



BETWEEN FRIENDS

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

Spring into Summer 2012

FRIENDS OF SANDBANKS PARK
P.O. Box 22007

97 Main Street

Friends web page is www.pec.on.ca/friends
Picton ON K0K 0A0

The Friends of Sandbanks Park is a Registered Charity #893935767

2012 BOARD OF DIRECTORS & COMMITTEE MEMBERS

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Janet Mooney	Nature Shoppe Co-Manager	613-399-9099
Neil Sipkes	Membership Co-ordinator	613-393-5774
Evelyn Sloane	Newsletter Editor	613-476-3277

2012 MEETING DATES

The Friends of Sandbanks Park meetings are held on the first Tuesday of the month at the Park Office and start promptly at 10:00am. The AGM is held offsite in December and is a pot-luck dinner. Great food and good fun. All members are welcome to attend any meeting, but please confirm in advance, by phoning Mark Despault at 613-476-1509.

The printing of the newsletter is made possible by the generous support of Robin Reilly, Superintendent of Sandbanks Provincial Park. Thank you to Robin 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. Deadline for submissions for the next newsletter is *August 31, 2012*. 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.

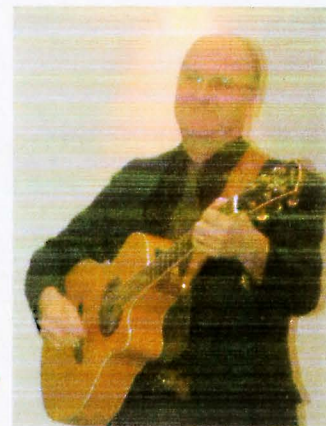
We do not inherit the earth from our ancestors, we borrow it from our children.

- Native American Proverb

Changing of the Guard

**Mark Despault, Chair
Friends of Sandbanks Park**

Recently our long-time Friend, Penny Sipkes stepped down as chair. She continues to be an active board member of the Friends of Sandbanks Park. At the last AGM held in December, the board appointed vice chair Mark Despault, as her replacement. The board would like to take this opportunity to thank Penny for her leadership and diligent work as chair over the past 6 years and look forward to her on-going contributions as a board member.



Mark is no stranger to Sandbanks or the Friends. He has served as an employee of the Ministry of Natural Resources and Ontario Parks for over 34 years, starting his parks career in Lindsay Ontario at Serpent Mounds Provincial Park in 1977 and retiring in 2011 as Assistant Park Superintendent at Sandbanks.

He was instrumental in the creation of the Friends of Sandbanks Park and has been an active board member since the association's inception in 1993. Although Mark's job at Sandbanks kept him quite busy over the past 24 years he has also managed to maintain and develop his musical career as well. As a founding member of the Canadian Heritage Band

"The Wakami Wailers", he has been performing traditional Canadian songs and interpreting Canadian history since 1984. The Wailers have toured throughout North America from Disney World's Epcot Centre to the Worlds Fair in Vancouver, BC. The band has produced three popular recordings and the soundtrack for several films including the award winning "Winter Camp". Along with long time friend, Alec Lunn, Mark is also a member of the popular Prince Edward County musical parody duo the Frere Brothers. Mark continues to live in Prince Edward County with his wife and family. He looks forward to continuing his association with the staff at Sandbanks as an active member of the Friends Association.

The Wakami Wailers in concert



You can catch the Frere Brothers most Thursday evenings at the Barley Room Pub at the Waring House. They also perform at the July 7th Mariner's Museum Fish Fry. The Mariners is the museum with the old lighthouse on the shores of South Bay. Their fish fry is a rollicking good evening of dinner, music and a silent auction. If it rains? They move the party to the Milford Shed (grander than it sounds) at Milford Fairgrounds. \$20 per ticket.



WHAT'S UP WITH THE FRIENDS IN 2012?

This year is shaping up to be a busy year for the Friends of Sandbanks Park. With the last bunch of trees being delivered and planted this spring, we will find ourselves at the end of a five year commitment to reforest three fields within Sandbanks. The trial reforestation project was carried out to investigate the best way to re-plant the farrow farm fields while still meeting the objectives of the parks management plan. In all, the Friends will have purchased over 5000 trees and with the help of park staff, environmental students from PECCI and Tree Stewardship have planted them in the three fields.

In line with our association's objectives to produce booklets, birding lists, activity booklets, trail guides and books on nature topics and the history of the park, we are proud to announce the release of a spectacular book featuring the Sandbanks dunes. This book has been in development for several years and we are excited about making it available to the public. Look for it in the Friends Nature Shoppe located in the Visitor Centre.

In 2011 the park experienced record attendance and as a result, a high volume of visitors on the newly created Dunes Trail. The basic trail is now complete and interpretive panels are in the planning stages that will eventually replace the trail guide publication. Fund raising will continue in 2012 towards the construction of a viewing platform that will be located near the beginning of the Dunes trail.

Visit the newly-developed Friends of Sandbanks Park web site to obtain up to date information of Friends events planned for 2012. It is located at <http://friendsofsandbanks.org>.

Superintendent's Message

Robin Reilly

The Sandbanks Dunes area of Sandbanks Provincial Park was formally established fifty years ago. For most of those fifty years the Park was managed by Superintendent Don Bucholtz. Don retired in April this year and I've been hired with the challenge of continuing his good work.

As I write this I have been Sandbanks Superintendent for all of six weeks...and I think the job and the park are starting to make sense. Hopefully, by the time the peak season begins, I'll have a basic grasp of things. I may be able to catch up quickly as I have worked as a Superintendent in another high-profile park, Quetico, for the last eleven years. Prior to that, I worked in many parks and park organizations all across Canada.



Robin Reilly and Don Bucholtz

In many of those Parks I had the good fortune of working with effective 'Friends' organizations. A group such as the Friends of Sandbanks Park can work alongside of the formal Park organization and often achieve goals and complete tasks that are difficult to do within a public service agency. They particularly enable donations and volunteers to give something to expand the parks value and benefit. Recently, the Friends played a large role in the development of a new educational hiking trail along the western dunes. Currently, they are supporting the launch of an excellent new book on the park's natural and cultural heritage. Typically, the park's internal program and budget are sufficient to provide the essential services to operate and maintain the park. Many of the more creative and innovative projects that enrich the park experience come through the efforts and actions of groups such as the Friends.

I look forward to working with the Friends of Sandbanks over the next few years. As you read this newsletter, I encourage you to consider how you can support the Friend's organization and the park. Valued support can be as simple as renewing a membership or buying a souvenir product at the park store; or as deep as assisting with volunteer projects or serving on the Board.



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Quotes from Robin Reilly at a recent Council meeting
'Sandbanks welcomes roughly 650,000 visitors each year and it exceeds occupancy more than any other park in the province' ... 'A low broadcast radio system is being set up to help inform travellers of what is going on within park. It can be heard up to 2k from the gatehouse, keeping visitors up to date on park's occupancy levels and activities'...
'Sandbanks Park collects several million dollars per year in park fees and has an operating budget of approximately 1.5 million dollars, which is spent throughout the community.'

Join the Friends for THEATRE IN THE PARK

The ever-popular camp-style musical theatre in the park. Two short plays, full of music, laughter and mystery, will depict Sandbanks' rich natural and cultural history. Great family entertainment. Suggested donation of \$1/person or \$5/family. Refreshments available. Wednesdays, July 11 and 25, August 8 & 22.

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Sandbanks' Dunes Recognized in New Book

Mention Sandbanks and the first thing that comes to mind is "the beach." In fact, Sandbanks has three beaches. Outlet is the most popular, with its warm shallow, waters that are particularly ideal for families with young children or non-swimmers. The other two beaches are located on the West Lake side of the park. Sandbanks Beach on Lake Ontario is not quite as busy as Outlet, as it stretches a full eight kilometres towards the town of Wellington. Dunes Beach is known for its scenic values, with tall dunes as its backdrop (but beware the steep drop-off in this area).

Although best known for these spectacular beaches, Sandbanks is also famous for its dunes, which are unusual, geomorphologically speaking. The park's beaches – in fact many of its roads, campgrounds and buildings – are situated on two separate baymouth bars. The West Lake bar is particularly significant, as it is the largest freshwater baymouth barrier dune system in the world. Dune systems are very fragile environments. Historically, the West Lake bar was described as large grassy swales with forested pockets. Early settlement in the area led to the removal of many of the trees and cows were grazed on the dunes. The area became unstable and sand buried crops and roads. A massive reforestation effort eventually slowed the moving sands. Hopefully we have learned from the past. But today, as a provincial park, Sandbanks attracts over half a million visitors every year. Many of them visit the "big dunes," and with this in mind, the park, with the help of the Friends, developed a trail through the area last year. It is hoped that this will reduce the impact of traffic through the area while still allowing people to enjoy and discover this amazing natural resource.



West Lake Through the Dunes

Recognizing the importance of this landscape feature, the Friends have been working on a special publication that will be released this summer in conjunction with the 50th anniversary of Sandbanks. The book is divided into three sections and is full of amazing photographs and illustrations that depict this area as it was in the past and as it appears today. The first chapter describes the formation of the baymouth bar and was written by Justin Childs, who has been doing research at Sandbanks for many years. The second section is on the varied history of the dunes and is written by well-known local historian Phil Ainsworth. The plants and animals of the dunes are described by Joanne Dewey, who has worked as a Naturalist at the park for many years.

The Friends are very excited about this project and hope it will provide visitors with a lasting souvenir of their trip to Sandbanks. Look for it at the Friends' Nature Shoppe at the Visitor Centre, the main Park Store, at a few local businesses and at many of the park's interpretive programs.

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Currah's Park Store & Grill - Located at the day-use area of the Sandbanks Provincial Park, offers seasonal services. A full-service retail store, and The Grill features pizza, fresh salads and sandwiches, traditional grill fare, ice cream and beverages. Open May long weekend through to Thanksgiving.

Living in an old house has some interesting challenges. Renovating is ongoing, we are in the 17th year of our 5 year plan. One of our first challenges was mice. Four cats and we still get mice in our cupboards. Keeping them out of my baking cupboard proved a challenge. At an auction we bought some sealers for a buck. They are great to keep dried food in. Unfortunately, Doug became a collector. We now have shelves and boxes of empty jars and books about jars. Some sealers - The Beavers for instance - are not allowed to be used for storage. I just get to dust them. Where is this all going? I was looking for some 'crafty' ideas, using things we have in the house, to keep our 2½ year old grandson occupied and discovered pinterest.com. There are literally thousands of free ideas. Here is a sampling and they are not just for toddlers.



Attach jars to a board using pipe clamps.
Place some stones on the bottom of jars and fill with soil.
Sew some herb seeds, or buy plants from your local garden shop.
Mount on a wall in a sunny spot and you have a decorative and useful herb garden.



Searching further I found some interesting bird feeder ideas.



A 1 litre soda bottle
2 wooden spoons
a small eye screw
a length of twine for hanging.
Punch 2 sets of holes on either side. Poke the wooden spoons in and fill with seed.

This the ultimate in recycling. Paint a milk or juice container. Cut out the sides. Punch a hole through the top and hang on a branch with a piece of wire.

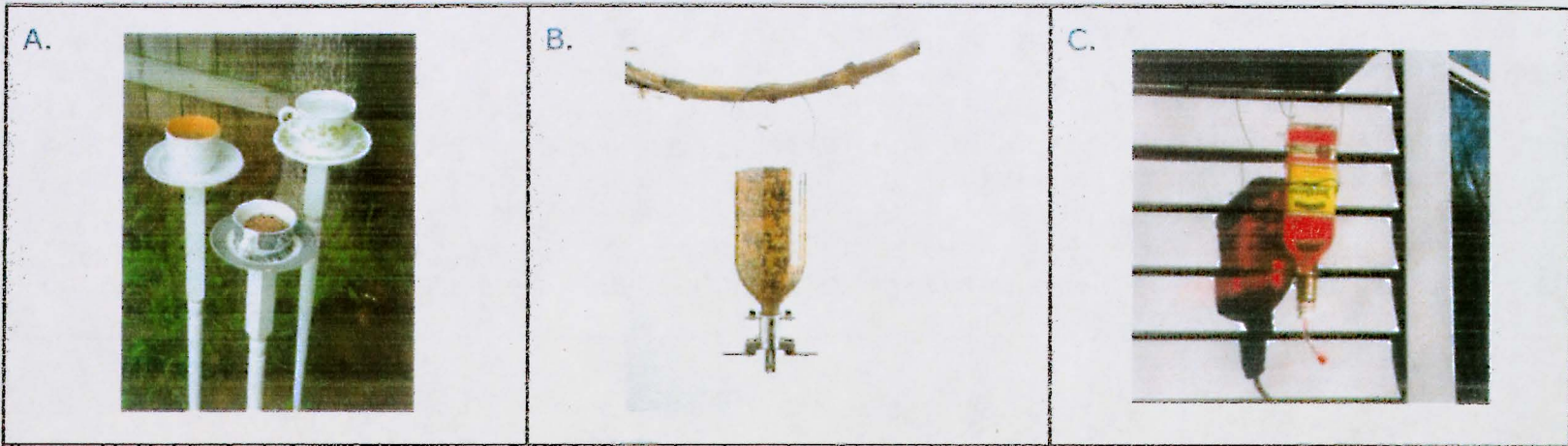


The soda bottle bird feeder put me in mind of a neat wasp trap that we have used successfully for a number of years. We discovered a wasps nest under our pool deck a few years ago that was monstrous. If you have ever been bitten by wasps, you will know how painful the bites they can be.



Take an empty two litre pop bottle. Remove the bottle cap. Cut off the top of the soda bottle just below where the start of the bottle sides are at even width. Fill the bottom of the bottle with bait [soda pop, flat beer, juice or cider vinegar] about 2" deep. Insert the top of the bottle upside down into the bottom of the bottle. The pieces should fit together nice and snug, but use duct tape along the top edge to secure the pieces together if you need to. Set the trap out wherever you see wasps. We punch holes on the sides and hang them off the deck and near the pool. The wasps will fly into the trap to get at the bait, but have trouble finding their way out. They will eventually drown in the liquid bait.

Don't Think too much, you'll create a problem that wasn't there in the first place!



- A. Glue cups to saucers then glue onto the top of a spindle. place in the ground. Fill with water or seed.
- B. The good old pop bottle. The little gizmos on the bottom are available at Lee Valley.
- C. Hummingbird feeder. Whisky bottle filled with nectar, don't colour it. The feeding tubes are available at Amazon.ca for about \$15 for a dozen.
- D. Coat a pine cone with peanut butter and cornmeal; add raisins, cranberries, whatever you have around. Roll in mixed birdseed .
- E. Warm, 1C peanut butter & 1C suet in the microwave, add a mixture of sunflower seeds, cracked corn & millet to make a very thick paste. On a piece of waxed paper, lay out some cookie cutters. Fill firmly with seed mixture. Refrigerate until firm. Poke a hole in the top and make a hanger with some twine. Freeze until needed.
- F. Garden cloche. Cut the top of a soda bottle and place over a pot of seedlings. This make a great little greenhouse.



Check out vinegartips.com 1001 ways to use vinegar and care2.com for 51 ways to use baking soda.

Here is a simple trap to get rid of fruit flies. Put out a wine glass, cup, mug, glass, bowl, etc near where the fruit flies are. Fill half full with Apple Cider Vinegar. Cover with plastic wrap. Poke a couple of holes through the wrap. The flies are attracted to the vinegar. They're stupid. They drown in it.



- G. Juice jug watering can
- H. Eggshell seed starters. Keep them in the egg cartons for ease of handling.
- I. Ladder shelf

Gone for a Year

Assistant Park Naturalist Joanne Dewey is taking a leave of absence this summer to concentrate on the family commercial fishing operation. Joanne has worked at the park for many years and I am sure many visitors will miss her entertaining and insightful programmes. Staff at the park will miss her knowledge, enthusiasm and support, and wish her the best in her endeavours.

WE MAKE A LIVING BY WHAT WE DO, BUT WE MAKE A LIFE BY WHAT WE GIVE.

WINSTON CHURCHILL

Confused?

It seems like only three years ago that the park was celebrating its 50th anniversary, right? And now we're doing it again?! That's right! The first park in this area was called Outlet, which opened in 1959 and celebrated its 50th in 2009. The original Sandbanks – now referred to as the West Lake side of the park – was created in 1962 and will be celebrating its 50th anniversary this year. The two parks were combined under the name of Sandbanks Provincial Park in 1984 – which means that we can celebrate Sandbanks' 50th anniversary again in 2034!

ONE IS NOT BORN INTO THE WORLD TO DO EVERYTHING BUT TO DO SOMETHING.

HENRY DAVID THOREAU

50th Celebrations

Sandbanks staff are busy developing the program for this year's celebrations. A special Theatre presentation is in the works, along with many other special events. Contact the park, check the website or watch bulletin boards throughout the park for specific details.

NEVER DOUBT THAT A SMALL GROUP OF THOUGHTFUL, COMMITTED CITIZENS CAN CHANGE THE WORLD; INDEED, IT'S THE ONLY THING THAT EVER HAS.

MARGARET MEAD



AT LONG LAST! FINALLY! A NEW MAILING ADDRESS.

The post office, formerly located in Teasel's drug store, has been relocated to Pharmaplus next to Sobey's in Picton.

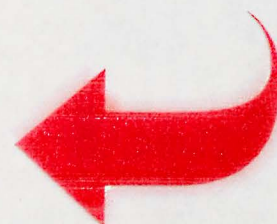
Our new address and P.O. Box are as follows:

P. O. Box 22007

97 Main Street

Picton, Ontario K0K 0A0

Please note that, while similar to the old one, the box number has changed along with the street number and postal code.



MEMBERSHIP REMINDER

IF YOU FIND A RENEWAL NOTICE IN THIS NEWSLETTER PLEASE TAKE THE TIME TO FILL IT OUT AND SEND IT IN. PLEASE ENSURE YOU INCLUDE YOUR EMAIL ADDRESS.

VOLUNTEERS AREN'T PAID, NOT BECAUSE THEY ARE WORTHLESS, BUT BECAUSE THEY ARE PRICELESS.

ANONYMOUS

A Good Brekky in a Pan Recipe

potatoes, Yukon Gold are the best; 4 beaten eggs; ½lb sausage meat; garlic; cheddar or Swiss cheese; sour cream; salsa

Brown chopped potatoes in oil until almost done, add garlic, then sausage, break up while cooking, add eggs. Let eggs set a few minutes. Add cheese, serve with sour cream and salsa.

I'm all out of clever things to say!

May 12 to May 21	Spring Birding Festival	www.peptbo.ca
Daily guided walks in the Point Traverse Woods. Bird Banding Demonstrations at the Observatory. Spring Bird Count and Baillie Birdathon		
May 12: 7pm - St. Andrews Church, Picton. *Growth Busters: Hooked on Growth* a 90M documentary exposing how we have been conditioned to believe that pursuit of everlasting growth is not only good but essential to our future well-being.		
May 13: 9am-4pm	Mother's Day Walk	Sandbanks Provincial Park
May 19: 9-noon	Master Gardeners Plant Sale	METRO Parking Lot, Picton
May 19: all day	Lilac Festival and Plant Sale	Macaulay House Museum
May 26: 9:30am-2pm	Quality Book Sale	Picton Library
The Friends of the Picton Library will be holding their 10 th Quality Book Sale to raise funds for ongoing projects at the Picton Library. Donations of gently used hard cover, paper back, fiction and non-fiction books, may be dropped off at the Library [front desk] on or before Thursday, May 24, 2012.		
June 1	1812 TEA	Rose House Museum
June 1-3	Great Canadian Cheese Festival	Crystal Palace, Picton Fairgrounds
June 15-16	Diamond Jubilee Celebration	Wellington Arena
see www.pehistsoc.wordpress.com. Displays of memorabilia and a Diamond Jubilee Tea on Friday. Saturday, music, school bands and singers, guest speakers and more. Diamond Jubilee Dance.		
June 29 - July 15	Art in the County	Books & Co [upstairs]
July 11: 10am-12:30pm	Sandfest Mouth of the Outlet River: Sandbanks P.P.	
Family fun sand sculpture event. Small entrance fee. Bring your shovels and pails.		
July 7 & 8	Quilt Show & Sale	Wellington Arena
July 15	Rock, Gem & Mineral Show	Crystal Palace, Picton Fairgrounds
August 2	Women's Institute Art & Craft Sale	Picton Fairgrounds
August 4-12	CLIC - Eastern Ontario Photography Show	Books & Co [upstairs]
August 15: 1-4pm	Lakeshore Lodge Day	Sandbanks P.P.
Popular celebration of bygone times. Traditional games include potato sack race, over and under race, rolling pin toss, tug-of-war and more.		
September 7-9	Picton Fair	Picton Fairgrounds



Fringed Gentian is an endangered plant, native to Sandbanks Park. It is found in open wetlands, bogs, & calcareous meadows. Fringed gentian flowers open on sunny days, but generally remain closed on cloudy days. Individual plants live for only one or two years. Fringed gentian is reported to be a biennial by some researchers and an annual by others. However, anyone who has seen the species agree on the beauty of the striking deep purple or blue flowers. The 4 corolla lobes have finely fringed margins. Before opening, the flowers are wrapped and twisted into a showy bud, and upon blooming, the petals spread almost horizontally. Plants bloom in September and early October. For more information check out Newcomb's Wildflower Guide: Peterson's Field Guide to Wildflowers: or Court Noxon's very beautiful book, a hiker's wildflower guide for Prince Edward County - 'FIELD, FOREST, HEDGEROW'.

Black Prince



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