

FRONTENAC NEWS



The Official Newsletter of the Friends of Frontenac Park

Frontenac Challenge Celebration 2025

On November 8 we gathered to celebrate everyone that completed one of the Friends' Challenges in 2025. It was a wonderful turnout, with a large number of people that have completed a challenge for the first time, including three Junior Challenge participants. John Blackwell continues his streak with the most Full Challenges at 24.

Thank you to Chantal St-Amour Kelly and all the volunteers for making the Challenges such a success again this year. See the list of Challenge finishers on pages 3, 4 and 5.



Celebration at the Park Office on November 8, Photo by Louise Langlais

2025 Hiking Challenges By the Numbers

407 people registered in 2025,
60 more than in 2024

Full Challenge

Hike all 11 loops, 160 KMs

252 completed, 86 for the first time

Trek

Hike any 6 loops, excluding Doe Lake and Arab Lake Gorge

34 completed, 28 for the first time

Junior Challenge

For kids under 12 – complete any 6 loops

3 completed, all for the first time

Our guest speaker was Nicole Johnson, a volunteer with the Friends and Masters Student at Queen's University. Nicole presented on this year's theme of rocks and minerals and took us on a tour through time starting billions of years ago. She explained how many of the rock and minerals were formed that we see throughout the Park, like mica, and also she solved the mystery of why we see large rocks scattered throughout meadows and fields (spoiler, they are *glacial erratics* deposited by glaciers as they retreated thousands of years ago).

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.

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.

Contact the Friends at Friends of Frontenac Park, P.O. Box 2237, Kingston ON K7L 5J9 or by e-mail: info@friendsoffrontenac.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)

President's Message, by Charles Slowey

Congratulation and thank you to everyone that participated in one of the Challenges this year! In this edition of the newsletter we continue the tradition of listing everyone that has completed a challenge, with the number of times. It's a long list and impressive to see the number of people that finished a challenge for the first time in 2025. As in the past, the All Seasons Campers list will be ready in January 2026 so that we can capture everyone that camps in December and January. I cannot thank Chantal St-Amour Kelly enough for her amazing organizational skills and attention to every detail in making the Challenges such a success.



At the Challenge Celebration on November 8 I described our strategic plan and the priorities the Board developed over the past year. If you recall from the last newsletter, the priorities are (1) membership, (2) education and training, (3) fundraising, (4) partnerships, (5) communications and (6) preparing for our 35th anniversary in 2027. See page 7 of this newsletter for an outline and highlights of our strategic plan.

To help us put our new strategic plan into action, in November we sent out a survey to members to gather feedback. The response was incredible, thank you! More than half of members responded and every bit of feedback is invaluable. It helps us to understand your needs and expectations, as well as improve our communications with you. For example, based on the survey over 93% of members have read our newsletter and you gave us great comments on the frequency of the newsletter and the types of information you want to receive. We will share more information on the results and our next steps in the coming months.

Salmon Lake Road may be closed for the season and the colder weather is here, but there is always a great reason to get out to Frontenac Park.

We appreciate your support in making Frontenac Provincial Park such a special place.

Volunteer Profile

A series about the volunteers that help the Friends of Frontenac

Jacques Talbot

My name is Jacques Talbot, and I joined the Friends of Frontenac Board as Membership Director in November of 2024. Since moving to Kingston, I've visited Frontenac Provincial Park on many occasions, completing the Frontenac Challenge, passing through the park on the Kingston section of the Rideau Trail, backcountry camping, cross-country skiing, or day tripping to hike my favourite trail (Gibson) in the autumn.

Having worked in natural resource conservation and management seasonally in the past, it has been fantastic to keep a hand in the field through giving my time as a Friends of Frontenac volunteer alongside others who share a similar interest in, and enthusiasm for, the outdoors.

Frontenac Provincial Park was one of the first such areas that I explored upon arrival in Ontario and has been the inspiration for many trips to parks throughout Ontario and beyond since.

Like other Friends of Frontenac volunteers, and its members, I consider myself incredibly fortunate to have access to the extraordinary nature that Frontenac Provincial Park provides, and it's a pleasure to channel that respect and appreciation alongside others in my work as a Friends of Frontenac volunteer. See you out there!



Congratulations to all those that completed a Challenge in 2025!

Full Challenge with name and number of times completed

Gwen Amos	1	Sara Lavelle	1	Robert Tovell	1
Jeffrey Archer	1	Hua Lei	1	Helene Valbjorn	1
Ken Armour	1	Matt Lemke	1	Margaret Waechter	1
Alianne Bean	1	Charlie Brown Leskien	1	Lee Wakelin	1
Christopher Boot	1	Samuel Levere	1	Genevieve Zizzo	1
Sam Braden	1	Derek Martin	1	Sheri Hogeboom	2
Bianca Breiding	1	Shaun McAlister	1	Gina Ang	2
Carol Buss	1	Connor McCann	1	Sirin Angasinha	2
Diana Case	1	Connie McCrory	1	Natalie Bayfield	2
Tegan Case-Smith	1	Robert McCulloch	1	Samantha Britton	2
Susan Casson	1	Lindsay McFadden	1	Steve Buchan	2
Yvonne Chow	1	Sandy McFadden	1	Sue Chamberlain	2
Jaclyn Clark	1	Nicole McIlroy	1	Jenny Corlett	2
Robert Coats	1	Eileen McNally	1	Laura Dowsley	2
Janice Coghill	1	Heather McNie	1	Donna Francom	2
Caitlin Cole	1	Dale Midwood	1	Emma Garrard	2
Meghan Davis	1	Vicki Mitchell	1	Matthew Gizzi	2
Edward Fingland	1	Rebecca Mitchell	1	Erin Greenwood	2
Leigh-Ann Fingland	1	Erik Mulder	1	Samantha Healey	2
Cheryl Fischer	1	Linda Murphy	1	Diana Hopkins-Rosseeel	2
Mike Fischer	1	Don Myers	1	Chris Hutchinson	2
Charlotte Gagnier	1	Andrea Myers-Weese	1	Megan Joslin	2
Hunter Goudie	1	Leslie Nigh	1	Sharon Kemp	2
Paul Grogan	1	Lyse Patenaude	1	Ksenia Knyazeva	2
Sarah Gudlaugsson	1	Tim Pearson	1	Jess Koehn	2
Anne Haggerty	1	Kali Pocrnicek	1	Laura Kotowski	2
Diana Hall	1	John Remington	1	Jamie Leslie	2
Janice Henderson	1	Sylvia Robb	1	Heather Levesque	2
Caleb Huard	1	Gabrielle Rode	1	Laurie Lockerbie	2
Leslie Inglis	1	Nicola Saunders	1	Margaret MacSween	2
Liam Joiner	1	Jay Sherwin	1	Fayyaz Mahmood	2
Steve Jones	1	Asia Shin	1	Ross McGowan	2
Marcia Keary	1	Amy Simms	1	Denise Moore	2
Anne Keegan	1	Lauren Singh	1	Eli Nicholson	2
Patrick Kelly	1	Ty Stabile	1	Errol Osecki	2
Andrew Kerr	1	Alison Sutherland	1	Alex Pilote	2
Kayla Kotowski	1	Grant Sutherland	1	Ashley Richards	2
Frank Kuznik	1	Joanne Sutherland	1	Kayla Robertson	2
Barbra Lalonde	1	Arawn Therrien	1	Graeme Smith	2
Shayna Lambert	1	Kate Thomas	1	Lynn Snider	2
Stephen Lane	1	Nick Thomas	1	Arthit Vathanathorn	2

Congratulations to all those that completed a Challenge in 2025!

Full Challenge Cont'd

Kama Wilson	2	Donna Hobson	5	John McNinch	7
Susan O'Connor	2	Rich Ludlow	5	Ray Barta	8
Lisa Leskien	3	Sue Maki-Braden	5	Susan Dacombe	8
Jacqueline Boehme	3	Bruce McCaughey	5	Debbie Dowling	8
Chris Chard	3	Vanessa McCaughey	5	Catherine Fanjoy	8
Aidan Coulter	3	Karin McInnis	5	Jane Gervais	8
Elizabeth Cyr	3	Carrie Miles	5	James McKay	8
Karen Gauthier	3	Michael Oppeneer	5	Susan Meyers	8
Justin Gordon	3	Charles Slowey	5	Anna Newstead	8
Susan Lansing	3	Mike Smith	5	Erik Vreeken	8
Gilles Levesque	3	Tammie Stanton	5	Doug Barton	9
Rebecca McEwen	3	John Warren	5	Melodie Gummer	9
Barry Monaghan	3	Ellie Bearse	6	Tracy Jenkin	9
Maverick Neveu	3	Lauren Bearse	6	Kelly Johnson	9
Samantha Neveu	3	Neil Bearse	6	Todd Johnson	9
John Oyston	3	Robin Bearse	6	Carol Seal	9
Jennifer Poole	3	Amie Bello	6	Margaret Taylor Picard	9
Sanjay Ramloll	3	Janice Dowling	6	Trisha Gorr	10
Alana Ramsay	3	Paul Eskerod	6	James Middleton	10
Keith Rogers	3	Barry Gordon	6	Mary Robinson	10
Darlene Ruttan	3	Nicola Jackson	6	Edward Smith	10
Dieter Stevens	3	Gillian McLean	6	Bert Stranberg	10
Kelsey White	3	David McNicoll	6	John Witjes	10
Emma Wilson	3	Clark Moffatt	6	Donald Workman	10
Megan Morgan	3	Kim Moore	6	Jon Hulse	11
David Coulter	4	Cheryl O'Connor	6	Marie Hulse	11
Cathy Devlin	4	Geoffrey Roulet	6	Robin Orr	11
John Devlin	4	Kim Turner	6	William Ottney	11
Shane Gale	4	Gary Waterfield	6	Brian Tousignant	11
Claudia Hancock	4	Stephen Allan	7	Nienke Hoedeman	12
Kyle Harding	4	Rusty Bassarab	7	Joe Kozar	12
Deanna Hindman	4	Roisin Beck	7	Isabel MacNeil	12
Donna Ivimey	4	Joanna Brown	7	Chantal St-Amour	12
Wally MacMillan	4	Beth Bruce	7	Lynn Esau	13
Abdullah Mostamandi	4	Mark Fowle	7	Miu Lam	13
Melanie Robinson	4	Autumn Gardner	7	Lise Legault	13
David Young	4	Jim Moss	7	Dave Henderson	14
Huw Davies	5	Ruth Mott	7	Blair Mackintosh	15
Chris Duttle	5	Nancy Nourry	7	Robert Tolley	15
Emily Hammond	5	Karen Surgenor	7	Sharon Blackwell	16

Congratulations to all those that completed a Challenge in 2025!

Full Challenge Cont'd

Lynda Morrison	16	Les C. Cseh	17	Rhéal Legault	22
Kathy Newstead	16	Michael Newstead	18	John Blackwell	24
Vicki Schmolka	16	Bill Hiemstra	19		
Joe Bodendistel	17	Robert Clooney	20		

Trek Challenge

Jill Atkinson	1	Mia Newstead	1	Tina Toon	1
Lindsay Bourque	1	Birgit Nielsen	1	Roberta Watkinson	1
Judy Crockett	1	Vinod Pant	1	Kristina Weintrager	1
Cory Davison	1	Susan Rimmelzwaan	1	Heather Zrini	1
Kari Galasso	1	Stephanie Rowe	1	Ruth Moffatt	2
Carlos Ernesto Gomes		Courtney Sakotic	1	Shelly Oliver	2
Medeiros	1	Valeria Santana	1	Sandra Lopes	4
Vicky Kehoe-Pollok	1	Jennifer Siman	1	Barb Barta	5
Marissa Lusk	1	Philip Sims	1	Kathleen Harding	6
Anhong MacNeil	1	Jagpreet Singh	1	Peter Shaver	6
Phil McEwen	1	Daniel Solorio	1		
Nelson Melendez		Nancy Stephens	1		
Villegas	1	Sharon Stocking	1		

Junior Challenge

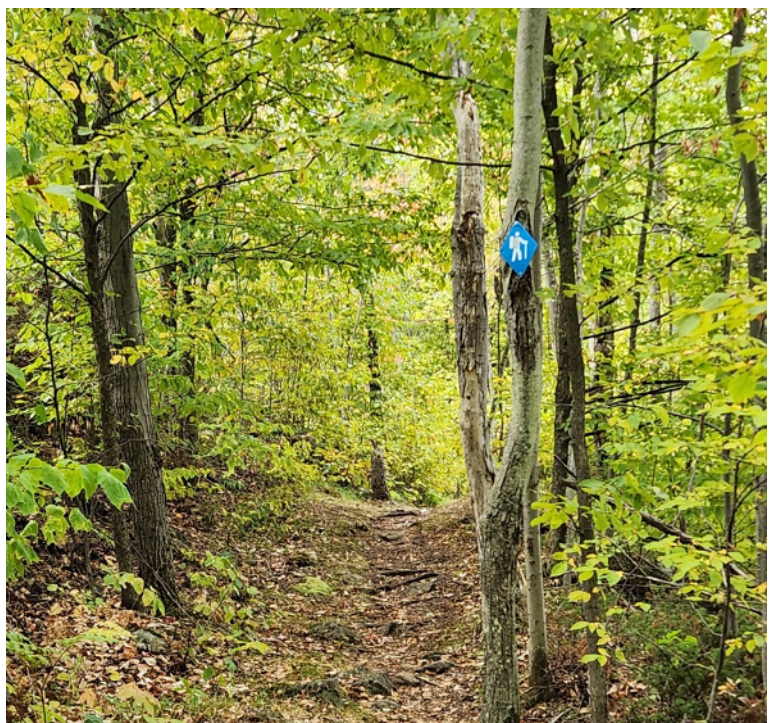
Tessa Leskien	1
Julian Solorio Cabrera	1
Andres Solorio Cabrera	1



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Join the Friends of Frontenac
Provincial Park Facebook Group
(Official group)

[https://www.facebook.com/
groups/1818872648711289/](https://www.facebook.com/groups/1818872648711289/)



OUTSIDE

Every year the Friends of Frontenac organize learning programs and events. We are preparing the list for 2026, in the meantime you can check out the events calendar on the Friends of Frontenac website www.friendsoffrontenac.com for the most up to date information and details.

Birder Challenge

Do you love birds? Then the Friends birder challenge is for you.

The Birder Challenge does not have any start or finish dates; you can start when you want to, and finish once you have counted your 50 birds.

Turn your observation log into the Park office once you've completed the challenge to collect your badge! Or send in a self-addressed stamped envelope to have it mailed to you. If you get any amazing photos of unique species – please share with us!

The information should include the *date* you spotted or heard the bird, the *name* of the bird (common or scientific, your choice), and the *trail* you saw the bird on.

Sign up on our website, friendsoffrontenac.com



Birder Challenge badge

Do you need a new map?

Three new campsites were created in 2024, so it may be time to get a new map.

Our park maps come in paper (cost is \$14.50) or water resistant versions (cost is \$27.50).

Purchase one at www.friendsoffrontenac.com, at the Park Office or at selected retailers like Frontenac Outfitters.



Strategic Plan 2025–28

Over summer 2025, the Board developed a 3-year strategic plan as a framework to guide our efforts. The plan is focused on fulfilling the goal of remaining a strong partner in supporting the public's enjoyment of the park and conserving the park's natural and cultural heritage. The Board reviewed past activities and assessed strengths, gaps and opportunities, building on the solid foundation of the past 33 years, which has been developed and nurtured by the hundreds of volunteers that have made the Friends as relevant as it is today.

Priorities

Below are the 6 priorities areas in the Strategic Plan, along with some of the key actions under each.

Membership

- Annual plan to increase membership
- Increase membership value, which may include incentives such as discounts, learning and special events
- Welcome email / package for new members and volunteers

Education and Training

- New calendar of education and training opportunities that support the Parks' mandate
- Seek feedback from members and participants – membership questionnaire sent in Fall 2025
- Partner with student group at Queen's University and pursue student research grant

Fundraising

- Develop fundraising strategy, e.g. a specific goal, including realistic annual targets to increase fundraising from all revenue sources
- Review merchandise offering and provide options for new merchandise, online and in store

Partnerships

- Create a role at the Board level to establish and maintain networks at the local and regional level
- Assess opportunities for partnerships, and develop a list of organizations for potential partnerships
- Create formal / informal partnerships

Communications

- Review and enhance social media presence and create new Facebook Group page
- Support website and maintain an editorial calendar for new content (events, park updates)
- Send a quarterly e-newsletter and develop an annual impact reports for members and donors

35th Anniversary in 2027

- Explore activities and events to make the 35th special, such as fundraising, merchandise, memberships

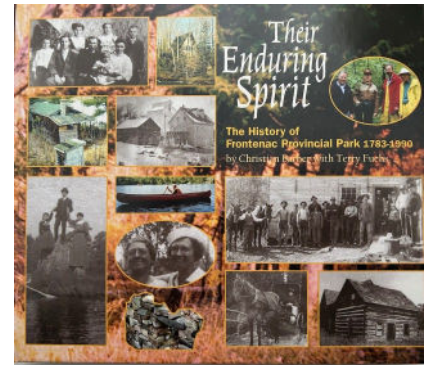
Friends of Frontenac Merchandise

Visit the new Shop on www.friendsoffrontenac.com, register for activities, pick up some new swag including badges.

Purchase a copy of *Their Enduring Spirit* which describes 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.



Find Your Next Campsite

Check out www.friendsoffrontenac.com for profiles of each of the campsites at Frontenac Provincial Park

Have you booked at **Campsite #16** yet? It is one of the new campsites.

This single site is located on Clearwater Lake. The shoreline is deep and rocky but still good for swimming. You can expect the hike to be 4 hours from the Big Salmon Lake parking lot, or less than a 1 hour hike from the Kingsford Dam parking lot. You can also canoe to this site in about 3 -3.5 hours from Kingsford Dam boat launch or from the Canoe Lake road bridge. There is a 1003m portage required from Birch Lake. Site has poor drainage and can be wet in the spring. Motor boats are not allowed on Clearwater Lake. In season you can fish for brook trout.



The view from campsite 16

GPS coordinates: 44.56367, -76.52580 What3Words: underlay.actress.flush

Flora and Fauna Frenzy

What are these things found in Frontenac Provincial Park?

1. This small furry animal darts out of the bush as you are hiking, stores food in cheeks (8 letters).
2. A type of bird you might hear in the trees, known for its hooting (3 letters).
3. These tall plants bloom in the summer and are great for pollinators (10 letters).
4. This animal has a black-and-white striped tail and likes to dig for food (5 letters).
5. The color of the sky you might see above Frontenac on a sunny day (4 letters).
6. A great way to explore the park's lakes (5 letters).

Answer Key below

1. Chipmunk, 2. Owl, 3. Wildflower, 4. Skunk, 5. Blue, 6. Canoe