Summer 2026 Edition 104

FRONTENAC NEWS

The Official Newsletter of the Friends of Frontenac Park

Support Turtle Conservation By Sharing Your Sightings

Courtesy of Turtles Kingston

Blanding Turtle, courtesy of Turtles Kingston

Look around you—Frontenac Provincial Park is a beautiful landscape of rocks, trees, and water. That water provides essential habitat for five turtle species found in this area: northern map, midland painted, common snapping, eastern musk, and Blanding's turtles.

Turtles have existed for more than 200 million years. Their long-term survival is largely due to their hard shells, slow-paced lives, and high egg production. However, in today's human-dominated landscape, these adaptations are no longer enough.

Turtles must now navigate habitats fragmented by roads and fast-moving vehicles. They encounter dangerous fishing hooks that resemble food. They also face the challenges of climate change and increasing numbers of predators. These are significant obstacles for a slow-moving species. That's where you come in. One of the simplest things you can do to help protect turtles and their habitats is to submit your observations.

The most impactful way to submit your sightings is directly through the Government of Ontario's Natural Heritage Information Centre (NHIC). These records are used by consultants and ecologists during the planning process for development and construction projects. In addition to the NHIC, you can also submit observations through iNaturalist or directly to Turtles Kingston.

Remember, the most useful observations include photos so they can be verified.

Learn more at: https://www.turtleskingston.com/reporting-sightings.

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.

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.

Activities

The programs and events below are some of the many available activities. Please check 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.

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

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

July 17: Paint the Park—Hike and Paint Class
Offered by Lisa Leskien, from 9 AM to 5 PM

Join local Artist Lisa Leskien as she leads you on a 3k hike of the beautiful trails in Frontenac park where you will gather your inspiration, and then Lisa will lead you through her process of creating a happy trails landscape painting in acrylic paint. You will leave the workshop with a beautiful 12x12 painting showing the beauty and energy of Frontenac Park. All painting supplies, a registration gift and a bagged lunch from a delicious local restaurant will be provided for the registration fee of $155.

Participants need to bring comfortable clothes and shoes for the hike, a camera (cell phone works well), water, and snacks. Space is limited. No experience necessary - beginners welcome! If you're interested in painting the Happy Trails of Frontenac Park, don't delay. More info/Register: www.lisaontheloose.com or email Lisa Leskien at leskienlisa@gmail.com

October 16 to 18: Red Cross Advanced Wilderness First Aid
Offered by: Steve Tripp – Wilderness Tripping

This is a 20-hour bridge course based on the CRC WFA. This course includes 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 & CPR, plus advanced strategies for providing extended care for more than 24 hours. Participants can hike or canoe to campsite 11.Cost: $280 (includes camping, parking & taxes).

Register: Email wildernesstripping@gmail.com

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 – programing 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

Do you use what3words?

In May, Frontenac OPP officers, with the assistance of a Frontenac Park Warden, located a family of four who became lost in Frontenac Provincial Park. They found them in part by using what3words, an application you can download to your phone. It divides the world into 3 m x 3 m squares, each identified by a unique combination of three words, helping emergency services quickly locate people in remote areas.

President's Message, *by Charles Slowey*

I hope you are enjoying your summer. If you are looking to spend more time in the Park, you should consider taking on one of our Challenges or to volunteer as a trail monitor.

Monitoring trails is easy. We do it in groups or by individuals that hike each trail, usually once a month, removing debris and identifying larger obstacles for the Park staff to handle. Its also a great way for high schoolers to fulfil their volunteer student hours in the great outdoors. If you are interested, contact us at info@friendsoffrontenac.com.

This year, the Friends are pleased to support the Frontenac Bird Studies through the Migration Research Foundation Inc. Dan Derbyshire is the coordinator of the studies, which has been active in and around the Park for many years. In 2026, the focus is on a long term study of forest bird survivorship and productivity, which has been in operation since 2009. They are undertaking an annual inventory and assessment for Red-headed Woodpecker, Cerulean Warbler and Louisiana Waterthrush, as well as annual point count surveys in and outside park boundaries. Check them out at: www.frontenacbirds.ca

The Friends of Frontenac Provincial Park (The Official Group) is a highly engaged Facebook group, with over 700 members at the beginning of June and growing fast. A great way to share your experiences and photos.

Check out the great posts about the Perimeter Challenge this spring (see article below). You can find it at https://www.facebook.com/groups/1818872648711289/

Perimeter Challenge 2026

Congratulations to the 70 participants for completing the challenge this spring! It's a demanding 47-kilometer trek that circumnavigates the trails along the park's boundaries. The Challenge must be completed between May 1 to May 31.

First-time Finishers (47)

Brenda Barker
Theo Beaulieu
Ed Boere
Teresa Boere
Debbie Buck
Sarah Buckner
Quang Bui
Jake Campbell
Tj Clooney
Tracy Dobson
Gordon Farmer
Scott Farmer
Jamie Fry
Montgomery Goudreau
Derek Grigsby
Emily Hammond
Ralf Heeren
Jennifer Kilbourne
Colleen Lawrie
Yvonne Lennards
Lynda Leopold
Gabriel Levac
Gilles Levesque
Heather Levesque
Liam MacDonald
Becky K
Alison Morphy
Ben Moy
Megan Ostronic
Tim Pearson
Chelsea Penlington
Ralf Peterek
Ajay Ramloll
Ian Robertson
Molly Stanton
Candice Stuart
Phillip Trajcevski
Timothy Vander Wilp
Jay Vukadinovic
Jim Wilkinson
Ute Wilkinson
Heather Zrini

Blackfly Badge (13—2nd year finishers)

Alyssa Delisle
Lynn Esau
Trisha Gorr
Erik Holzchuh
Nienke Hoedeman
Sharon Kemp
Megan McEwen
Michelle McShane
Carrie Miles
Ruth Moffatt
Nicola Saunders
Shu Hong Shi
Julie Soule
Tammy Stanton
Tina Toon
Antoinette Towle

Trillium Badge (10—3rd year finishers)

Janet Allen
Morris Buckner
Deanna Hindman
Louise Langlais
James Mackay
Karin McInnis
James Moss
Michael Oppeneer
Margaret Taylor Picard
Michael Smith
Jaime Stewart

Perimeter Challenge Badges

Participants who complete the Challenge for the first time get the green badge shown above. For years 2-5, you will get 1/4 of a badge each year, with the blackfly portion for the 2nd year, the trillium for the 3rd year, the frog for the 4th, and the scarlet tanager for year 5.

Friends of Frontenac Merchandise

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

Image of cool new plaid shirt!

New Red Plaid Shirts

Show your support for Friends of Frontenac Park with this classic red plaid shirt, designed for comfort and everyday style. Made from soft cotton. Available exclusively through the park office in a variety of sizes.

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 4 yet? This cluster of four campsites is located about half way on the south shore of Big Salmon Lake.

The shoreline at the site is sandy and the bottom shallow. Hiking there takes about 3 hours from the Park Office or 2 hours from the Big Salmon Lake parking lot. Canoeing to the cluster takes about 1-1.5 hours from the dock on Big Salmon Lake. There are no portages. Small electric motors are allowed on Big Salmon Lake. In season, you can fish for Lake Trout and Bass.

The view from campsite 4d

GPS coordinates: 44.53870, -76.49170
What3Words: pocketbook.monolithic.unmasked

Flora and Fauna Frenzy

What are these things found in Ontario?

1. A tree with white bark that peels in layers (5 letters)
2. This fish, Ontario's most popular sport fish, is sometimes called a yellow pickerel (7 letters)
3. A wetland bird with long legs and an S-shaped neck that stalks fish in shallow water (5 letters)
4. A forest bird whose drumming sound is often mistaken for distant construction work (10 letters)
5. A migratory waterfowl often seen flying in a V formation — 2 words (11 letters)
6. This nocturnal hunter can turn its head nearly 270 degrees (3 letters)

Answer Key below

1. Birch, 2. Walleye, 3. Heron, 4. Woodpecker, 5. Canada Goose, 6. Owl