



Fall 2011

FRINK *files*

ADDRESSING THE NEEDS OF OUR COMMUNITY AND PLANTING THE SEEDS FOR A CLEANER, GREENER, HEALTHIER COMMUNITY.

Outdoor Education Pavilion

By Paul Taylor, Outdoor Education Liaison

The leaves are changing from green to their splendid autumn colours, and the Frink Centre is changing by adding several new features for visitors to enjoy! Although there are still many people in the area that have yet to experience the Frink Centre, thousands of people have visited the Frink on numerous occasions. For those people looking for something fresh during their next visit, they will not have to look very hard thanks to some hard working local people.

One of the newer additions to the Frink Trails is the self guided interpretive Woodland Trail, which includes four forest ecology interpretive signs and 28 tree plaques identifying native trees growing naturally along the trails. The Woodland Trail is located along the Drumlin/Hi-Lo trail. A PDF document can be downloaded to compliment your walk at <http://www.fofc.ca> or a copy

of the document can be obtained at QC's main office or at <http://www.quinteconservation.ca>. This document has more identification information for each



Frink Outdoor Education Pavilion... Built by the Centre Hastings Secondary School Renovation and Restoration 2011 class.

tree species. The Woodland Trail project was a partnership of The Hastings Stewardship Council (HSC), Quinte Conservation (QC), and

Friends of the Frink Centre (FOFC). HSC has also donated 12 picnic tables for visitors to sit at and enjoy the scenery.

The Centre Hastings Secondary School Renovation and Restoration 2011 class, alongside skilled trades personnel, built the newest addition to the Frink Centre structures! The Outdoor Education Pavilion was built to be used as an outdoor classroom for visiting groups, as well as a sheltered area for public use and special events. The Pavilion has lighting, electrical power and internet access. Project sponsors include the John M. Parrott Foundation, Skills Canada Ontario/Lowe's Toolbox for Education, Hastings and Prince Edward District School Board, Algonquin and Lakeshore Catholic District School Board, Tal Trees Inc, Quinte Bass Anglers, Jim and Nancy Moore, and Quinte Conservation.

Although not yet completed (just waiting for the grass to grow), visiting groups will soon be able to have an

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The Friends of the Frink Centre is a non-profit, community, volunteer organization which is dedicated to promoting environmental and experiential education in the Quinte region and beyond by:

- Supporting the H.R. Frink Outdoor Education Centre and Natural Science School.
- Facilitating programs for the local community through our Community Outreach Program.
- Working to promote conservation of wetlands and the watershed in the area of the Frink Centre.



My name is Shelsey Taylor...

A graduate of the Environmental Program at Loyalist College and I work for the Algonquin and Lakeshore Catholic District School Board. I started out at the Frink Centre as a high-school placement student, and had the most fun I ever had during school hours.

I have a very exciting, and wonderful job, educating today's youth at the Frink Centre, where learning isn't done in a classroom, but outside in nature's beauty. From September to June each year, students ranging from Kindergarten to Grade 12 come to the Frink Centre to engage in hands on outdoor learning activities and programs, ranging from teamwork and communication skills, to curriculum based games and instruction, to fun outdoor crafts and projects.

It is my job to facilitate, and educate the ALCDSB students on subjects and activities specially requested by the teachers. It is also my job to ensure the safety of all ALCDSB students, teachers, and adult helpers that come out to Frink Centre, while maintaining a fun, interactive atmosphere. But that's not all! I also facilitate Loyalist College Placements for students graduating from the Environmental Program, like I did. As a recent graduate, I know how difficult it can be to find placements pertaining to your field of choice, especially when you want it to be outside and hands-on. So I developed a 1-week placement that allows 3 students to come out and do tests on the Frink Centre wetland. It's fun, hands-on, flexible, and gives students experience that they can use in the work force.

Forests and Us

by Bea Heissler

The United Nations General Assembly declared 2011 as the International Year of Forests to raise awareness of these complex, fragile communities.

This follows the International Year of Biodiversity and reminds us of the multitude of species with whom we share this tiny space within the universe. Increasingly, human pressures on natural communities such as forests are wreaking havoc, with more and more species at risk of extinction, weather systems changing, and delicate balances upset.

Our best approach to repairing the damage we have done collectively is to take our time to understand local ecosystems and how we are intricately associated with them. One of the greatest values of places like the Frink Centre is the opportunity for people of all ages to connect with nature, to quietly observe well-balanced, natural communities and learn how so many different species can co-exist. These observations can then be applied to our own spaces. Rather than struggle against Nature to create "perfect" yards, we take our cues from her to help recreate the communities developed naturally over millennia, communities of which we are an integral part.

It is a good time to make peace with Nature.

Kids Corner - Bug Riddles

from *Big Bug Fun* by Joanne Oppenheim - (Answers on pg. 4)

1. Which bug would you put in a piggy bank?
2. Which bug should you take trick-or-treating?
 3. Which bug is the most religious?
 4. Which bug might live in a castle?
5. Which bug should you take on a camping trip?
6. What kind of bug might a knight fight?
7. What are the sweetest bugs in the world?
 8. What bug is most like a kangaroo?
 9. What bug sounds most like a clock?
 10. Which bug tastes good on toast?
 11. What's the hottest bug?
 12. Which bugs are like skunks?

FRINK fact:

You can follow us on Facebook? Watch for our event dates. You can post your comments and Frink photos there as well.



"[International Year of Forests] is an open invitation to the world community to come together and work with governments, international organizations and civil society, to ensure that our forests are managed sustainably for current and future generations."

- United Nations Forum on Forests Secretariat.

The Frink Centre - A Community Spirit in Action

(Where over 15,000 students and public visit each year)

by Neville Burroughs, FOFC President
I am writing this with a two-fold purpose. The first is to refresh the many Friends of Frink members of all the good things that have happened here over the past several years. Second is to enlighten others to whom this article may have landed into their hands.

The Frink Centre had its beginnings in 1972 when Herbert Frink donated the land to be used as an outdoor education and nature centre. This became a joint venture of Quinte Conservation with the Hastings County Board of Education. Later this became the Hastings and Prince Edward County Board of Education as well as the Algonquin Catholic District School Board as integrated partners. In 1993, the Friends of the Frink Centre became the central community support group for this location. Since that time, many things have happened.

The overall nature centre is about 500 acres including 100 acres of wetlands that was added about 3 years ago. Protecting of wetlands is one of The Friends of the Frink's goals. The Boardwalk, completed in the mid 1990's provides an excellent trail over wetlands and ponds with an adjacent beaver's den. There are over a dozen well-groomed trails on the site that comprise about 10 km in length. The most recent of these is Timber's Bird Watch Trail added a couple of years ago in memory of Vince Prewer. Recently, Hastings Stewardship Council together with Quinte Conservation and the Friends of Frink placed 28 signs designating tree species on a woodland trail to make the hike more informative and interesting. Visit our web site for the details. All of these trails require continued attention to maintain them in good condition. For this assistance, a special thanks to the many volunteers and donors. Sustainability at the Frink Centre began about 10 years ago when the idea of having a green latrine site was initiated. Through the efforts and direction of Beate Heissler together with over 120 community contributors, this became a reality with the grand opening in late 2005. Today, educators from schools, colleges and universities frequent our

site to visit the solar electrical/heating systems, the straw bale building, composting toilets, wind mill and natural grey water treatment area. This facility is as good as there is in southeastern Ontario. Come out and visit it someday.

While at the Frink Centre, visit the drumlin site that nature left for us over 10,000 years ago. Nestled into the banks of the drumlin is a Maple Sugar bush with its sap gathering lines, evaporator and sugar shack. This makes for an interesting and informative walk, especially during early March during the maple syrup producing season.

We are very fortunate to have a Pavilion installed on site this past year. Paul Taylor has a special article in this newsletter describing our new structure. Through the Hastings County Board of Education, the Frink Centre is now equipped with a low ropes team-building and leadership skills program. The Friends of Frink have many activity days as well as community outreach programs. You will find out more about these programs in this newsletter and in the media. We encourage family participation at all of these events.

Did you know that the 'Living Green in Quinte' symposium, now held annually at Loyalist College had its inaugural debut through the Friends of the Frink at the Frink Centre in 2005?

The Frink Centre is a nature centre that has developed as the result of volunteers and contributors over the years. When you visit the facility, take note of the major contributors at each site. A Beehive honorary plaque display is located at the entrance. It gives thanks to the many contributors. In closing, I wish to thank each and everyone who has volunteered either with time, resources or funds to make this Frink Centre possible. I encourage everyone to visit the Frink Centre when you can. For detailed information surf the Web site at: www.fofc.ca

To become a member of the Friends of Frink see the membership insert in this newsletter. We are always looking for people who are willing to participate on the executive. If you can assist us, contact: Neville@sympatico.ca

Upcoming Events

Great Canadian Shoreline CleanUp

O'Brian's Bridge, Moira River & #37 Hwy.
Sept. 17th 10am till Noon

Stone Soup Festival

October 2nd, 10 am - 4pm
with Live Entertainment
around the campfire

Maple Fest

Mid March Annually

Living Green in Quinte Show and Bus Tours

April 7th & 8th, 2012.

April 22nd, 2012

Earth Day Celebration

Watch Us on Facebook for dates on **Guided Hikes** with Terry Sprague of Nature Stuff

For more information
contact the Friends of the
Frink Centre at
infofrink@fofc.ca

Friends of the Frink Centre Executive for 2011

President: Neville Burroughs
Vice President: Nicole Campbell
Treasurer: Barb Johnson
Secretary: Marie Clark
Memberships: Dave Chambers

Board Members:

Bea Heissler, Maya Navrot, Cathy Chisholm,
Mary Tiessen, Brenda Mitchell, Christine Wolff,
Hank Vos, Erica King, Ron King,
Rick MacIvor, Melanie MacDonald.
Joe Callahan: Honorary Lifetime Director
Lucille Fragomini: Quinte Conservation
Paul Taylor, Outdoor Educator: HPEDSB
Shelsey Taylor, Outdoor Educator: ALDCSB

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Outdoor Education Pavilion

Continued from pg.1

open area playing field to take part in games and activities. Prior to this point, the only open area at the Frink Centre was the parking lot. Anyone who has fallen on a gravel parking lot and/or driveway knows how uncomfortable and unforgiving it can be, and the new playing field will feel much softer under foot and cushioned should one fall while playing nature-based games. Thanks to Gerard Farrell Excavating for doing a great job with the playing field.

Last but not least, for teachers looking for new activities to take part in during their visits to the Frink Centre, new curriculum based programs are now being developed this September particularly for the junior levels. Simply call the Frink Centre at **613-477-2828** for descriptions of the new activities. If you are a teacher with HPEDSB and would like to book a trip to the Frink for your class, contact frink.bookings@hpedsb.on.ca. If you are a teacher with ALCDSB contact tayishel@alcdsb.on.ca to set up a class trip.

Enjoy autumn outdoors and I hope to see you out on the trails!

Frink Centre New Woodland Trail

One of the newer additions to the Centre is the Woodland Trail highlight 4 forest Ecology Interpretive signs and 28 tree plaques identifying native trees growing naturally along the trails. A PDF document can be downloaded to compliment your walk. This document has more identification information for each tree species. This project was a partnership of The Hastings Stewardship Council, Quinte Conservation, and Friends of the Frink Centre. Download the pdf document at from our website at www.fofc.ca

See page 5 for an example of the information provided in the pdf document

Bug Riddle Answers:

1. a cent-i-pede
2. a black witch moth
3. a praying mantis
4. a monarch butterfly
5. a tent caterpillar
6. a dragon fly
7. honey-bees
8. a grass hopper
9. a tick
10. a butter-fly
11. a fire fly
12. stink bugs

Memberships are Re-Newed Each September



Membership Has Benefits

Support outdoor education by becoming a member of the Friends of the Frink Centre. Your membership will support the continued work of the Friends of the Centre. Members also receive the following Benefits:

- ✓ Reduced admission to all Open House and Family Activity Days
- ✓ 10% discount on Kids 'N' Kin workshops (Save up to \$25)
- ✓ A one year free subscription to the Frink Files Newsletter
- ✓ The latest information in outdoor education programs offered
- ✓ Voting power at Annual General Meetings
- ✓ Direct input on Friends of Frink sponsored special projects and even

YES! I Want to be a Friends of the Frink Centre Member!

Choose the Membership that's right for you.

- Individual Membership - \$10 Students and Seniors - \$5
 Family - \$20 Group rate of \$40

Purchaser Name _____

Member Name _____

Address _____

Phone _____ Fax _____

E-mail _____

- Yes, please call to arrange for the pick up of an item or gift certificate I would like to donate for a F.O.F.C. silent auction or promotion.
- Yes, I am interested in becoming involved as a Board Member of the F. O. F.C.
- Yes, I would like to volunteer my time at activity days/fund -raising events/work projects.

Name _____ Phone _____

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Plainfield, ON, K0K 2V0
Phone: 613-477-2828 Fax: 613-477-2828

Web Site: www.fofc.ca E-mail: infofrink@fofc.ca

Hop-hornbeam (Ironwood) *Ostrya virginina*

HEIGHT: 7-12 metres

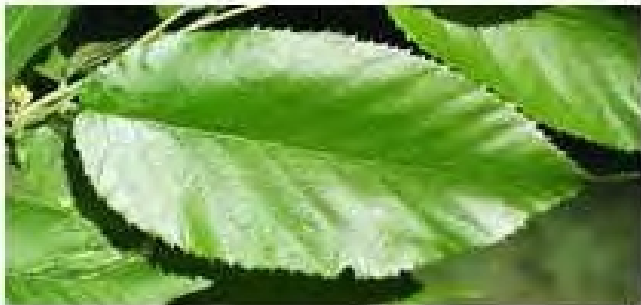
CROWN: Shape is wide-spreading

BARK: Mature bark is grayish brown, shaggy, with narrow peeling strips loose at both ends.

LEAVES: Leaves are alternate, simple, growing to be 6-13 in length and are arranged in 2 rows. The blades are dark yellowish green, soft, sharp toothed and tapering to a sharp point. The straight veins fork near the edge of the leaf.

HABITAT: Found on well drained, shady sites.

NOTES: White tailed deer browse on the twigs while seeds, buds and flowers provide food for squirrels, grouse and a variety of songbirds.



13 NFP groups make up the Quinte Sustainability committee that collectively organize Quinte's largest Green event - Living Green in Quinte Show & Bus Tours
April 7th & 8th, 2012.

An Initiative of Quinte Conservation
Friends of the Frink Centre - Hastings Stewardship Council
Prince Edward Stewardship Council
Loyalist College - Hastings Federation of Agriculture
Lower Trent Conservation - County Sustainability Group
Prince Edward County Environmental Advisory Committee
City of Belleville Green Task Force
Bay of Quinte Remedial Action Plan
Quinte Watershed Cleanup
Hastings and Prince Edward Counties Health Unit
United Nations Association in Canada - Quinte

www.quintesustainability.ca

2012 Dates of Interest

February 2nd - World Wetland Day
February 20th - Heritage Day
March 20th - first day of Spring
April 11th - 18th - World Wildlife Week
April 22nd - Earth Day
May 22nd - International Bio-diversity Day
June 1st - International Trail Day
June 8th - Canadian River Day
June 20th - first day of Summer
June 21st - National Aboriginal Day
July 9th - World Population Day
August 12th - International Youth Day
September 15th - World Ozone Preservation Day
September 23rd - first day of Fall
October 2nd - World Habitat Day
October 5th - Ontario Hiking Day
October 18th - World Water Monitoring Day
December 22nd - first day of Winter

Community Update

by Mary Tiessen

Connecting with nature is a basic need for us all and often we put it off. Core routines of connecting with nature that, as a facilitator, I have been incorporating into the programming are: quiet sit spot, story of the day, wandering, survival living animal forms, expanding our senses, minds eye imagining, journaling, questioning and tracking, exploring field guides, mapping, listening to bird language, and thanksgiving. The Friends of the Frink Centre have had a variety of community groups coming to the centre: school children from Albert College, the Christian schools, the French schools, and the school for the Deaf all explored at the Frink. There were also individuals with developmental disabilities who came to cross country ski and snow shoe followed by a fire; Loyalist College students also came. In the summer months we were busy with day camps going to the wetland, building shelters, walking on trails and playing games; it has been great having the new pavilion! We look forward to the fall for more activities. To start out the fall on Sunday, October 2 from 10 - 4, we will have a Stone Soup Festival - the tale speaks to community sharing a meal and merriment in the process and we will have local music, arts, food, family dancing and of course a chance to go on our trails!

SOAP SPRAY for PLANTS by Fran Burroughs

Soap Spray for plants is a natural pesticide that works effectively when sprayed on any leaf plant. It is especially good on lilies and rose plants. Spray about once per week and after a heavy rain as required.

Into a suitable spray container add the following:

4 L (1 gallon) of water
250 ml (1 cup) instant coffee granules
Squirt of Dishwasher Soap (NOT antibacterial)
Dash of Tabasco
Mix thoroughly

Join the Great Canadian Shoreline Cleanup

September 17, 2011

10 am till Noon.

Join Melanie MacDonald of the Friends of the Frink Centre at O'Brian's Bridge - the boat launch on Hwy. #37 and the Moira River, bordering the H. R. Frink Conservation Area and Outdoor Education Centre.



Make a difference in Your Community.

Keep our Shorelines Free of Litter and our Water Clean.

Get Involved. Show Up!

Core Routines of Connecting with Nature:

quiet sit spot
story of the day - wandering
survival living
animal forms - expanding our senses - minds's eye imagining -
journaling - questioning & tracking
exploring field guides - mapping
listening to bird language -
Thanksgiving

FRINK fact

The Friends of the Frink Centre is always looking for people to participate at fund raising events and volunteer work days? Just contact us at 613-477-2828 or by e-mail at infofrink.ca

FRINK fact:

Friends of the Frink Centre are members of Ignite!, a network of community organizations that focus on being physically active. The Friends of the Frink Centre hosted the event on June 29 which included a full day of workshops for over 80 camp counselors representing 8 day camp providers in the area.

Book the Frink Centre for:

Connecting with nature
Community or family gatherings
Corporate and workplace team building
Birthday parties

(613) 477-2828
infofrink@fofc.ca
www.fofc.ca

Stone Soup Festival

October 2nd from 10 am - 4 pm

A community sharing a meal and merriment. Enjoy live, local music, arts, food, family dancing and of course a chance to get out on the trails!