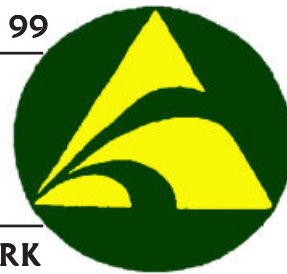


# FRONTENAC NEWS



THE OFFICIAL NEWSLETTER OF THE FRIENDS OF FRONTENAC PARK

## Challenge Celebration 2024

by Peter Owens

On November 9, 2024, an overflow crowd gathered to celebrate those who completed one of the several Friends of Frontenac Park Challenges. The wonderful late fall weather drew more than the usual number of participants to the park. I suspect that after the celebration many of them enjoyed a hike along one of the trails. The theme of this year's hiking Challenges was lichens. Participants had to locate and record the name of the lichen found on each trail that they hiked.

The guest speaker, Colin Chapman-Lam, treated the attendees to an informative talk, with slides, of the many a varied types of lichens found in the park and surrounding areas. Lichens come in an amazing variety of sizes, colours, shapes, and places where they grow. Frontenac Park enjoys great biodiversity and lichens are an integral part of that. Colin shared a map of the park that showed where the various species were found in the park along with the number of species. One study found 280 species in the park, some of which were quite common and others that were rarer. Many of these were identified using iNaturalist. While most of us can recognize common lichens that are mostly grey, black, or brown, and flat, Colin showed slides of red, white, yellow, and orange species. Some lichens have a stalk and cap structure that makes them comparatively tall.

There has been more research done in the last 40 years that has used DNA analysis to group lichens into different genera. An interesting fact about some lichens is the use of descriptive names for common use. The Hooded Tube Lichen, Poplar Sunburst lichen, and Fringed Candleflame lichen are examples of this.

After the talk, Chantal St-Amour, handed out certificates and badges for those who have completed 5, 10, or 15 years of completing a challenge. The different Challenges were the Full Challenge, Trek, Junior Challenge, Perimeter Challenge, and Camping Challenge. The hiker with the most completed full challenges was John Blackwell with 23 as of this year.

I am always impressed with those families who take the Challenges together. For the last several years Ana and



SIMON SMITH

Mia Newstead, and Ellie and Lauren Bearse have completed the full challenge.

This year several members of the Rideau Trail Association completed the Challenge. Kevin Chapman, (Colin's father), from Kanata organized members from Ottawa to Kingston to take part in this year's Challenge.

After all was said and done, we finished up with door prizes and refreshments. Congratulations to all those that completed a Challenge this year.

Lists of challenge winners on page 5

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## President's Message

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

Welcome to 2025! The FoF Challenge Celebration was held on November 9<sup>th</sup> at the Park Office. As usual there was an incredible turnout. The Celebration acknowledges those who completed the Frontenac Challenge (hiking all 11 loops in the Park), the Frontenac Trek (hiking any six loops excluding the short Arab Lake Gorge and Doe Lake Loops) and the Junior Challenge (for youngsters under age 12 hiking any six loops). This also included those who completed the All Season Camper Challenge. Congratulations to all participants whether you were successful or not! The guest speaker, Colin Chapman-Lam, who joined us via Zoom provided an in-depth look at lichens in the Park. Often mostly overlooked there are a large number of different lichens in the Park. Colin is a Botanist/Lichenologist/Data Analyst.

As usual, a huge thanks to Chantal St-Amour for managing and all the background work associated with the challenges. This is a massive job!

This time of the year many activities at the Park are curtailed. However, the Friends also provide advocacy and support for other organizations. Two examples of this include support for the Frontenac Christmas Bird Count and The Land Conservancy for Kingston, Frontenac, Lennox and Addington.

The Land Conservancy of KFLA has a mandate to preserve and protect natural landscapes in our area. They recently had a great new addition to this — they successfully advocated to have South Frontenac Council agree to the transfer of a 100 acre landlocked parcel of surplus land to them subject to some conditions. Visit them at <https://www.landconservancykfla.org/>

The Frontenac Christmas Bird Count took place on Saturday, December 14. This officially wrapped up their “10-Year Anniversary” project funded by South Frontenac Township. The activities included “Winter Birds 101” workshop for the public, training for volunteers, workshops for local high school and elementary students, and bird feeder building. This activity is affiliated with Audubon and Birds Canada.

The AGM and Winter Lecture are scheduled for Saturday, March 1, 2025 in the Kingston Hall (Room 201), Queens' University (103 Stuart Street, Kingston). The AGM will start at 12:00 noon. The Winter Lecture will start at 2:00 pm. The guest speaker is David Arama 'The Survivorguy'. He has an incredible background in teaching and leading

outdoor programs, and has had numerous television and radio appearances, written numerous articles concerning Wilderness Survival and Preparedness, and much more! More information about him can be found at his website, <https://wscsurvivalschool.com/about/>



Thanks to all and I hope to see all at the AGM and/or the Winter Lecture!

Lastly, the Board of the Friends of Frontenac would like to acknowledge the work and contributions of **Peter Owens**. Peter was the newsletter editor/producer. He worked very closely with our publisher, Ron Abbott, for many years. See Peter's profile on page 4. We will miss his contributions greatly.

*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	<a href="mailto:president@friendsoffrontenac.com">president@friendsoffrontenac.com</a>
Vice-President	Charles Stowey	<a href="mailto:cslstowey@gmail.com">cslstowey@gmail.com</a>
Secretary	Louise Langlais	<a href="mailto:langlaislouise@gmail.com">langlaislouise@gmail.com</a>
Membership	Jacques Talbot	<a href="mailto:membership@friendsoffrontenac.com">membership@friendsoffrontenac.com</a>
Challenge	Chantal St-Amour	<a href="mailto:frontenacchallenge@gmail.com">frontenacchallenge@gmail.com</a>
Treasurer	Jason Yokom	<a href="mailto:jayyokom@gmail.com">jayyokom@gmail.com</a>
Newsletter	Charles Stowey	<a href="mailto:cslstowey@gmail.com">cslstowey@gmail.com</a>
Merchandise	Glenn Alkema	<a href="mailto:alkemag01@gmail.com">alkemag01@gmail.com</a>
Member at Large	Dave Lucas	<a href="mailto:dglucas@outlook.com">dglucas@outlook.com</a>
Member at Large	Myra Emery	<a href="mailto:myraemery@gmail.com">myraemery@gmail.com</a>
Member at Large	Mike Fisher	<a href="mailto:mfisher.fof@gmail.com">mfisher.fof@gmail.com</a>
Member at Large	Bruce Horsefield	<a href="mailto:bhorsefield@gmail.com">bhorsefield@gmail.com</a>

#### Committees

Volunteer Coordinator	Myra Emery	<a href="mailto:myraemery@gmail.com">myraemery@gmail.com</a>
Map Coordinator	Glenn Alkema	<a href="mailto:frontenacmaps@gmail.com">frontenacmaps@gmail.com</a>
Newsletter Publisher	Ron Abbott	<a href="mailto:elizabethandronabbott@gmail.com">elizabethandronabbott@gmail.com</a>
Wilderness Skills	Don Stables	<a href="mailto:dstables@cogeco.ca">dstables@cogeco.ca</a>

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.

2025 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 [cslstowey@gmail.com](mailto:cslstowey@gmail.com).

Visit us online at [www.friendsoffrontenac.com](http://www.friendsoffrontenac.com). Follow us on Facebook [frontenacparkfriends](https://www.facebook.com/frontenacparkfriends) and Twitter [@frontenacpark](https://twitter.com/frontenacpark)

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# 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](http://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](http://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.

## 🌿 March 1: Annual General Meeting and Winter Lecture

The AGM and Winter Lecture are scheduled for Saturday, March 1st, 2025 in the Kingston Hall (Room 201), Queens' University (103 Stuart Street, Kingston). The AGM will start at 12:00 noon. The Winter Lecture will start at 2:00 pm. The guest speaker is David Arama 'The Survivorguy'. More information about him can be found at his website, <https://wscsurvivalschool.com/about/>

## 🌿 April 5: Volunteer Training

A training session is offered by Park staff and Friends each Spring for new volunteers. The training provides instruction on the essential information about the Park: its history, natural history, services and regulations, plus guidance on public relations and Park services, followed by an on-trail session explaining the requirements for proper trail maintenance and safety.

## 🌿 April 12: Introduction to Wilderness Map & Compass- Level I

This one-day workshop, given by Dave Lucas and Chantal St. Amour, explains map symbology, understanding and interpreting contour lines, the grid system, and measuring and estimating distances and march times. This information is then put into practice through two hikes. Book your spot early! Cost \$25.00 per person (plus GST and Park fee). Time: 09:00 to 16:00. Meet at the Park Office. Note for all workshops: they all involve hiking in challenging terrain and in either rainy or nice weather, therefore sturdy footwear and appropriate clothing are needed. Bring a lunch and plenty of water. NOTE: This course is also offered on April 26

## 🌿 April 13: Advanced Techniques for Wilderness Map and Compass Use- Level II

This one-day workshop, given by Dave Lucas and Chantal St. Amour, builds on the skills and knowledge acquired during the Level I session and introduces the use of the compass. Topics include measuring bearings on the map and from the ground, converting bearings from magnetic to grid and vice-versa, marching on a bearing, determining, and setting magnetic declinations, and using the resection method to determine one's location. This instruction will be confirmed through a challenging map and compass march to select points within the Park. Be prepared to spend most of the day outdoors, rain or shine, after a short review indoors. You will need a lunch, plenty of water and come dressed for the weather and bush travel, with a pair of long pants and a pair of sturdy hiking shoes/boots. Participation in Level I is recommended but not necessary, if you know how to use a map and compass, and just want more practice navigating off trail. Cost \$25.00 per person (plus Park fee). Time: 09:00 to 16:00. Meet at the Park Office. NOTE: This course is also offered on April 27

## 🌿 April 20: Survival Techniques for the Outdoors

Presented by: Walter Sepic, Firefly Adventures, Kingston, ON.

Being properly prepared is essential to survive in the outdoors. This workshop is suitable for many skills levels from novice to more experienced (12 and older). Topics covered will include trip planning, survival kits, importance of water and filtering, food and nutrition, hypothermia, shelters, uses of tarps and garbage bags, winter survival, the elements, fire starting techniques, communication methods, etc. This course will take place rain or shine, so please be prepared with suitable outdoor clothing, a lunch, snacks and water. Cost: \$30.00 per person plus Park daily vehicle permit. Time: 09:00 to 16:00. For more information or to register, please contact Walt at [fireflyadventures.ca](http://fireflyadventures.ca)

## 🌿 TBD: Spring Nature Walks

Join the Friends of Frontenac for a guided nature walk in the park. Date and time to be determined. Bring your binoculars, camera, a drink, snack, hiking shoes and bug repellent. We go rain or shine to look for spring flowers, other plants, and wildlife during this leisurely hike. We will be on the Doe Lake trail, which is approximately 3 km in length. The hike will last 1-2 hours. Register on the Friends website. Please, no dogs.

## 🌿 May 1 - 31: Perimeter Challenge

This new Challenge is to hike the perimeter of the trails that make a large loop around the park. Participants must register for the Challenge between April 1 and May 15, and it must be completed between May 1 to May 31. Further details are available at [www.friendsoffrontenac.com](http://www.friendsoffrontenac.com).

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## Thank you Peter,

**our newsletter editor from 2016 to 2024**

Peter is a retired elementary school Principal who has enjoyed camping and canoeing with friends and family. One retirement project was to build a 14-foot cedar strip canoe which he and his wife paddled several times in the park. When he was involved in education, Peter encouraged his teachers to use outdoor field trips to enhance their curriculum. Peter's Master of Education thesis focussed on Child Centered Learning in an Outdoor Setting for Primary and Junior students. He Researched and wrote his thesis at the University of East Anglia in Norwich, United Kingdom, during a sabbatical year in the late 1980s. Peter has seen at first hand how beneficial outdoor education is for young students with the Classroom Without Walls program that began in 2017. Primary students from Loughborough Public School in Sydenham under the direction of teacher Sharon Isbel would spend a week at the park undertaking a wide variety of activities. Indeed, this program was one of the main reasons for the funding and construction of the Outdoor Classroom.



Peter joined the Board of the Friends at the request of his close friend and occasional hiking partner, Guy Thorne, in the spring of 2016, taking over as Newsletter editor from Jerome McDuff. Over the last several years he has enjoyed visiting the park to attend or observe the wide variety of activities, workshops, and celebrations that were available. It has been his privilege to serve alongside many

interesting and enthusiastic members on the board. In particular, he would like to point out the amazing work done by Simon Smith and Chantal St-Amour, the two board presidents he worked most closely with.

In the eight years that he was on the board Peter witnessed many positive developments in the Friends' outreach to park visitors. As younger members joined the board our website was updated and made easier to use and digital registration became the norm. Peter believes that the board continues to be in excellent hands.

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## 2025 AGM AND WINTER LECTURE ON SATURDAY, MARCH 1, 2025

JOIN US AT 12:00 NOON AT THE KINGSTON HALL (ROOM 201), QUEENS' UNIVERSITY (103 STUART STREET, KINGSTON). THE WINTER LECTURE WILL START AT 2:00 PM WITH OUR GUEST SPEAKER IS DAVID ARAMA 'THE SURVIVORGUY'. MORE INFORMATION ABOUT HIM CAN BE FOUND AT HIS WEBSITE, [HTTPS://WSCSURVIVALSCHOOL.COM/ABOUT/](https://wscsurvivalschool.com/about/)

## Full Challenge

Allard, Carrie	1	Levick, Jason	1	Koopman, Steve	2	Robinson Okad Mutsumi	3	Rand, Gail	5	Middleton, James	9
Allen, Jan	1	Lewis, Paul	1	Koopman, Abigail	2	Clooney, Lawrence	4	Roulet, Geoffrey	5	Newstead, Mia	9
Allen, Damon	1	Lucas, Mike	1	Lansing, Susan	2	Davies, Huw	4	Turner, Kim	5	Petitjean, Anne	
Austin-Macmillan, Will	1	MacLeod, D Ross	1	Lees, Laina	2	Doornbos, Herman	4	Waterfield, Gary	5	Robinson, Mary	9
Bailey, Erin	1	MacSween, Margaret	1	Leskien, Lisa	2	Duttle, Chris	4	Allan, Steve	6	Smith, Edwar	9
Bale, Dougal	1	Mahmood, Fayyaz	1	Levesque, Gilles	2	Graves, Karen	4	Bassarab, Rusty	6	Stranberg, Bert	9
Barker, David	1	McGowan, Ross	1	Liu, Jieyi	2	Hammond, Emily	4	Beck, Roisin	6	Witjes, John	9
Bayfield, Natalie	1	Minor, Kate	1	McEwen, Rebecca	2	Hobson, Donna	4	Bruce, Beth	6	Workman, Donald	9
Brackenbury, Phill	1	Minor, Bob	1	McGovern-Brus, Gayle	2	Langlais, Louise	4	Fowler, Mark	6	Hulse, Marie	10
Britton, Samantha	1	Moir, Elizabeth	1	Monaghan, Barry	2	Ludlow, Rich	4	Gardner, Autumn	6	Hulse, Jon	10
Brule, Taylor	1	Moir, Victoria	1	Moysel, am	2	McCaughey, Vanessa	4	McNinch, John	6	Orr, Robin	10
Callan, Kevin	1	Moore, Denise	1	Myers, Meg	2	McCaughey, Bruce	4	Moss, Jim	6	Ottney, William	10
Clarke, Lesley	1	Murtagh, Melanie	1	Neveu, Maverick	2	McInnis, Karin	4	Mott, Ruth	6	Tousignant, Brian	10
Clavette, Laurie	1	Nicholson, Eli	1	Neveu, Samantha	2	Oppeneer, Michael	4	Nourry, Nancy	6	Bowes, Kris	11
Cluteman, Monika	1	Osecki, Errol	1	Petty, Keeth	2	Slowey, Charles	4	Surgenor, Karen	6	Duran LeFebvre, Pierre	11
Congreves, Mikaela	1	Ponath, icole	1	Ramloll, Sanjay2		Smith, Mike	4	Waterhouse, Tim	6	Hoedeman, Nienke	11
Cooper, Louise	1	Richards, Ashley	1	Ramsay, lana	2	Stanton, Tammie	4	Barta, Ray	7	MacNeil, Isabel	11
Davies, Trevor	1	Robertson, Kayla	1	Rand, Lori	2	Walker, Scott	4	Dacombe, Susan	7	Reid, Sean	11
Dowsley, Laura	1	Sebok, Maggie	1	Rogers, Keith	2	Warren, John	2	Dowling, Debbie	7	St-Amour, Chantal	11
Fain, Nusa	1	Sieglwartn, Joshua	1	Stanton, Molly	2	Bancroft, Belinda	5	Fanjoy, Catherine	7	Esau, Lynn	12
Fenik, Amber	1	Snider, Lynn	1	Stevens, Dieter	2	Bearse, Ellie	5	Frizell, Linda	7	Lam, Miu	12
Francom, Donna	1	Solorio Cruz, Daniel	1	Toon, Tina		Bearse, Lauren	5	Gervais, Jane	7	Henderson, Dave	13
Gibbs, Kevin	1	Sunn, Anna	1	Volford, Csilla	2	Bearse, Neil	5	McKay, James	7	MacEachren, Zabe	14
Gizzi, Matthew	1	Therrien, Eric	1	White, Kelsey	2	Bearse, Robin	5	McKay, Ryan	7	Mackintosh, Blair	14
Héroux, Alex	1	Upitis, Rena	1	Wilson, Emma	2	Bello, Amie	5	Meyers, Susan	7	Tolley, Robert	14
Hogeboom, Sheri	1	West, Stephanie	1	Devlin, John	3	Callaghan, Gina	5	Newstead, Ana	7	Judd, Christian	15
Hogeboom-Burr, Ian	1	Wilson, Emma	1	Devlin, Cathy	3	Callaghan, Daniel	5	Poon, James	7	Morrison, Lynda	15
Hutchinson, Chris	1	Wilson, Kelly	1	Enns, Olivia	3	Dowling, Janice	5	Vreeken, Erik	7	Newstead, Kathy	15
Kerr, Keith	1	Woogh, Andrea	1	Gale, Shane	3	Eskerod, Paul	5	Barton, Doug	8	Schmolka, Vicki	15
Koehn, Jess	1	Chard, Chris	2	Golemiec, Decker	3	Gordon, Barry	5	Chapman, Kevin	8	Bodendistel, Joe	16
Kotowski, Laura	1	Clooney, Harrison	2	Hindman, Deanna	3	Jackson, Nicola	5	Gummer, Melodie	8	Cseh, Les C.	16
Ladinik, Jernej	1	Cross, Ken	2	Ivimey, Donna	3	Kolankowski, Brett	5	Jenkin, Tracy	8	Lucas, Dave	17
Lafreniere, Riley	1	Da Silva, Leandro G	2	Kendrick, Erica	3	Longley, Lindsay	5	Johnson, Kelly	8	Newstead, Michael	17
Lee Erin,	1	Decker, Debbie	2	Leifso, Brenda	3	McLean, Gillian	5	Johnson, Todd	8	Hiemstra, Bill	18
Leskien, Greg	1	Gauthier, Karen	2	Mostamandi, Abdullah	3	McNicol, David	5	Taylor Picard, Margaret	8	Clooney, Robert	19
Leslie, Jamie	1	Gordon, ustin	2	Rae, Lorna	3	Moffatt, Clark	5	Wang, Pearl	8	Legault, Rhéal	21
Levesque, Heather	1	Kavaner, Steacy	2	Robinson, Melanie	3	Moore, Kim	5	Gorr, Trisha	9	Blackwell, John	23

## 2024 All Season Campers Challenge Full List

Kenneth Davy	1	Lillie Marshall	5
Shawn McShane	1	Mike Marshall	5
David Price	1	Sara Marshall	5
Corvin Sabourin	1	Julie Soule	5
Stacey Smydo	1	Tracey Francis	6
Matt Trousdale	1	Chantal St-Amour	6
Wesley Trousdale	1		
Annabelle Trousdale 1			
Matt Waghorn	1	<b>2024 All Season Campers 5 year plaque</b>	
Cole Walker	1		
Anne Youldon	1		
Andrew Moore	2	Lillie Marshall	5
Toni Towle	2	Mike Marshall	5
Kim Wilson	2	Sara Marshall	5
Nathan Wittich	2	Julie Soule	5
Pat Zihlmann	2		
Brenda Barker	3		
Ted Holden	3		
Nicola Jackson	3		
Tim Woodford	3		
Margaret Taylor Picard	4		

## Trek

Amos, Gwen	1	Shalchi, Marjan	1
Ang, Gina	1	Sikora, Bob	1
Bogues, Wen	1	Skinner, David	1
Freeman, Kate	1	Buss, Carol	2
Gauthier, Corey	1	Green, Sandra Lynn	2
Gingrich, Dave	1	Lane, Stephen	2
Hogue, Nancy	1	Slowey, Lori-Lynn	2
Hollands, Samantha	1	Lopes, Sandra	3
Hopkins-Rosseel, Diana	1	Barta, Barb	4
Hurtubise-Davies, Romeo	1	Bouchard, Andrée	5
Hurtubise-Davies, Noah	1	Harding, Kathleen	5
Kerr, Andrew	1	Shaver, Pete	5
<b>Junior Challenge</b>			
Knapp-McNeely, Jamie	1	Clarke, Tucker	1
Kotowski, Kayla	1	Satov, Riley	1
Moffatt, Ruth	1	Lyon, Zoe	2
Oliver, Shelly	1		
Ringler, Larry	1		

**Return  
a Favour  
to Nature**

# Try the Perimeter Challenge this Spring

By Louise Langlais

The Perimeter Challenge in Frontenac Provincial Park is a demanding 45-kilometre trek that circumnavigates the trails along the park's boundaries. Unlike the longer Frontenac Challenge, which covers approximately 160 kilometres, the Perimeter Challenge offers a more concentrated yet equally rewarding experience for seasoned hikers. Participants navigate diverse landscapes, including dense forests, rocky outcrops, and scenic lakes, all while adhering to the park's established trails. This challenge is typically undertaken over multiple days, with hikers either choosing to do day hikes or camping at designated back country sites along the route. Organized by the Friends of Frontenac Park, the Perimeter Challenge usually commences in May, providing hikers with the opportunity to experience the park's springtime beauty. Yes, there will be bugs, but the profusion of flowers, great birding, and scenery make it worthwhile. And, there's a badge for those who successfully complete this Challenge!

The Perimeter Challenge was introduced in 2024 and was so popular that the Friends of Frontenac have decided to make it an annual event.

Participants are encouraged to prepare thoroughly, as the challenge demands physical endurance and proficient navigation skills. Completing the Perimeter Challenge not only offers a profound sense of achievement but also deepens one's appreciation for the natural splendour and ecological diversity of Frontenac Provincial Park.

For those interested in undertaking the Perimeter Challenge, be sure to consult the Friends of Frontenac Park's official communications for the most current information on registration and rules. Additionally, hikers can access resources such as the Park Map, GPX files with tracks and way points to aid in navigation. Engaging with this challenge allows participants to connect with a community of outdoor enthusiasts and contributes to the preservation and appreciation of the park's natural heritage.

## Perimeter Challenge Participants

Ahmed Elfakahany	Gary Waterfield	Kristi McDonald	Sandra Green
Ajay Modaji	Genevieve Martin	Lori Rand	Sarah Teng
Alan Smith	Geoffrey Roulet	Louise Langlais	Sharon Regan
Alex Pilote	Gina Ang	Lynn Esau	Shaun McAlister
Andrew Kerr	Hamid Nasser	Lynne Cormier	Silvia Franz
Anhong MacNeil	Heather Murch	Margaret Corner	Smadar Junkin
Anita Grace	Helena Diao	Margaret O'Dell	Stephanie West
Ann Giles	Hilary Duff (Anita Grace)	Margaret Taylor Picard	Stephen Lane
Anna Roisin Beck	Ian Brissard	Mary Robinson	Steven White
Annie Bruggers	Jacqueline Van Dyke	Mary-Ellen Cole	Sylvie Chua
Arthur Welcher	Jaime Stewart	Matthew McConnell	Tammie Stanton
Bettina Chinnery	James McKay	Matthew Ondercin	Tanya Crowder
Brenda Davis	James Middleton	Matthew Waghorn	Tina Toon
Brenda Leifso	James Moss	Meghan Leuprecht	Todd Johnson
Brian Caire	Janet Allen	Melanie Walker	Trisha Gorr
Brian Tousignant	Jennifer Pinarski	Michael Oppeneer	
Carol Buss	John McNinch	Michael Ritchie	
Carol Seal	John Warren	Michael Smith	
Catherine Fanjoy	Jonathan Bennett	Michael Tkautz	
Catherine Styles	Jonathan Pilote	Michel Smith	
Christopher Prescott	Jordan Duffy	Michelle McShane	
Curtis Caron	Jordan Goudreau	Michelle Rettie	
Customer	Julie Soule	Michelle Stokes	
Cynthia Sutton	Justin Chadala	Mike Brissard	
Dakota Cross	Kari Galasso	Mike Haycock	
Dale Pilote	Karin McInnis	Morris Buckner	
Daniel Solorio	Kathleen Manson	Nienke Hoedeman	
David Wright	Kathleen Norman	Patricia Butcher	
Deanna Hindman	Kelly Johnson	Patrick Cashin	
Dennis Chamberlain	Kelly VanderVies	Pauline Doucet	
Don Whitehead	Kenenth Cross	Ray Whitehead	
Donna Hobson	Kevin Chapman	Rebecca Davis	
Erica Phillips	Kim Moore	Rosemary Zehr	
Gabrielle Roy	Kris Bowes	Ruth Moffatt	



Perimeter Challenge Logo



Perimeter Challenge Badge

# Are you looking for a sign...

by Shawn McShane

In 2024 Frontenac Park began the massive improvement project that involved removing all of the old brown and yellow signage (I can feel the sighs of the retro-nostalgia folks out there) and replacing it with new signage displaying more clear and simple information to help visitors navigate in the Park. All of the new signage is reflective and has 3 colours based on the information displayed.

Blue Signs at each intersection contain hiking information and includes a map at the major intersections. Yellow Portage Signs will indicate where a portage crosses the hiking trail and provides information about distance to the lakes the portage comes from and goes to, and lastly orange campsite signs contain information where a trail to campsite breaks off from the main hiking trail. These Orange signs also display which campsite they refer to as well as the distance and a reminder to respect the privacy of campers and that the trail to, and the campsite, is only for registered visitors with a permit for that campsite.

Of course, there are still the regular small blue or yellow plastic trail markers along the side of the hiking and portage trails and the Frontenac Park “tag system” is also still in place. The tag system uses round silver metal tags (about the size of a toonie) attached to most signposts and many other manmade features, like bridges, etc. The metal tags have a number stamped on them that you can use in an emergency to relay your location to park staff. These tags can also be used to relay information about issues in the park like downed trees, broken bridges, or signs that don’t make sense to you.

The best way to use this new signage system is to include it as part of your trip planning and only as a



Image Signs

navigational aid to help you navigate with your map. It is not recommended that you try and navigate with just the signage alone. Although it is very well thought out, easy to use, and reliable, it’s best to plan ahead with your map and use the signage like any other landmark just to confirm that you are where you expect you are on your map.

How can you be part of making this new signage better?

As Frontenac continues to update this new system there are bound to be some hiccups, oversights, and even maybe a mistake. If you come across a sign that doesn’t make sense to you, please do not modify the sign. Instead take a photo and pass it along to park staff with its location on the map and what you believe the problem is and of course if you have an alternative idea for what the sign displays or where it’s placed they would love to hear about that too!

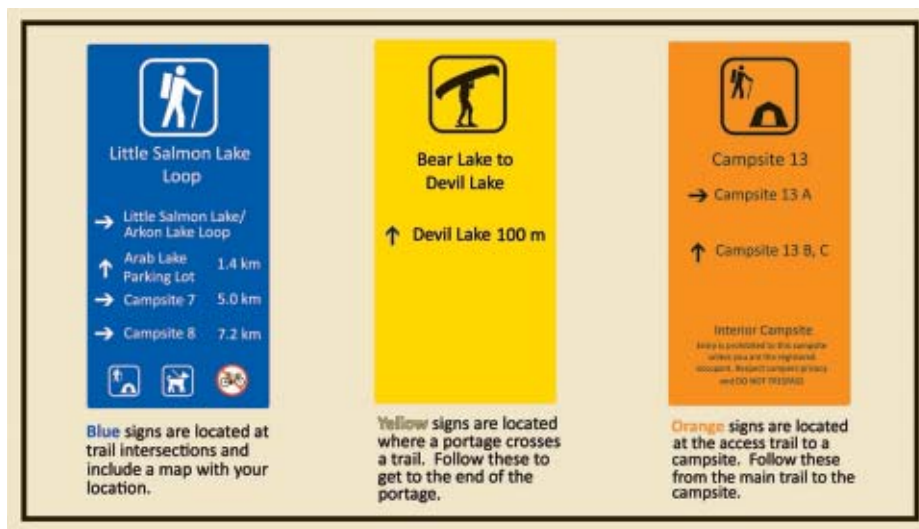


Image Sign Stickers

# Frontenac Provincial Park Map



The 7th 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](http://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) \_\_\_\_\_