



BETWEEN FRIENDS

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

Spring into Summer 2014

FRIENDS OF SANDBANKS PARK

P.O. Box 22007

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

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The Friends of Sandbanks Park is a Registered Charity #893935767

2014 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 |

2014 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 1, 2014.

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.

But who wants to be foretold the weather? It is bad enough when it comes, without our having the misery of knowing about it beforehand.

Jerome K. Jerome - Three Men in a Boat

This winter here in Prince Edward County has certainly taken a front seat. Lots of snow and plenty of bitter cold days. Despite the weather, the Friends of Sandbanks board of directors along with hundreds of enthusiastic folks managed to embrace the outdoors by attending our annual Snowfest event. Once again the activities centered around the Maple Rest Heritage House where Cross Country skiers, snowshoers and walkers could grab a bowl of chile and a hot chocolate after venturing out on the various trails in the park. Kids activities, a bonfire and live music were also part of the festivities. A perfect winter 'Family Day.'

The Friends have several of projects planned for this coming year. Development of the new Lakeshore Trail will continue, including some tree planting, additional surfacing and the design and construction of trail head signs at either end.

In 2014, we will continue our tree planting efforts within the park. I invite all our members to visit some of the new sites and perhaps join us by participating in future plants.

I am particularly excited that The Friends of Sandbanks will be hosting the provincial Friends conference..... 'Circle of Friends' right here in Prince Edward County in October. Penny Sipkes is spearheading this event and has supplied more details in this edition of the 'Between Friends' newsletter.

To keep up on all the events and activities being held by the Friends this summer you can contact the Friends of Sandbanks via email at friendsofsandbanks@gmail.com or through our web site at www.friendsofsandbanks.org. Our web site has a handy membership form for renewing your membership We also have a great new Facebook page to keep you in the loop at www.facebook.com/friendsofsandbanks.

When you visit the park this year, make sure you scan the great map in the center of the 2014 tabloid. Lots of details regarding some of the great projects the Friends are busy with!

We welcome your questions, suggestions, pictures and 'Sandbanks stories' . I hope to see you this summer at Sandbanks!

Membership

Our membership year ends with the last day of March. To keep your status current please fill in the yellow form and mail it in with your cheque to Friends of Sandbanks.

If there is no form in with this copy of Between Friends your membership is not due.

Weather forecast for tonight - Dark! - George Carlin

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Back Pit Dunes

Sandbanks is home to the largest freshwater Baymouth barrier dune system in the world.

Prior to 2011 and the creation of the **Dunes Trail**, it was difficult to show our many visitors this unique area without damage to the very habitats we were trying to protect.

This three-kilometre trail (with a one-kilometre accessible loop at the start) highlights what is so special about Sandbanks. It traverses dunes, skirts around pannes (low-lying wetland areas) and provides spectacular panoramic views. It also offers opportunities to see unusual wildlife and rare plants. A brief overview guide is available at this time; it is hoped that we will be able to produce interpretive panels in the future which allow visitors to fully appreciate this significant resource. There is little shade along this ***moderately difficult*** trail, so we advise walking it in early morning or evening and taking a hat, water and sunscreen.

Our newest trail is **Lakeshore**, which will be opening this summer. This **easy** biking and walking trail begins/ends at West Point and ends/begins two kilometres later at County Road 12 near Jacques Cottage. The trail starts in the forest at the Point, but for the most part, travels through abandoned farm fields with views of Lake Ontario. A tree planting program will restore some of these areas in the future. A small loop at West Point just through the forest is also being developed, which will be of particular interest to bird watchers, who already know that West Point is a great place to watch for migrating birds in spring and fall.



White tail deer among the wildflowers

Enjoy your walks!

Currah's
Park Store
& Grill

Pick up snacks and drinks at the Park Store for those enchanting summer hikes!
But don't feed the animals!

Sandbanks' Trails

By Yvette Bree, Park Naturalist

When I first began working at Sandbanks in 1987, Sandbanks didn't have many hiking opportunities, with only one trail. Today we have four to choose from – Cedar Sands, Woodlands, Dunes and Lakeshore.



Cedar Sands is our "original" trail, located on the East Lake or Outlet side of the park. It was initially a linear trail that began near the Woodyard and ended up by Cedars Campground. Walkers could either retrace their steps or return along the road or on the beach. The trail today is a two-kilometre loop that winds through forested dunes and offers views of the Outlet River. Wildlife associated with the river and forest can be easy to spot if you go quietly, particularly in early morning or at dusk. Most of the trail is in the shade of the forest, making this a pleasant walk even on warm days. A guide describes the features that hikers can see along the way. With its staircases over dunes, this trail requires a *moderate* effort to complete.

Woodlands Trail was created in the 1990's, as part of the plan to create connections between the two sides of the park. The trail is linear, traveling through Woodlands Campground and joining the main gate with Dunes Beach Day Use Area. Unlike Cedar Sands, you are allowed to take your bicycle on this trail, but please be careful around pedestrians. Also unlike Cedar Sands, there is no guide to this trail, but users still have lots to watch for. The trail crosses many old fields, once farmed, but now in various stages of succession. This habitat is a great place to see many field species from Bobolinks to Leopard Frogs to White-tailed Deer. Hedgerows provide habitat for more forest-dwelling animals like squirrels and woodpeckers. This *easy* trail is 3.5 kilometres in length – but don't forget that you have to turn around and go back as well!



A cheerful bobolink

I think all songs should have weather in them. Names of towns and streets, and they should have a couple of sailors. I think those are just song prerequisites. Tom Waits



Sometimes, what you get for Christmas isn't what you'd hoped for. Christmas-time 2013 brought Sandbanks plenty of freezing rain. We weren't alone in this the Ice Storm stretched from Toronto to Kingston. Prince Edward County was one of the most affected areas as a result of the 'Lake Effect'. While a lakeside location is just what you want for your summer holiday it isn't where you want to be in a winter storm. Being on the 'edge' means stronger wind and more precipitation.....in this case freezing rain.

photo - Doug Sloane

Within a half day the Sandbanks forest was crystal-coated and the roads polished. If you could stop being blown about long enough to appreciate the scene it was quite beautiful. The nights were unusually dark as a result of an extensive power failure. The high winds were constantly bringing down ice-covered limbs so that wherever you went there was a slow crackle in the distance.

It took a few days to get a good account of the extent of the storms impact. Several large trees along the County roads came down and were promptly cleared by municipal staff. Within the Park's forest the result was less severe as the thick mesh of branches quickly reduced the wind. Many, many branches came down throughout the park but few whole trees collapsed. The Park's lakeside trees have generations of experience with these types of storms and perhaps even benefit from this periodic trimming. The sandy soil throughout the park is relatively sterile and so a layer of fallen branches releases a burst of organic material to stimulate the greenery on the forest floor.

Left to natural processes most of the branches will decompose over a decade and in most of the forest this will happen. Along the campground roads and in the campsite however we need to speed the clearing up. Throughout the winter and into the spring park staff with the aid of chain-saws, wood chippers and stump grinders have been at work. Mostly they have been clearing tangled branches from the ground.....often having to pull these out from a deep layer of snow. They have also had to reduce the safety hazard by removing by the many broken branches still suspended high above. Most branches have been converted into chips which will quickly decay to nourish the soil. A few larger trunks will be split into firewood and will one day reappear to sustain a communal fire at a future park event.

No doubt this summer the consequences of the storm and the cleaning up will be evident to park visitors. But by next year the new nutrients in the soil and the extra sunlight flowing through the forest gaps will result in a burst of green growth and the diversity of new life.

***I went ice fishing once, but when I
tried to cook them,
they all melted
A Bay of Quinte fisherman***



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Winter - another perspective. Dateline January 29th, Myrtle Beach.

Photo - Doug Sloane

For almost a week Myrtle Beach came to a standstill. From the balcony of our condo, the beach and dunes stretched from north to south for miles - covered in Snow!



Snow and ice, almost unheard of in this part of the Grand Strand. Traffic came to a standstill, bridges and highways were closed as were schools, libraries and most other public buildings. Businesses opened late and closed early. Some didn't open at all. Many locals don't own snow shovels, winter boots or ice scrapers. Many children had never seen snow. Shelters were opened to keep

folks warm and fed, due to the numerous power outages. Crews came from as far away as Tennessee to assist in repairing downed power lines.

Usually a welcome sight in January, Camellias struggled to bloom, but their buds were encased in ice. Ice pansies however braved the weather, their perky little yellow and purple faces stretching for the sun.

One gentleman I talked to said that the damage done to the trees on his property was worse than that of Hurricane Hugo. It was really incongruous to see snowmen sitting under the palmetto trees.



The pictures below are of Brookgreen Gardens near Myrtle Beach. Many trails in this otherwise pristine garden were closed due to fallen trees.



Bad weather always looks worse through a window.

Tom Lehrer



Circle of Friends

October 2014 will see the first time the Circle of Friends has been held at Sandbanks Provincial Park. The Circle of Friends is a meeting place for Friends groups, particularly Friends of Ontario Provincial Parks, to get together and learn from each other. There will be discussions on ways to market products, as well as workshops on event planning, governance, volunteers and more. Social events and visits to Sandbanks will provide everyone with additional opportunities to mingle with like-minded people. Social events and seminars will all take place at Isaiah Tubbs Resort, a short drive from Sandbanks Provincial Park.

If you are available over the weekend of the 17th to the 19th of October, and would like to assist with the event, please contact us through our web site or email address friendsofsandbanks@gmail.com. We need every type of volunteers from drivers, tour leaders, seminar leaders, direction givers, and boat drivers. Not only do we need people to help on the weekend we would also appreciate donations for goodie bags or door prizes. If you can assist in any way please contact us through our web page. www.friendsofsandbanks.org.

***After three days men grow weary, of
a wench, a guest, and weather rainy.
Benjamin Franklin***

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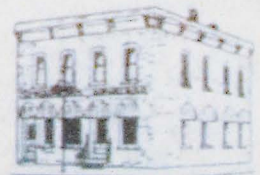
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May 3, Terroir. Celebration of County Wines at the Crystal Palace

May 11, Mother's Day Walk. Nature Shoppe/Visitor Centre & Lakeshore Lodge.

9:00 am Birdwatching Tour Meet at West Point near Lakeshore Lodge remains. Bring your binoculars and a camera.

9:00 am to 4:00 pm the Nature Shop opens for the first time this year with brand new merchandise. Join us for a coffee and a treat while browsing. Located just past the Park Office in with the Visitors' Centre.

2:00 pm Wildflower Walk Meet at the Visitor Centre with a vehicle. Don't forget your camera. Park naturalists will take visitors on the walks giving you a close-up view of some of the flora and fauna of our wonderful park.

Check out the Museums of The County - Five Sites - Hundreds of Stories!

The Museums of Prince Edward County are five unique museums, located throughout the municipality. In scenic surroundings, they interpret the community's dynamic heritage with settlement dating from the late 18th Century. Visit: Ameliasburgh Historical Museum and Pioneer Village; Macaulay Heritage Park; Mariners Park Museum; Rose House Museum and Wellington Heritage Museum. The museums also offer summer camps for children 7-12 years old.

May 31 Friends of the Picton Library Quality Book Sale. Donations of books gratefully accepted. For more info call Doug Sloane at 613-476-3277.

June 7 & 8; Great Canadian Cheese Festival, Crystal Palace

July 9 Sandfest. Mouth of the Outlet River. 10:00 am -12:30pm. Family fun sand sculpture event. Small entrance fee. Bring your shovels and pails. Participation prizes for everyone

July 12 & 13 Quilt Show, Wellington Arena - Absolutely the best quilt show in Ontario!

July 31 WI Craft Show, Picton Arena

August 6 Lakeshore Lodge Day at the Location: Lakeshore Lodge grounds, West Point 1:00 pm till 4:00 pm. Popular celebration of bygone times. Join in the 1890's picnic with music and family games. Traditional games include potato sack race, over and under race, rolling pin toss, tug-of-war and more. Fun for adults and children alike. Corn cooked over an open fire and lemonade will be for sale at a nominal fee.

20th Anniversary Fun Run Sunday, September 14. Register from 8:00 till 9:45 am in front of the Currah's Park Store inside Sandbanks Provincial Park. Terry Fox run held concurrently. 5k and 10k run in support of the Friends of Sandbanks at one of the most beautiful run locations anywhere.

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