

FRONTENAC NEWS



THE OFFICIAL NEWSLETTER OF THE FRIENDS OF FRONTENAC PARK

Celebrating 100th Edition of our Newsletter

by Charles Slowey

This edition of the Friends of Frontenac Park newsletter marks a significant milestone. The 2025 Spring/Summer newsletter is the 100th edition since it was launched not long after the creation of the Friends of Frontenac Park. We are thankful to the immense contributions over the years of the newsletter editors such as Peter Owens, Jerome McDuff, Simon Smith, Alec Ross, and Donna Gillespie as well as to the hundreds of contributors.

The newsletters would not have been possible without the dedication and expertise of our publisher Ron Abbott. Ron is the publisher of every single edition from the beginning, and we are immensely grateful to Ron for volunteering his time and expertise for so many years.

Ron has a deep connection to the Park and the Friends. After obtaining a diploma in mechanical technology, Ron and his wife Beth moved to Kingston to work at Dupont. Since they preferred the country to the city they soon moved to Sydenham. There Ron became the secretary of the local Board of Trade. When it became apparent there was a provincial park about to be created in the area Ron became interested, since he and Beth had discovered Salmon Lake and had been camping there frequently. The Board of Trade also became interested since promoting local tourism was their main activity.

Ron became involved in the early discussions about the creation of Frontenac

Provincial Park in the 1970s, representing the Board of Trade. That allowed Ron to be on the ground floor of the planning, led by the province, for what became Frontenac Park in 1974.

Ron volunteered for the Friends of Frontenac when it was created in 1992. At an early discussion the idea came up about the Friends producing a newsletter and Ron volunteered to help out. By that time Ron had years of experience as a publisher of newsletters, a quarterly magazine and a book, both as a profession and as a volunteer. For example, he published a newspaper, maps and brochures for the Board of Trade, the newsletter for the Kingston Photographic Club for many years, and for 20 years was the publisher of a magazine on fibre arts in Canada.

Ron has spent countless hours to make the newsletter a professional and informative source of information for our members. We hope you have enjoyed them.

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President's Message

Happy Spring 2025

It's beautiful at this time of the year in Frontenac Provincial Park. As a camper since my teens in the park, I am thrilled to be the new President of the Friends of Frontenac (FoF) and to volunteer with such a great group of people.

This is the 100th edition of the newsletter, published regularly since the FoF was started in the 1990s. It's an important milestone and I would like to thank Ron Abbott who has been the publisher for every single edition from the very beginning. Ron was involved in helping to get Frontenac Provincial Park established in 1974 and got involved with the FoF early on. Over the years, he worked with many newsletter editors and many more contributors to make the newsletter a success. Thank you Ron!

The Annual General Meeting (AGM) was held on March 1st at Queen's University in Kingston and there were a few changes to the Board.

A big thank you to Ted Holden, the President for the past couple of years and who will remain on the Board as Past President, as well as to departing Board members Glenn Alkema for expanding our merchandising and to Mike Fisher who updated and modernized our website. On the other hand, we welcomed new Board members Jacques Talbot who is the new Director for Membership as well as Bruce Horsefield and Nienke Hoedeman who have joined as Directors at Large.

At our AGM Jason Yokom provided his treasurer's report (see the article for details) and Ben Chabot, Frontenac Park Superintendent, provided an update on various activities such as the roll-out of the new signage and work on invasive species such as the dog-strangling vine.

Ben awarded the Rick Briese award to Mike Fischer and Louise Langlais for their outstanding contributions as volunteers. Both Mike and Louise have been making a difference with the FoF in many ways, for example Mike led the incredible revamp of the FoF website, and Louise developed the successful perimeter hiking challenge this past year, the birder challenge and helped to create stronger links with the Rideau Trail Association. Congratulations to both of them! You can check out the plaque for the Rick Briese Award recipients in the Park Office.

After the AGM, David Arama "The Survivorguy" was our guest speaker following the AGM. David runs the Wilderness Survival School and has been teaching and leading outdoor programs for more than 30 years. David's presentation was highly informative and entertaining. He gave us some great guidance and tips,

with a demonstration of some of the equipment he uses. He was a wealth of knowledge about boating, hiking and camping.

There is a lot going on this spring and summer. Check out the list of events in this newsletter and on the FoF website. If you would like to get involved, please consider joining us for monthly trail maintenance hikes, or for one of our events or take up a challenge. I hope to see you on the lakes and trails.

We want to hear from you, please do not hesitate to reach out with comments, ideas and suggestions.



Charles Slowey

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.

2025-2026 Board of Directors

President	Charles Slowey	president@friendsoffrontenac.com
Past-President	Ted Holden	eholden3@cogeco.ca
Vice-President	Vacant	
Secretary	Louise Langlais	langlaislouise@gmail.com
Membership	Jacques Talbot	membership@friendsoffrontenac.com
Challenge	Chantal St-Amour	frontenacchallenge@gmail.com
Treasurer	Jason Yokom	jayyokom@gmail.com
Newsletter	Charles Slowey	clslowey@gmail.com
Merchandise	Brian Utigard	brianfof@gmail.com
Member at Large	Dave Lucas	dglucas@outlook.com
Member at Large	Myra Emery	myraemery@gmail.com
Member at Large	Nienke Hoedeman	nienkehoedeman@gmail.com
Member at Large	Bruce Horsefield	bhorsefield@gmail.com

Committees

Volunteer Coordinator	Myra Emery	myraemery@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.

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 Slowey at clslowey@gmail.com.

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

🌿 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.

🌿 April 27: Spring Guided Wildlife Walk 10:30 – 13:00

Join Shirley French for a guided walk on one of the park's easy trails. You will learn about some of the area's flora and fauna. The spring flowers should be in bloom, making this a terrific time to visit the park.

Wear appropriate footwear and bring water and snacks. Meet at the Park Office, we go rain or shine. The hike will last 1-2 hours. No cost except the Daily Vehicle Permit. Register at www.friendsoffrontenac.com. Please, no dogs.

🌿 May 10: Spring Bird Walk 08:00 – 10:00

Join Dan Derbyshire of Frontenac Bird Studies on a leisurely walk to spot spring migratory birds returning to the area. Warblers, Vireos, Scarlet Tanagers are all possibilities! Bring binoculars, camera, drinks, snack, hiking shoes, and bug repellent. Please no dogs. Time: 08:00 – 10:00, meet at the Park Office. No cost except the Daily Vehicle Permit. Further details are available at www.friendsoffrontenac.com.

May 10: ORCKA Safe Canoeing with Walt Sepic 10:00 – 16:00

The ORCKA Safe Canoeing program is offered as a starter course for those new to paddling or who want a brief refresher course. For further information and to register, please contact Walt Sepic 613-353-1113; or email info@fireflyadventures.ca. A Daily Vehicle Permit is required as well.

May 24: Wilderness First Aid Recertification 08:00 – 16:30

Given by Steve Tripp. To register, please contact Steve at wildernesstripping@gmail.com.

May 31 – June 1: Red Cross Wilderness First Aid with Steve Tripp, Wilderness Tripping

This 20-hour course takes place in the park interior and is designed to give participants training needed to care for a casualty for up to 24 hrs in a wilderness or remote context. No pre-requisites. For more information, please contact Steve Tripp at wildernesstripping@gmail.com.

June 8 - 9: ORCKA Basic Canoe Certification (Tandem) Levels 1-4 with Walt Sepic, Firefly Adventures

This is the ORCKA introduction to tandem canoeing and is the basis for all other ORCKA skills. Learn how to canoe or, for those interested, how to advance to other ORCKA skill levels. For further information and to register, please contact Walt Sepic 613-353-1113; or email info@fireflyadventures.ca. A Park Daily Vehicle Permit is required as well. Time: 08:00 – 17:00 Sat. and Sun.

🌿 July 18: 9:30 - 5:00: Painting in the Park

Join local artist, Lisa Leskien, as she leads you on a 3km hike where you will gather inspiration, and then Lisa will lead you through her process of creating a happy trails landscape painting in acrylic paint first, and then oil paint. You will leave the workshop with a beautiful 12x16 painting showing the beauty and energy of Frontenac Park. All painting supplies will be provided. Participants need to bring comfortable clothes and shoes for hiking, a camera (cell phone works well), lunch, water and snacks. Space is limited to 12 participants. Register: Online at www.lisaontheloose.com

July 18: Healthy Parks Healthy People Day There will be free day use of the Park this day.

🌿 September 01 to October 31: The Frontenac Challenge, Frontenac Trek, and Junior Challenge

The Frontenac Challenge involves hiking most of the park's trail network between September 1st and October 31st. The Junior Challenge is open to those 12 and under and requires the hiker to complete any 6 loops of his or her choice. The Frontenac Trek requires hikers to complete any 6 loops of their choice, excluding Doe Lake and Arab Gorge trails. Register for the Challenge through our events calendar at www.friendsoffrontenac.com.

In Honour of the 100th Edition of the Newsletter



photos from past editions and activities



Treasurer's Report for AGM March 2025

by Jason Yokom

I am pleased to report that the Friends of Frontenac continue to be in a strong financial position after 2024. Although we ran a deficit this year of \$9,072.12, it was primarily due to the map reprinting project which is a one-time investment with the revenues being received over a large number of years. We expect to return to a small surplus next year (2025) as we continue to sell our inventory of maps.

Here is a short outline of the key figures:

Revenues totaled \$39,831.12 and were mostly made from merchandise sales at \$29,467.99 (versus the costs of the merchandise sold at \$12,576.41) with the remaining from donations at \$3,176.16, memberships \$2,911.09 and interest income at \$2,675.88.

Expenditures totaled \$48,903.24 with administration this year at \$8,008.62 which was lower than last year with the main items being for insurance and the website. The other big expenditures were the map printing cost at \$18,223.95 and the reprinting of Enduring Spirit book at \$3,947.30.

Volunteer Trail Maintenance Program

Each year the Friends of Frontenac looks to volunteers to assist with trail maintenance to keep the 100+ Km of trail at the Park in good condition. Volunteers are asked to pick a trail, which they are responsible for maintaining between the months of April and September. Generally there are 4-6 volunteers dedicated to each trail, where members can share responsibility for their respective trails. Maintenance sweeps are completed monthly with the first sweep being conducted prior to April 25. General responsibilities include clearing brush, trimming branches, adding trail and portage markers, and reporting large fallen trees, damaged infrastructure, and unique wildlife sightings. All training is completed online and maintenance supplies are provided. Parking on days trail maintenance is conducted will be free by accessing a temporary pass.

If you are interested in becoming a volunteer with our trail maintenance program, please reach out to Myra Emery at foftrails@gmail.com

Volunteer Profile

This new series is about the volunteers that help the Friends of Frontenac

Bruce Horsefield

I'm excited to introduce myself as one of the newest board members of Friends of Frontenac Park. My name is Bruce Horsefield, and my career has taken me across the UK, Europe, US and the Middle East, where I have built a diverse background as a Chartered Engineer and British Army Officer.

I am currently based in Kingston, where I serve as the Senior British Military Liaison Officer with the Canadian Armed Forces. My passion for the outdoors and hiking has drawn me to Frontenac Park, where I find inspiration in its stunning landscapes and rich biodiversity. With my family, we really enjoy getting out and exploring the trails and the beautiful landscape here.

I look forward to connecting with fellow outdoor enthusiasts, sharing my experiences from around the globe and helping this fabulous organization to thrive.

See you on the trails!



Thunderstorm Phobia in Dogs

by Louise Langlais, D.V.M.

At this time of year, some of us start to think about the spring and the kinds of weather events it brings.

I've owned several dogs in my adult life. Two would shake, drool and pant like crazy during thunderstorms and fireworks. It was so bad that they wouldn't sleep a wink and were obviously very distressed. Nor would I, as a result.

Some dogs are terrified of the loud noises during storms and fireworks. The flashes of light, electricity in the air, and low air pressure associated with thunderstorms add to this fear. It's a common problem with dogs. Some breeds, for example German Shepherds, beagles and hounds, appear to be predisposed to certain fears; other dogs are timid due to lack of socialization to strange stimuli as puppies.

Sometimes we inadvertently reward certain behaviours by giving our dogs extra attention when they are acting afraid.

Here are a few things you can do:

Some dogs are calmer in dark areas during a storm. Some like to hide in a corner in the basement, or in a bathtub. It's possible these areas dissipate the buildup of electricity in the air. So, set up a refuge where your dog feels safest, even if it's the tub. Put a special blanket, toys, food and water in there. Block off any windows so lightning flashes can't be seen. Play classical music to cover up the sound of thunder. Make sure your dog has access to this special room even when you're not home, in case a storm comes at that time. This is possible when you are at home, but of course much harder if you are camping with your dog.

People have found that "storm jackets" such as the Thundershirt, The Storm Defender, Anxiety Wrap have a calming effect. One theory is that they reduce the effect of static shock generated during storms. Or maybe they just feel like a nice hug from their owners.

Another useful tool is a product called D.A.P. (Dog Appeasing Pheromone). A pheromone is a hormone that animals can smell, one that has mood-altering properties. D.A.P. is similar to the pheromone produced by lactating dogs that puppies find calming. DAP is available in plug-in or collar formats. I recommend purchasing it from a veterinarian; some products sold on-line are counterfeit or expired, or they can lose efficacy after being exposed to temperature extremes during transport.

If none of these ideas work, you can ask your veterinarian to prescribe medication. When I was practicing, I used to prescribe diazepam (valium)

or Trazodone for anxiety in dogs. I chose them because they were affordable and these drugs have very few side effects. Medication, only used when needed, gave my dogs and I some relief from all of that anxiety.

Louise is a retired veterinarian. She enjoys a variety of outdoor activities and volunteering for the Friends of Frontenac.

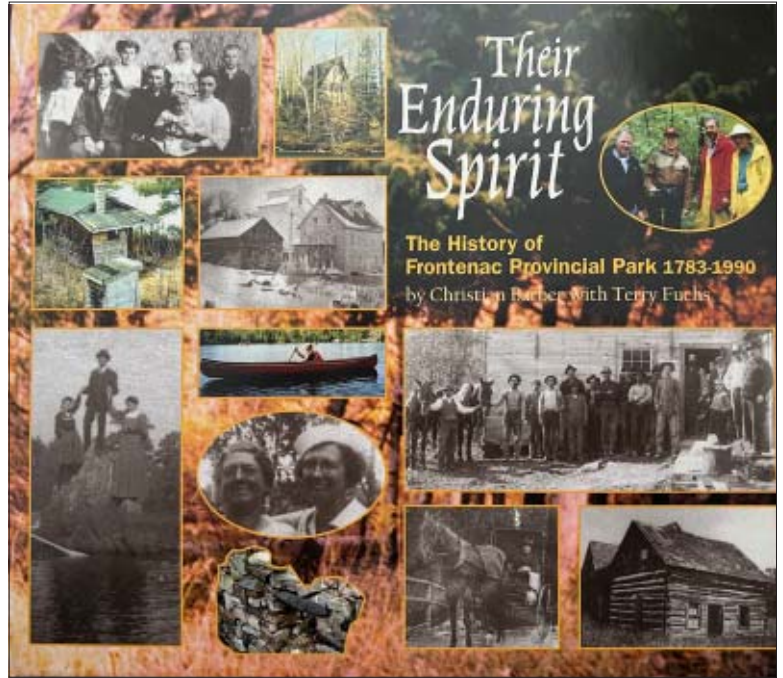


J. P. BLAIS

Friends of Frontenac Park Map and Merchandise

Visit the new Shop on the Friends' website www.friendsoffrontenac.com, register for activities, pick up some new swag including badges. Three new campsites were created in 2024, so get the latest map on friendsoffrontenac.com or at the Park Office.

Purchase a copy of *Their Enduring Spirit* which reflects back on the history of the area that formed part of Frontenac Provincial Park from 1783-1990. Learn about the story of logging, mining, farming and cottaging in the park lands. Copies are available in hard or soft cover at the Park Office or at Trousdale's General Store in Sydenham.



It's Time to Renew your Membership for 2025

Renew your annual membership for 2025-2026 (the membership year is from April 1 through March 31) today! Memberships are for individuals or for families and renewals can be made via the Friends of Frontenac website (<https://www.friendsoffrontenac.com>)

Memberships are \$20.00 for an individual and \$25 for a family.

You can also renew by mail, cheques payable to the Friends of Frontenac Park c/o The Friends of Frontenac Park, P.O.Box 2237, Kingston ON K7L 5J9

As of April 2024, we are no longer sending paper membership cards to members. Instead, the receipt you will get via email is your proof of membership. This will save on volunteer time and postage costs.



Why be a member?

Members receive activity notices, invitations to special events (including our very popular challenges!), first priority for our navigation courses, and discounts from a number of local businesses. The following partners offer discounts to our members: Novel Idea bookstore in Kingston (15%), courses offered by Firefly Adventures (15%), and Smith Army Surplus (10%). As a member, you will receive our newsletter, *Frontenac News*, three times a year.