



BETWEEN FRIENDS

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

Spring into Summer 2013

FRIENDS OF SANDBANKS PARK
P.O. Box 22007

97 Main Street

Friends web page is www.pec.on.ca/friends

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The Friends of Sandbanks Park is a Registered Charity #893935767

2013 BOARD OF DIRECTORS & COMMITTEE MEMBERS

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Neil Sipkes	Membership Co-ordinator	613-393-5774
Evelyn Sloane	Newsletter Editor; Co-chair Scenes of Sandbanks	613-476-3277
Doug Sloane	Co-chair Scenes of Sandbanks	613-476-3277

2013 MEETING DATES

The Friends of Sandbanks Park meetings are usually held the first Tuesday of the month at the Park Office. 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 of 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 September 18, 2013.

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 costs of producing the newsletter. Please support these local businesses in the County.

*Don't walk behind me; I may not lead. Don't walk in front of me; I may not follow.
Just walk beside me and be my friend....Albert Camus*

Hello to all my fellow Friends of Sandbanks Park supporters. 2012 was an exceptionally busy and productive year for both the Friends and the park.

I am particularly proud of the Friends release of a new publication entitled 'Sandscapes (Exploring the Dunes of Sandbanks Provincial Park)'. Through the use of informative narratives and an array of photo's this book examines the cultural history, the natural history, and the geology of the West Lake baymouth sandbar. It is available for sale at the Nature Shoppe located next to the park office.

In 2013, plans are underway to continue to raise funds for an ambitious project to construct a lookout platform near the beginning of the Dunes Trail, and for the development and construction of interpretive stations along the trail. I am excited to report that the Friends will continue to support a reforestation project, where several hectares of fallow park land will be planted with carefully selected native species of trees and have partnered with the park to create a handicapped accessible pathway onto the beach at the Dunes Day Use Area.

This summer, the Friends are hosting the following events: a sandcastle event where visitors can show off their artistic side, an arts and craft show featuring local artists, and in the fall, a 5 and 10 km, "Fun Run" taking runners through some of the most picturesque sections of Sandbanks. For information and dates check out our web site Events page at: <http://friendsofsandbanks.org/site/events> or talk to the staff at the park Visitor Centre, for more information.

Finally, I would like to take this opportunity to thank all of our members for their support. Without your interest and support the many worthwhile projects that the Friends are involved in would not be possible. If you, enjoy spending time at Sandbanks Provincial Park and taking in all that it has to offer. I hope you will continue to be a member of the Friends of Sandbanks in 2013. Memberships are still only \$10.00 for individuals and by being a member; you are supporting the many projects and events that the Friends are involved with. As well, membership gives you a 10% discount at the Friends of Sandbanks gift shop. Membership forms are enclosed. They are also available in the Visitor Centre/Nature Shoppe and at the park office.

Check our newly designed web page for more information as well as membership forms: www.FriendsofSandbanks.org



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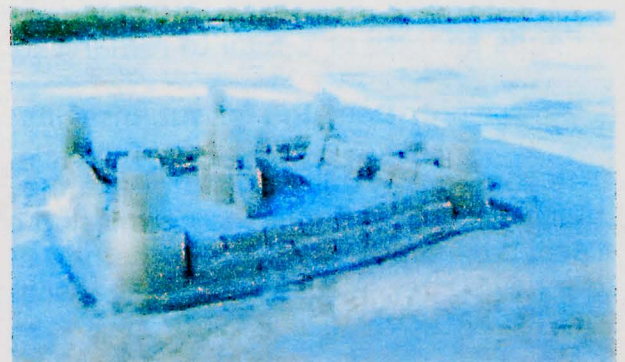
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Friendship... is not something you learn in school. But if you haven't learned the meaning of friendship, you really haven't learned anything. Muhammad Ali

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SPECIES AT RISK

We've all heard of endangered animals – rhinoceros in Africa that are being poached into extinction for their horns, polar bears in northern Canada that are being squeezed by a warming climate and Peregrine Falcons that became endangered due to pesticides and loss of habitat. Unfortunately, there are many others that perhaps you haven't heard of, or weren't aware that they were at risk. Many call Sandbanks home, and this is just one of the many reasons it is important to protect and rehabilitate Sandbanks' natural landscape.

Just what is 'endangered' can be confusing. Various terms are used that indicate different levels: Species of Special Concern, Vulnerable, Threatened, Endangered, Extirpated and Extinct. In addition, there are two governing bodies – provincial and federal – that determine how individual species are categorized. And animals aren't the only organisms that can be classified – there are many plants that also are declining and in need of protection. Once identified, these plants and animals are more strongly protected and research dollars are more available to help their populations recover.

Sandbanks is home to five different turtle species. Just a few years ago, all but one (Painted Turtles) were identified as varying levels of concern. Map Turtles are quite common here and can easily be seen basking on logs along the Outlet River.



MUSK (AKA STINKPOT) and Snapping Turtles are also probably fairly common, though their aquatic nature makes them more difficult to spot. Blanding's Turtles were seen far more often 25 years ago than they are today, but have never been common here. Compared to many other animals, turtles are slow to reproduce – adults have to be several years old before they even begin to breed and it is often the older turtles in the population that are the most successful.

A drop in the breeding adult population – from habitat loss, the pet trade and road mortality – can be devastating and take many years to recover, if at all. You can help by slowing down on the roads during egg-laying season (late May – early June), moving them off the road when it is safe to do so (always in the direction they were facing) and never keeping them as pets or disturbing their nests.



MONARCHS are perhaps one of the most recognized insects found at Sandbanks and I'm sure that everyone has seen them flitting around the park. Many people also know of their dependence on the milkweed plant and that they are one of the longest migrating insects in the world, travelling to Mexico to overwinter. Unfortunately, these beautiful orange and black butterflies are in trouble, as their numbers are dropping quickly. Habitat loss in Mexico is one of the main factors, but they have also lost habitat here in Ontario. Research is pointing towards some complicated issues regarding their food sources and the abundance of different kinds of milkweed, which has changed as the landscape of Ontario has changed. Invasive species are also a problem, as the caterpillars will feed on Swallowwort (Dog Strangling Vine) but do not thrive. Here at Sandbanks, we provide habitat for the Monarch, but we are also waging a battle against Swallowwort.



BOBOLINKS are unusual-looking birds that live in abandoned fields. The female looks much like a large sparrow, but the male is an assemblage of black, yellow and white that defends his territory with a call that has you looking for R2D2 of *Star Wars* fame. These birds were common in southern Ontario, but are declining as fields are converted to other uses. They are very common at Sandbanks, which perhaps gives us an opportunity to preserve their habitat here as they continue to decline in other areas of the province. The Friends and the park have been involved in an intensive reforestation project over the last six years, reverting old fields to the forest that once stood here. We are, however, ensuring that we leave some old fields, as these habitats are used not only by Bobolinks, but other field-loving plants and animals as well.

These are just three of the many plants and animals that live at Sandbanks that have been identified as a concern. It seems that more and more are being identified, which perhaps

indicates negative changes in our environment, but it also shows that scientists are conducting the necessary research to identify plants and animals at an early stage to be able to restore their populations. And there are 'good news' stories – the Peregrine Falcon, for example, has been downgraded from Endangered to Threatened and after further research, some of the turtle species may not be as badly off as initially thought and may be 'delisted.' Here at Sandbanks, we want to make sure that we continue to do our part by providing habitat and educating visitors so that these plants and animals can thrive within the park.

An insincere and evil friend is more to be feared than a wild beast; a wild beast may wound your body, but an evil friend will wound your mind.
Buddha

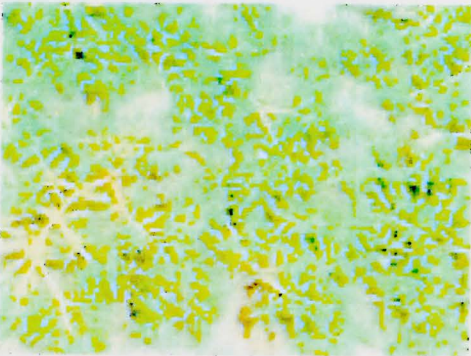
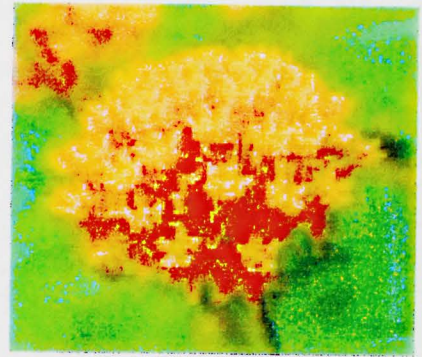
As usual, the Friends of Sandbanks Nature Shop will open its doors on Mothers Day, May 12, from 9 a.m. until 4 p.m., while the shop volunteers fill the shelves with some exciting new products, and, of course, some old standbys. We will be offering refreshments, and if you choose to go on one of the nature hikes offered that day, you could pick up a book to help identify birds, wildflowers, etc.

Shop hours are 12 p.m. - 4 p.m. on weekends in the Spring and Fall; from late June until Labour Day, we will be open from 10 a.m. until 4:30, with the exception of Wednesdays, when we are likely to be closed. Plan to drop in when you visit the Park, and take advantage of the members' discount. Every penny - oops, now it's a nickel - spent goes into one of our many initiatives in the Park.



Giant sand dunes and golden beaches form two of the largest freshwater baymouth sandbars in the world here, on the shores of Lake Ontario. Efforts to stabilize shifting sands disturbed by farming have revived distinctive dune plants such as bluets, butterfly weed and sand spurge. Trails feature dune stairs to protect this delicate vegetation.

MEMBERSHIP is an integral part of any organization and monetary support through membership is very important. All levels of government are cutting back on their support of not for profit groups. Especially Ontario Parks, which is constantly cutting back on services and declining funding to major projects that the Friends wish to pursue. Members have seen that the investment of both their fees and/or their volunteer time has been directed towards viable and necessary projects.



Today, more than ever, your financial support is needed to ensure that the Friends of Sandbanks Park will continue to be a viable part of the community. Membership in the Friends is a material way that you can support the work of the Friends. Please take time to fill out the enclosed form and mail it off with your cheque at your earliest opportunity.

Let us be grateful to people who make us happy, they are the charming gardeners who make our souls blossom.
Marcel Proust



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THE BACK PAGE - COUNTY DATES TO REMEMBER

May 11 to May 20 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: 9am-4pm Mother's Day Walk Sandbanks Provincial Park

May 25: 10am-2pm Quality Book & Plant Sale Picton Library
 The Friends of the Picton Library will be holding their 11th 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 23. In addition Friends of Macaulay House Museum will be holding their annual plant sale at the same venue.

May 25: 9-noon Master Gardeners Plant Sale METRO Parking Lot, Picton

June 1&2 Great Canadian Cheese Festival Crystal Palace, Picton Fairgrounds

June 8: 10am-5pm Garden Show Crystal Palace, Picton Fairgrounds

June 27- July 14 Art in the County Books & Co [upstairs]

July 6 evening Fish Fry Mariner's Museum

July 10: 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 15 Rock, Gem & Mineral Show Crystal Palace, Picton Fairgrounds

August 1 Women's Institute Art & Craft Sale Picton Fairgrounds

July 25 - August 10 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 6-8 Picton Fair Picton Fairgrounds

September 15 Sandbanks Fall Getaway Fun Run Sandbanks PP

Wine is bottled poetry. Robert Louis Stevenson

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Friendship is unnecessary, like philosophy, like art... It has no survival value; rather it is one of those things that give value to survival.
 C. S. Lewis