Autumn 2024 Number 98

FRONTENAC NEWS

THE OFFICIAL NEWSLETTER OF THE FRIENDS OF FRONTENAC PARK

Spring Bird Walk

by Peter Owens

This year's Spring bird Walk was led by Dan Derbyshire, the Co-ordinator of Frontenac Bird Studies. Dan has spent 15 years in Frontenac Park, April till August doing survey and point counts. There are 300 point count stations in park that cover 75 – 80% of the park.

PETER OWENS

Participants on spring Bird walk

Dan showed us the equipment he uses when banding birds. After netting a bird he weighs it and measures its wings. There is a special band that goes around birds' body with a transmitter that emits pulses so the bird can be tracked. The rubber band breaks down after 4 – 6 months and drops off. Dan, who does all the surveys, has thought about using volunteers but is concerned about safety. Most point count places are isolated, and there is poor cell phone coverage in the park.

Nine people were on the hike around the Doe Lake trail which took two and a half hours. Most of the twenty eight species we found were identified by their calls as they were high up in the trees and there was some leaf cover. We did manage to see several species, including a pair of loons and a Yellow-rumped Warbler.

PETER OWENS

Common Loon

Several participants on the walk shared some good identification apps on their phones. Merlin was a popular one.

We also saw Morels, Columbines, Trilliums, and an Olympia Marble Butterfly.

Thanks, Dan, for sharing your time and expertise.

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President's Message

To the Members and Supporters of the Friends of Frontenac Provincial Park:

Recent Park Activities

Recent activities listed in no particular order:

• We were very excited to see that the Park developed three new campsites: 17, 18, and 19! They were available for reservations in July, and all have tent platforms. The 7th edition of the park map, now available for purchase, includes these new sites.

• Park staff have noted that visitation has been strong all season. Weekends have been extremely busy this fall with Park Wardens focusing on capacity management and customer service.

• Park Staff have been installing new signage throughout the park, focusing mainly on trails. Hopefully, this will improve visitors' ability to navigate through the park and result in fewer disoriented hikers.

• The new Outdoor Classroom continues to get positive reviews from Park visitors, proving to be beneficial for many uses. This includes bookings from school groups into the Fall. Work on the donor recognition wall is ongoing with completion expected some time this fall/winter.

• A consultant has been hired to complete some orchid assessment for the park this Fall. It's hoped that these assessments will provide an updated status of these species and their health within the park. Initial surveys have gathered data on the Yellow Ladies Tresses, with future monitoring focusing on Puttyroot, etc. In addition, a student team was dedicated to Resource Management this summer. This team was able to complete significant removal and assessments of Dog Strangling Vine and Garlic Mustard. They also actively managed a newly discovered plot of invasive Phragmites Grass.

The Friends of Frontenac Website

The Friends of Frontenac have significantly updated our website at https://www.friendsoffrontenac.com/.

Thanks to all the Directors involved, particularly Mike Fischer. This has been a long process, but the result is great. The website is considerably easier to use and provides more information.

Directors Needed!

One of the things noted in the blog of the new website:

The Friends of Frontenac is a volunteer organization dedicated to serving, supporting and improving Frontenac Park. If you are passionate about the park and value the activities that the Friends support, please consider volunteering your time by joining the Board of Directors. We currently have two vacancies! Contact either info@friendsoffrontenac.ca or president@friendsoffrontenac.ca for more information.

Thanks to all members and specifically the Board and Park staff for helping make the Park such a great place.

Ted Holden

Friends of Frontenac Park

The Friends of Frontenac Park is a nonprofit organization whose purpose is to develop programs and materials that enhance the public's awareness, education, and appreciation of the natural environment and human history of Frontenac Provincial Park.

2024-2025 Board of Directors

President	Ted Holden	president@friendsoffrontenac.com
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Secretary	Louise Langlais	langlaislouise@gmail.com
Membership	Maddie Empey	membership@friendsoffrontenac.com
Challenge	Chantal St-Amour	frontenacchallenge@gmail.com
Treasurer	Jason Yokom	jayyokom@gmail.com
Newsletter		
Fundraising		
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Member at Large	Dave Lucas	dglucas@outlook.com
Member at Large	Myra Emery	myraemery@gmail.com
Member at Large	Mike Fisher	mfischer.fof@gmail.com

Committees

Web Master		
Volunteer Coordinator	Myra Emery	myraemery@gmail.com
Map Coordinator	Glenn Alkema	frontenacmaps@gmail.com
Newsletter Publisher	Ron Abbott	elizabethandronabbott@gmail.com
Wilderness Skills	Don Stables	dstables@cogeco.ca

The views expressed in the Frontenac News are not necessarily those of the Friends of Frontenac Park or the editor. Some articles are published to give the viewpoint of an author and to invite discussions.

We welcome your articles, notes, stories, and photographs for the newsletter. Your ideas, suggestions, and constructive criticisms are always encouraged. Material accepted is subject to editing and revision.

2024 deadlines for submission of newsletter material are March 5, August 6 and December 3. Copy should be mailed to: Friends of Frontenac Park, c/o Newsletter Editor, P.O. Box 2237, Kingston ON K7L 5J9 or sent by e-mail to: Charles Slowly at cllslowey@gmail.com.

Visit us online at www.friendsoffrontenac.com. Follow us on Facebook frontenacparkfriends and Twitter@frontenacpark

OUTSIDE

New programs and events may be added to the Official Schedule. Please check the Wilderness Skills section of the Ontario Parks – Frontenac tabloid and the website www.frontenacpark.ca for the most up to date information and details on specific programs. To register for any of the programs below, please visit the events calendar on the Friends website: www.friendsoffrontenac.com. Programs presented by the Friends of Frontenac Park are identified with the Friends' logo. The Friends Board Meetings are scheduled for the fourth Wednesday of each month. If you would like to attend a Board meeting, which may take place on Zoom,please contact the Board Secretary for details.

Sept 25: Friends Board Meeting 19:00 – 21:00

October 18 – 20: Advanced Wilderness First Aid with Steve Tripp, Wilderness Tripping
This is a 20-hour bridge course based on the CRC WFA. The course is a comprehensive first aid and CPR techniques for those who need a higher level of training to work and respond to emergencies in isolated or wilderness settings. Training is also suitable for those who act as guides or supervisors for groups of people. The course covers material in Standard First Aid and CPR, plus advanced strategies for providing extended care for more than 24 hours. Participants can hike or canoe to campsite #11. Cost $210.00 + HST plus Park camping permit.
For more information and to register, please contact Steve Tripp at wildernesstripping@gmail.com. NOTE: Prerequisite: Canadian Red Cross Wilderness First Aid in the past 24 months and participants must have their CRC WFA manual.

Oct. 23: Friends Board Meeting 19:00 – 21:00

Nov.2 - 3: Use of the Handheld GPS as a Tool in Wilderness Navigation- Level III
Prerequisite: Level Two - Advanced Techniques for Wilderness Map and Compass Use. This two-day workshop, given by Dave Lucas and Chantal St. Amour, is an introduction to the use of the GPS and includes programming the GPS, creating waypoints, and using the GPS for navigation. This workshop will be confirmed by a challenging navigation exercise using the GPS. NOTE: the workshop is built around the Garmin 62 series handheld GPS but any make and model of GPS is welcome. Cost: $25 plus Park fee. Time: 09:00 to 16:00

November 9: Frontenac Challenge Celebration
Registered participants will receive a certificate of achievement and be able to share stories. Refreshments will be served. Meet at the Park Office at 10:00.

Nov. 27: Friends Board Meeting 19:00 – 21:00

Dec. 01: Deadline for submissions for Winter Newsletter

Dec. 14: Christmas Bird Count with Carolyn Bonta

All Year: All Season Camping Challenge
Take the challenge and go camping in the Park at least one night for 12 consecutive months. For details see http://www.frontenacpark.ca/pdfs/CampingChallenge.pdf

All Year Birding Bash
Identify 50 species of birds and earn a special birder badge. You can either see them, or identify them by their song. Cost of participating is $10.00, primarily to cover the cost of the badge. More detaails are available on our Facebook page.

ORCKA

by Peter Owens

On Saturday, May 11, Walt Sepic once again offered a course on safe canoeing at the park. Five participants took advantage of Walt's expertise to learn more about getting the most out of their canoeing experiences. Walt offers this course and others for advanced canoeists as well as camping workshops. Check the Newsletter and the Park's Facebook page for more information.
The ORCKA Safe Canoeing program is offered as a starter course for those new to paddling or who want a brief refresher course. The course includes equipment knowledge, safe canoeing procedures, government regulations, observing a canoe over canoe rescue, entering and exiting, launching, balancing, pivots, sideward displacement, forward straight line, stopping, landing, and lifts and carries.

PETER OWENS

Frontenac Challenges

by Peter Owens

Over the last few years, the Friends of Frontenac Park have added new challenges for our visitors to attempt during their time in the park. We are now up to five different challenges. Rules and further details are available at friendsoffrontenac.com

Birder Challenge – Identify 50 different species within the park. No start or end date.

Perimeter Challenge – Hike the perimeter of the park between April 1 and May 15.

LOUISE LANGLAIS

LOUISE LANGLAIS

Paddler Challenge – Paddle and portage 12 lakes This will take place each five year anniversary. The next one will be held in 2027.

The Perimeter Challenge and the Birder Challenge are recent additions that have met with enthusiasm. These challenges add goals that add to the interest of visits to the park. Badges are available to commemorate the successful completion of these challenges. Michael Oppeneer completed both challenges last spring.

The traditional Hiking Challenge takes place between September 1 and October 31. There are 3 different levels to suit different participants.

The All-Season Camper Challenge requires participants to camp overnight, at least once, for 12 consecutive months.

On November 9, at 10:00, the Frontenac Challenge celebration will take place in the park office. The guest speaker will be Colin Chapman, a lichens specialist, who also did a zoom talk on lichens for the Friends during Covid. Lichens is the theme for the challenge this September and October.

Friends of Frontenac Bursary Award

by Ben Chabot

Zach Waller has been chosen as the 2024 Friends of Frontenac bursary award. This was Zach's third year at Frontenac as a member of the Interior Ranger Crew. Zach willingly took on a leadership role within the team this year and helped guide our new Park Rangers. Zach also worked in the office on weekends this spring where he helped to register visitors, answer questions and provide trip planning advice. Zach always comes to work with a positive attitude and does his best regardless of the task at hand. Zach is currently enrolled at Fanshawe College where he is taking Fire Inspection and Fire Safety Education. Thanks for all your hard work, Zach.

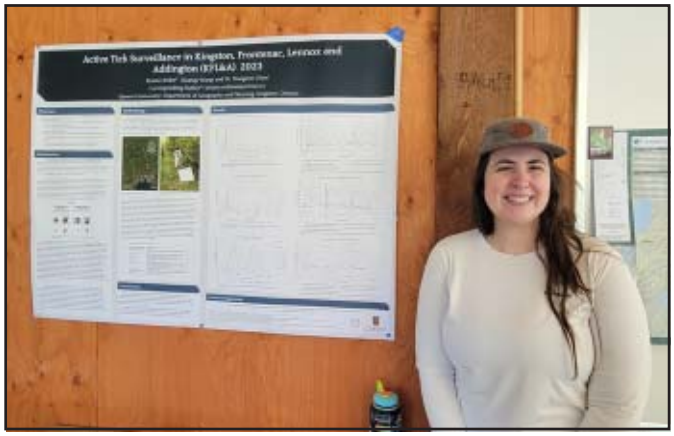
BEN CHABOT

Photo Caption ?

Family Fun Day and BBQ

by Peter Owens

Saturday, June 1st saw a small crowd gather at the Outdoor classroom to inspect displays of merchandise that the Friends offer to raise funds to help out at the park and to enjoy a BBQ. New trail signs were on display and Chantal once again did crafts with some of the children present.



PETER OWENS

Kirsten Noltie

Kirsten Noltie, a 4th year Geography and Planning student at Queen's University, had a display about ticks and Lime disease. Kisten has had three years of sampling in the park and has done active trail surveillance in Kingston and Frontenac and Lennox and Addington counties in 2023. Ticks have been migrating north as climate change allows warmer temperatures to expand their range. Kirsten has been studying how ticks at all stages of their lives adjust to their new territory.

PETER OWENS

Chantal and Friend

PETER OWENS

Polyphemus Moth

A treat for many of us was a male Polyphemus Moth resting on a pillar outside the park office. This moth is named after the cyclops in Homer's Odyssey.

PETER OWENS

Friend's Merchandise

RETURN A FAVOUR TO NATURE

Slide Lake Loop, not for the faint of heart

by Terry Sprague

Reprinted with permission. First published in The Scoop, April/May 2016. The Scoop is a community newspaper serving rural communities in Lennox & Addington and Frontenac counties. It is based in Tamworth, Ontario.

I have aspirations of hiking the Slide Lake Loop at Frontenac Provincial Park this year, just to show my new artificial hip who's boss. Okay – maybe next year. It will be my third time, the most recent being in May just a couple of years ago. Fond memories of a difficult, but memorable trek over some gorgeous and rugged habitat.

The view from the top of the 150-foot high granite mountain on this trail is spectacular. Below, Slide Lake shimmers in the light breeze, sunlight casting blackened shadows of trees and surrounding boulders eerily upon its surface. Through binoculars, one can make out the miniature forms of painted turtles as they bask in the rays of the sun. It is wild country at its best and so remote that the chance of bumping into another hiker is unlikely.

TERRY SPRAGUE

My first hike along this trail at Frontenac was in 2003 when I was 58 years old. I found the hike challenging, even then. Strange, how the climb over this rocky terrain, considered the most rugged in the entire 14,00-acre park, got so much more difficult in just a decade! Park literature describes the nine-kilometre hike as "extremely difficult." There is no reason for me to dispute this after crab-walking and bum-rocking our way to the finish line, a hike that took us seven hours. We were not in a hurry, though. We stopped often to take in the phantasmagoria. Hikes at Frontenac are not meant to be marathons; they are meant to be savoured.

In Frontenac Park speak, nine kilometres is considered a stroll. Most of the trails are 12 or 15 km in length – nice, pleasant walks that can be completed in five or six hours. The trail we were on is only a small inner loop of the much longer 21-kilometre Slide Lake Loop, on the Park's eastern side, off Old Perth Road. Call this inner loop an entry level of a junior walk, if you want, but despite its shorter length, it is no less challenging.

Completing the hike is only one of the day's challenges. Reaching the trail is another. Like so many other trails in the Park, access is from another nearby trail, which means one has to walk several kilometres before even beginning the hike! The Slide Lake Loop is accessible from a couple of other trails both "a fur piece" from the start of the trail. Thirteen years ago, we opted for the water access and canoed for an hour and a half on Buck Lake from a tiny boat launch along Old Perth Road to reach the trail. On our most recent effort, we parked our car along Old Perth Road, followed a two-kilometre section of the Rideau Trail, and commenced our hike in lowland – once farmland between 1853 and 1940, we learned from literature. It all started coming back to me, even the red trilliums, right where I remembered seeing them in bloom ten years earlier.

It was a great way to warm up before the trail got really down and serious. It was near perfect weather – scattered clouds to keep the temperatures tolerable, and a slight breeze to keep the black flies at bay. The lack of appreciable wind allowed us to savour the wavering trill of toads, and the unmistakeable songs from migrant pine, Nashville and black-and-white warblers. The haunting flute-like notes from an invisible hermit thrush wafted in on the slight breeze from and adjacent wooded area.

Despite a precipitous climb, and slopes so steep it was necessary to lower ourselves in reverse, there was wildlife. We found two lime-coloured smooth green snakes, one of which was cooperative enough for a close-up photo. A young water snake also crossed our path, as did a garter snake. What we didn't see, we saw evidence of their passage. Deer, incredibly, walk these steep inclines, only scant inches from a sheer drop of a hundred feet or so. Squirrels, chipmunks - all were present in this unforgiving terrain, created more than a billion years ago on what is known as the Frontenac Arch. There were flowers, too – both trillium species, spring beauties, and one of the earliest still blooming, the dandelion-like coltsfoot.

Slide Lake is neatly tucked in behind a narrow ridge of granite that separates it from the much larger Buck Lake. In earlier days, pioneers logged on this side of the Park, floating the logs across Slide Lake where they were shifted across the 25-metre rocky ridge. To get the logs into Buck Lake, Slide Lake had to be raised to float the logs closer to

Photo Corner

by Peter Owens

I am very pleased with the response to our Newsletter's new section of Photo Corner. It was introduced for the Spring/Summer issue last April. Since then, I have received several excellent photos taken in the park. Many show some of the wonderful views that we all encounter everywhere in the pard as we hike, paddle and camp. You can see many more photos on the Friends of Frontenac Park Facebook page.

CHANTAL ST-AMOUR

1 The picture of the big lake with the Long Island is the north branch of Buck Lake. The one above the backwards C shape is Big Clear Lake and the one above that is Devil Lake. The one to the left of Big Clear is Labelle.

For this issue I would like to feature some photos taken by Chantal St-Amour when she flew over the park in a small plane.

CHANTAL ST-AMOUR

2 In this picture bottom to the top are Black Lake, Little Clear Lake and Little Salmon.

If you would like to share some of your photos taken in Frontenac Park, please contact the Newsletter editor.

Slide Lake loop - *from previous page*

the ridge where wooden rollers anchored securely into the rock were used to coax the logs over the edge; hence, the name of Slide Lake. Some didn't make it and these inadequately tethered logs sank, where they remain to this day. Once in Buck Lake, the logs were boomed and floated to a sawmill on Mississauga Creek to be sawn.

In sharp contrast, the terrain where came in from Perth Road and, subsequently conclude our hike, was once farmland, relatively flat. After all these years, it had refused Nature's attempts to naturalize into forest. Meadow grasses still grow where ploughs once turned over the sod for crops as recently as 1940. In that time, an almost one-kilometre long lake, large to show up on Google Earth, was a farmers field until abandoned in 1940, after which natural succession had taken over and produced a small forest. Beavers move in about twenty years ago and flooded it to become the now treeless lake that it is today.

If planning to do this hike, take lots of water (we ran out with another three kilometres to go), good hiking boots, a walking stick or walking poles, and pack some Ibuprofen. You'll likely need it!

Frontenac Provincial Park Map

The 5th edition of the Friends' Frontenac Park Map will be available at the following locations:

Kingston
Trailhead Kingston, Tourism Kingston Visitor Information Centre

Sydenham Area
Frontenac Park Park Office, Snug Harbour Resort

Elsewhere
Mountain Equipment Co-op (on line), Outdoors Oriented (St. Catharines), Wild Rock Outfitters (Peterborough), World of Maps (Ottawa)

To order your copy of the latest map, please order online through our website www.frontenacpark.ca Cost is $15 cdn for a paper map and $25 for waterproof.

Your membership with The Friends entitles you to a 15% discount at the bookstore Novel Idea, 156 Princess St., a 10% discount at Smith Army Surplus: SAS, 89 Princess St., in Kingston, and a 15% discount for Walt Sepic's Firefly Adventures programs at the Park.

Join The Friends of Frontenac Park Now

In these days of government cutbacks and encroaching development, a semi-wilderness park needs all the friends it can get. Your membership in The Friends of Frontenac Park will put you in touch with other outdoor enthusiasts who have discovered one of Ontario's great natural secrets. Join today or sign a friend up. Everyone is welcome.

Name _____ Telephone (_____) _____

Address _____ E-mail _____

_____ Postal Code _____

☐ I will pick up my membership card at the park office. ☐ Please mail me my membership card.

Membership Category

(Membership year April 1 to March 31)

Family	$ 25.00
Individual	$ 20.00
Donation *(tax receipts will be issued for amounts exceeding $10*	$_____
Total Amount Submitted	$_____

Cheques payable to:

The Friends of Frontenac Park
P.O.Box 2237
Kingston ON K7L 5J9

Getting to Know You

Are you interested in participating in Friend's activities, as an organizer, Board member, workshop leader, project coordinator, writer/editor, naturalist or general volunteer?
Please indicate your interest below and we will contact you.

I'm interested in:

☐ Helping with trail maintenance and work bees
☐ Leading nature walks
☐ Hosting at the Park Office
☐ Serving on the Board of Directors
☐ Other (please specify) _____