Miterworts (*Mitella diphylla*) appear in open woods; and several different species of violets (*Viola* sp.) produce their flowers.

Perhaps not the showiest of wildflowers, Jack-in-the-Pulpit (*Arisaema triphyllum*) has an interesting story nonetheless. Throughout the summer, it stores as much energy as it can in an underground "corm." In an average growing season, it will be able to store enough energy to produce a male flower the following spring. A poor season means no flower at all the next year, but if it has a good summer, it will come back as a female flower, and should perhaps more properly be called "Jill-in-the-Pulpit."

These are just some of the wildflowers we welcome here at Sandbanks every spring. Many people come to appreciate them on warm spring days, with a camera and perhaps a pair of binoculars as well to catch a glimpse of those returning birds. Every Mother's Day we celebrate spring with both wildflower and bird-watching walks - this year's "Spring Celebrations" are on Sunday May 8<sup>th</sup>. If you would like more information on these events, please contact the park.

**Happy Spring!**

**Did You Know...?**

...that 2011 marks the 100-year anniversary of the first planting of trees in an effort to stabilize the sand dunes? Grazing, logging and fire had removed much of the dunes' natural vegetation, and by the 1850's, sand was covering roads and crops and threatening buildings. In 2011, local farmers got together and planted willow boughs along the edge of the encroaching dunes. Although more major efforts would be required to slow the advancing sand, some of these trees can still be seen today.



Interior of willows planted 1911.



John Croney  
Manager  
Small Business / Agriculture

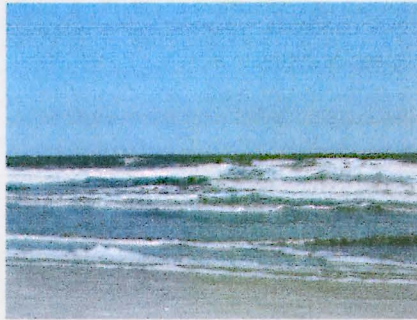
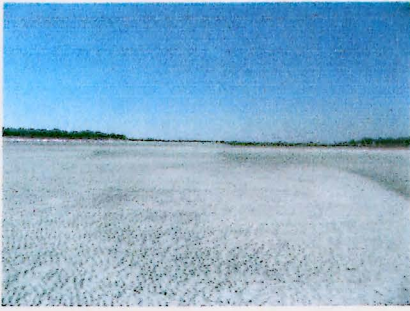
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Many plants that grow in the wild can be cultivated from nursery stock in your home garden and many are edible. Violets look lovely in a salad and are very tasty with a peppery flavour.



Views from our campsite in February, somewhere in the southern USA.



Match the beach on the left to its location on the right.

- 1. Aberporth
- 2. Acapulco
- 3. Anse Vata
- 4. Bali
- 5. Bohol
- 6. Bondi
- 7. Boracay
- 8. Crackington
- 9. Destin
- 10. Hunting Island
- 11. Ibiza
- 12. Ipanema
- 13. Las Grutas
- 14. Lunderston Bay
- 15. Maui
- 16. Miramar
- 17. Ocean City
- 18. Orient Beach
- 19. Outer Banks
- 20. Phuket
- 21. Pismo Beach
- 22. Riazor
- 23. Sandbanks
- 24. Shipwreck Beach
- 25. Siargao
- 26. Waikiki

- A. Argentina
- B. Australia
- C. Brazil
- D. California
- E. England
- F. Florida
- G. Florida
- H. Galicia
- I. Hawaii
- J. Hawaii
- K. Indonesia
- L. Mexico
- M. New Jersey
- N. North Carolina
- O. Noumea
- P. Philippines
- Q. Philippines
- R. Philippines
- S. Prince Edward County
- T. Saint Maarten
- U. Scotland
- V. South Carolina
- W. Spain
- X. Thailand
- Y. Wales
- Z. Zakynthos Island

Tides are dependent on the moon match the month to the name of the moon

- January
- February
- March
- April
- May
- June
- July
- August
- September
- October
- November
- December

- 1. Bear Moon
- 2. Berry Moon
- 3. Blossom Moon
- 4. Broken Snowshoe Moon
- 5. Changing Leaves Moon
- 6. Falling Leaves Moon
- 7. Fish Moon
- 8. Freezing Moon
- 9. Great Spirit Moon
- 10. Little Spirit Moon
- 11. Snow Crust Moon
- 12. Wild Rice Moon





Volunteering. The very word can inspire or terrify us.

The downside - committee meetings, fundraising, standing around for hours with a fixed smile on your face, no pay. The positive side - meeting new friends, improved interpersonal skills, keeping up with skills learned over a lifetime at a paid job, giving back to your community, increasing ones communication skills and knowledge. One quarter of volunteers 15-24 years old said that volunteering had helped them get a job.

Hundreds of thousands of hours are spent every year by volunteers doing unpaid work for their community. Recent figures indicate that the average Canadian volunteers over 150 hours per year and at a rate of \$20/hour that is \$3,000 that is given freely. Seniors comprise the largest segment of volunteers and give an average of 22.4 hours per month, which equates to about 260 hours per year. Small towns and rural areas have a higher rate of volunteering than big cities (37 per cent vs. 29 per cent, 1997 survey). Wealthy people volunteer less than their poorer neighbours.

Canadians who volunteered at least 188 hours in the year, just seven per cent of all adult Canadians, put in 73 per cent of all the volunteer hours! And their share of the volunteer workload has increased, too. People who volunteer also contribute more to charities and are more likely to engage in 'civic participation.' (Saskatchewan has both the highest rate of volunteering and the highest rate of civic participation in Canada.) The survey report identifies what it calls "core supporters." Together, the core supporters -- this time just nine per cent of the population -- "provide 46 per cent of the total dollar value of all donations and 40 per cent of all volunteer hours." The authors of the survey report observe that Canada "depends heavily upon the contributions of a small core of particularly engaged citizens."

The state park in South Carolina that we have wintered at for 10 years has a Friends Group. Last year they volunteered a whopping 9,000 hours. Their tasks are many. Walking the beach and picking up litter, acting as host campers, developing a programme to save the logger head turtle. In a state such as South Carolina this means a lot as it is one of the poorest in the U.S.A.

Volunteers at Sandbanks are no slouches either. With the Dunes Trail finally being built, the dream of many of us is now a reality. Does that mean that we will sit back on our laurels and gloat? No way. Other dreams await, a new Visitor's Centre - meaning a new and expanded Nature Shoppe, the reforestation project, a scholarship programme for young people and on and on ....

April is Volunteer Recognition Month. A huge thank you to all the people who have volunteered over the past year. To help us continue the dream, The Friends of Sandbanks Park entreat you to come out and volunteer.

The last word -

"Because it's you at your best as a human being because you are acting outside of self interest.... Volunteering is participating as a citizen in your society."



-- John Ralston Saul, philosopher



