

FRONTENAC NEWS



The Official Newsletter of the Friends of Frontenac Park

2026 Annual General Meeting

Our Annual General Meeting was held on Saturday March 7, in person at the Park Office and virtually on Zoom.

The President's report by Charles Slowey touched on many of the Friends activities over the past year, such as the new Strategic Plan and outreach initiatives, the continuing success of the trail monitoring program, and the popularity of the six Challenges.

A report by the Treasurer, Jason Yokom, highlighted that the Friends returned to profitability in 2025, following significant investments over the past couple of years in a variety of projects and merchandise. At the same time, the Friends maintained above-average support for the Park in 2025, which is core to our mandate. He identified areas where the Friends have found savings and efficiencies to reduce overhead.



Ben Chabot provides a park report at the AGM, photo by S. Smith

Ben Chabot provided a Park report, outlining all of the upgrades and changes to the platforms, signage and interpretive panels. His report included exciting news about a confirmed sighting of a 5-lined skink (Ontario's only lizard) in 2025. Ben awarded the Rick Briese Award for volunteer of the year to the group of trail monitors that help keep our trails in such wonderful shape. Find out more about the Rick Briese Award and the recipients on the Friends' blog: <https://www.friendsoffrontenac.com/resources/#blog>

A big thank you to all the volunteers, board members and Park staff for making 2025 another great year!

Have you purchased your 2026-27 Membership?

Purchase an annual membership today! (The membership year is from April 1 through March 31.) Memberships for individuals or families can be purchased at the Shop on the Friends of Frontenac website <https://www.friendsoffrontenac.com>. Cost is \$20.00 for an individual and \$25 for a family.

Members receive invitations to special events (including free participation in the fall Frontenac Challenge), 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 of April 2024 we no longer send paper membership cards to members. Instead, you will get a receipt via email that is your proof of membership.

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 present the viewpoint of an author and to invite discussion. We welcome your articles, notes, stories, and photographs for the newsletter. Your ideas, suggestions, and constructive criticism 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 and on Facebook at [frontenacparkfriends](https://www.facebook.com/frontenacparkfriends).

Activities

The programs and events below are some of the many available activities. Please check the back page of the Ontario Parks – Frontenac tabloid and the events calendar on the Friends of Frontenac website www.friendsoffrontenac.com for the most up to date information and details. Programs presented by the Friends of Frontenac Park are identified with the Friends' logo. 🗺️

🗺️ April 11 and 12: Wilderness Map and Compass Level 1 and 2

Offered by Dave Lucas and Chantal St-Amour

Members get early access to these courses as they fill up fast. Cost is \$25, get the details at <https://www.friendsoffrontenac.com/product-category/courses/> or by contacting Dave at dglucas@outlook.com

For Level 1: Join the Friends on a one-day workshop, learning how to navigate with only a map. Topics will cover information found on a map, using the Grid Reference System, Measuring Distance, Contour Lines, WETMan, and Triangulation. You will also learn to tell direction using the sun, and will practice your new skills through a 3 Km guided hike along Doe Lake. You do NOT need a map for this course. The Friends will provide you with a map of the park. Starts at the Park's Trail Centre at 9:00 AM, back by 3:00 PM.

For Level 2: Prerequisite is Level I as we build on the skills and knowledge you acquired during the Level I session and introduce the use of the compass. Topics will include navigating cross-country using offsets and backstops, 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 off-trail points within the Park. NOTE - you will need your own Compass for this course. Starts at 9:00 AM, completed around 4:00 PM.

🗺️ Wilderness Map and Compass Level 1 and 2 also offered on April 25 and 26.

🗺️ May 1 to 31: Perimeter Challenge

The Perimeter Challenge in Frontenac Provincial Park is a demanding 47-kilometer trek that circumnavigates the trails along the park's boundaries. Registration opens April 1 to May 15 at <https://www.friendsoffrontenac.com/product/register-for-perimeter-challenge/>

🗺️ Year round: Birder Challenge, All Season Camper Challenge and the new Quarterly Camper Challenge

Details at <https://www.friendsoffrontenac.com/challenges/>

🗺️ November 7 and 8: Wilderness Map & Compass Level 3

Offered by: Dave Lucas and Chantal St-Amour.

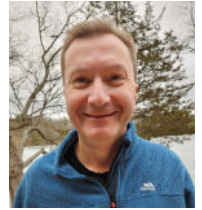
This two-day workshop, from 9:00 am – 4:00 pm both days, teaches the basics of navigating with a GPS device and a map. Topics will cover – programming the GPS, creating waypoints, and using the GPS for navigation. The workshop will include a challenging navigation exercise using the GPS. Note: You will need your own GPS for this workshop which is built around the Garmin 62 series handheld GPS, but any make and model of GPS is welcome. This workshop is the final in a series of three Wilderness Navigation courses. Completion of Navigation 1 (Maps) and Navigation 2 (Maps and Compass) is required as a prerequisite to this course. Cost is \$25, get the details at <https://www.friendsoffrontenac.com/product-category/courses/> or by contacting Dave at dglucas@outlook.com

Interested in Learning about Grasses, Sedges and Rushes?

Colin Chapman and Will Van Hemessen are delivering a 3-day course in July 2026 intended to provide a solid introduction to the field botany of grasses, sedges, and rushes – some of the most diverse, significant, and challenging groups in our flora. Suitable for anyone with a strong interest in our natural environment. If you heard Colin present on lichens at our Challenge Celebration in 2024, you'll appreciate the depth of his knowledge! Check out the details and registration at <https://riparianh.ca/natural-history-training/>

President's Message, by Charles Slowey

I am proud to be elected the President of the Friends of Frontenac for another year. I would like to congratulate all the amazing people that were elected to the 2026-27 board and thank them for contributing their time and expertise.



We have many returning board members and a few changes— a big thank you to Myra Emery and Ted Holden, who are stepping down this year, for all of their support over the past few years. Ted's thoughtful leadership will be greatly missed, most recently on the Friends' research award, and Myra did a fantastic job managing the trail monitoring program year after year. At the same time, I would like to welcome Tim Pearson on joining the Board and taking on the trail monitoring program.

Speaking of the research award, this year we received four incredible submissions. Following a selection committee review, the Friends have awarded the 2026 award to Kirsten Noltie at Queen's University. In her own words: "My PhD research uses Frontenac Provincial Park as a core field site to examine how environmental conditions, wildlife, and climate shape seasonal tick activity and disease risk."

Congratulations Kirsten!

2025 All Season Challenge

Congratulations to everyone that completed the All Season Camping Challenge! To complete this challenge you must camp once overnight per month, for 12 consecutive months.

The following completed the Challenge this year, (with the total number of times):

Christine Brennen	1
Dane Kress	1
Sawyer Kress	1
Avery Laventure	1
Matt Waghorn	2
Brenda Barker	4
Nicola Jackson	4
Tim Woodford	4
Margaret Taylor Picard	5
Tracey Francis	7
Chantal St-Amour Kelly	7

New in 2026

***Like Camping,
but 12 months of it sounds like a lot?!***

Try the Quarterly Campers Challenge

You must camp in **each season**: Fall, Winter, Spring and Summer and in **each Quarter** of the park only once.

Pull out your tent and get the details at:

<https://www.friendsoffrontenac.com/product/quarterly-campers-challenge/>

A Profile of All Season Campers

Dane and his son Sawyer Kress completed the All Season Camper Challenge for the first time in 2025. Sawyer's favourite part about camping was learning new skills such as building cook fires in the winter using sticks as a bottom platform to buffer the snow and adding to his existing ones like canoeing and hiking into camp. He also said he enjoyed the bonding time and campfire talks. Words of wisdom for other junior campers: Always set up your tent or start your fire first depending on the weather!

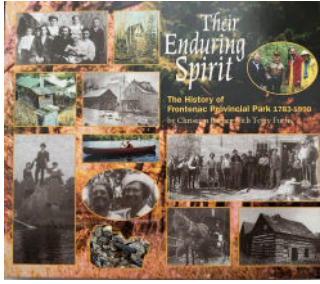
Dane grew up camping in Algonquin with his own father, and this challenge provided the opportunity to carve out precious time from the hustle of the everyday and ever growing screen time to explore, reconnect with nature and bond with his son. They experienced all types of weather, watched deer saunter by, listened to the coyotes sing by the fire and shared many laughs.



Picture details: Dane and Sawyer hiking into campsite 19 on Kingsford Lake on Dec. 13 at 5:00 pm - it was a beautiful clear night and the temperature was hovering around negative 10. It was their last outing for the 2025 Challenge.

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 reflects back on the history of the area that formed part of Frontenac Provincial Park from 1783-1990. Copies are available in at the Park Office or at Trousdale's General Store in Sydenham.

Do you need a new map?
Park maps come in paper
(cost is \$14.50)
or water resistant versions
(cost is \$27.50)



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 18 yet? This single site is located on the east shore of Little Clear Lake.

The shoreline at this site is sandy/stony and the bottom shallow. You can expect to hike about 4 hours to get there from the Park Office, or 3 hours from the Big Salmon Lake parking lot, or 3 – 3.5 hours from Kingsford Dam. You can canoe in from the Big Salmon Lake boat launch in about 3 hours, including a 923m portage. Motors are not allowed in Little Clear Lake. In season, you can fish for lake trout and bass.

GPS coordinates: 44.55397, -76.50290
What3Words: hairspray.bind.empty



The view from campsite 18

Flora and Fauna Frenzy

What are these things found in Ontario?

1. A wild canine found in northern Ontario forests (4 letters)
2. Ontario's provincial flower, often white or red and blooms in the spring (8 letters)
3. A tall tree with needles; many species grow in Ontario (4 letters)
4. A tree whose leaf appears on the Canadian flag (5 letters)
5. A semi-aquatic mammal with webbed feet and a playful nature (5 letters)
6. A prickly looking Ontario mammal that climbs trees (9 letters)
7. A wild cat with tufted ears (4 letters)

Answer Key below

1. Wolf, 2. Trillium, 3. Pine, 4. Maple, 5. Otter, 6. Porcupine, 7. Lynx