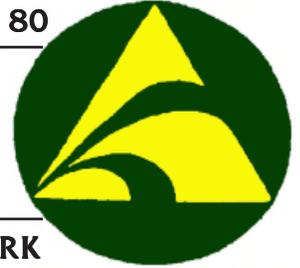


FRONTENAC NEWS



THE OFFICIAL NEWSLETTER OF THE FRIENDS OF FRONTENAC PARK

Celebrating “The Year of the Bird”

by Carolyn Bonta, Project Coordinator

It has been 100 years since North American laws protecting migratory birds were passed. To commemorate the success of this legislation, the National Geographic Society has designated 2018 as “The Year of the Bird”, inviting nature lovers around the world to continue to protect birds today and for the next one hundred years. The Friends of Frontenac Park is celebrating this milestone by offering a variety of educational programs and events to teach people of all ages about our local bird species, and to engage the community in monitoring and better understanding our local bird populations.

Birds are an important part of what makes Frontenac Provincial Park so special. Of the more than 160 species that have been documented in the park to date, approximately half are year round residents or regular summer/winter visitors. Nearly 70 different species are known to breed (nest) in Frontenac, including such rarities such as the Red-headed Woodpecker. The park also supports healthy populations of Species at Risk such as the Whip-poor-will. One summer Species at Risk breeder, the Cerulean Warbler, is listed as Endangered in Canada and Globally Vulnerable, and yet 120 pairs are known to nest within Frontenac Provincial Park. In 2107, the incredibly rich forest bird diversity of the park and environs contributed to its designation as the Frontenac Forests Important Bird and Biodiversity Area (IBA) This new IBA protects half of Canada’s population of Cerulean Warblers and the largest concentration of breeding birds of this species worldwide.

With such an incredible diversity of birds in the park comes an equally incredible opportunity to learn more about them. Personally, I see birds as a gateway to nature appreciation: they are ubiquitous, accessible, and easily observed by everyone. Our Year of the Bird events will present hands-on, interactive displays will provide

an up-close look at birds and help facilitate species identification, as well as focused workshops to deliver training in winter bird identification, bird taxidermy, and Citizen Science. Citizen Science is the collection and analysis of data relating to the natural world by

members of the general public, typically as part of a collaborative project with professional scientists, and is a priority initiative identified for Frontenac Park through the Friends’ “Vision Day” exercise in 2014

Financial support for our Year of the Bird celebrations comes from the Community Foundation for Kingston and Area through a \$3,349 Community Grant made possible through the Environmental Legacy Fund, the Ruth and Stu Barton Community Fund, and the Gordon Barr Ltd, Fund. Acting President Simon Smith is enthusiastic about the project: “This generous grant helps the Friends launch an exciting

new series of experiences for Park visitors to learn about and enhance their appreciation of the rich biodiversity right here in our backyard!”

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Dr. PAUL MARTIN

Cerulean Warbler

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Membership Application

Acting President's Message

This year we celebrate the 125th anniversary of the formation of the first provincial park in Ontario. The Friends recognised this birthday with a special Family Day in mid-August, which was very successful. Activities were organised in the picnic area at the Park Office. As well as the opportunity to borrow canoes and head out to tour the Otter Lakes, there was bird-house painting for children of all ages, and a natural history display by Parks staff. We held a barbecue and commemorated the year with a special 125th Anniversary Cake. A generous draw for prizes concluded the day, and participants left well-satisfied after a very energizing time. Very many thanks are due to the many people who organised and assisted with this event at the Park, notably Chantal St.-Amour who initiated and drove forward preparations and publicity. Given the enthusiasm of participants, we plan to make this a regular feature in our calendar of events.



NICK TARDIF

At the picnic

For some of us, it seems no time since the 100th anniversary of Ontario Parks (I've still got the hat!) and I have been perusing a commemorative book "Protected Places" by Gerald Killan (ISBN 155002180X), which was published in 1993 and describes in detail the development of our Parks system. Plenty of interesting facts are revealed. Although the first discussions in the 1880s were about setting aside land for a park in the province in the Niagara Falls region, it was part of the area that is now Algonquin Park that gained the honour as the first provincial park. Interestingly, the incentive for the reservation of land came from the logging industry, which wanted land kept free for its own purposes and for people buying lots for habitations. Now, 125 years later, we have a network of more than 330 Provincial Parks across the vast land area of Ontario.

While we are familiar with "our" park and the others locally, we should not take these resources for granted – there are many features of the Ontario Parks system that it is worth pausing to consider. First of all, this

remarkable network did not appear ready-formed in its current state nor did it grow steadily. For the first 60 years, provincial parks were a rarity, so that by 1957, there were still only eight parks in the system. Realisation of environmental and public



need led to direction from senior levels on the political and administrative fronts to expand this to 77 parks by 1961, and this growth continued through succeeding decades to reach the large number we have now. All of this was accompanied by development of the necessities of an overall system structure – from the classification of types of parks, to the individual operating procedures, creation of park management planning processes, and latterly, to the formation of cooperating associations or "Friends" – groups like ours. And this has all depended on significant drive and far-reaching vision by both politicians and civil servants –

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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.

2017-2018 Board of Directors

Past President	Herb Helmstaedt	hhelmst@cogeco.ca	613-542-6455
President (acting)	Simon Smith	sjsmith@kos.net	613-541-3964
Vice-President	Nick Tardif	nick.tardif@yahoo.ca	613-549-9296
Secretary & Challenge	Chantal St-Amour	chantilly4@yahoo.com	613-888-2039
Treasurer	Michael MacDonald	michael@michaelmacdonaldcpa.ca	343-364-1052
Membership	John Critchley	johncritchley@bell.net	613-634-5475
Newsletter	Peter Owens	peter.owens@sympatico.ca	613-544-3628
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Member at Large	Guy Thorne	gthorne1@gmail.com	613-548-1857

Committees

Hosting Program & Trail Sweeps	Cathy Murray	Cathy527b@gmail.com	613-331-0729
Map coordinator	Jim King	frontenacmaps@gmail.com	613-417-1737
Newsletter Publisher	Ron Abbott	elizabethandronabbott@gmail.com	613-374-3212
Winter Camping	Don Stables	dstables@cogeco.ca	613-345-1644

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 incite 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.

2018 deadlines for submission of newsletter material are March 14, August 1 and December 5. 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: frontenacpark@gmail.com or peter.owens@sympatico.ca

Visit us online at www.frontenacpark.ca. Follow us on Facebook /frontenacparkfriends and Twitter @frontenacpark

OUTSIDE

New programs and events may be added to the Official Schedule – please check the website at www.frontenacpark.ca for the most up to date information and details on specific programs. To register for any of the programs below, please telephone 613-376-3489. Programs presented by the Friends of Frontenac Park are identified with the Friends logo 🌿.

🌿 **September 01 to October 31 - The Frontenac Challenge, Junior Challenge, and Frontenac Trek:** 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. To meet the Challenge, all you have to do is pick up registration form at the Park Office and then set out to hike through the autumn splendor of Frontenac Provincial Park. Participants who complete the Challenge will receive a certificate at a Celebration and will be acknowledged on an honorary plaque in the Park Office. So come out and challenge Frontenac at its autumn best.

🌿 **September 20 - Friends Board Meeting:** Location: Ongwanada Resource Centre, room 427 at 19:00.

September 21-23 - 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. Focus is on prevention but in this scenario based course you will learn and practice assessment, treatment and stabilization of the patient. CPR-C and AED training is included. No pre-requisites. Camping equipment and food not included. Camping gear is available for rent. It is recommended to hike or canoe to the campsite Friday. For more information, please contact Steve Tripp at wildernesstripping@gmail.com. NOTE: This course is also offered Sept. 28-30. Cost: \$245.00 HST incl. plus Park camping permit. Time: Friday p.m. to Sunday 16:00. To register please call the Park Office (613) 376-3489.

September 28-30 - Red Cross Wilderness First Aid with Steve Tripp, Wilderness Tripping: Please see information from the Sept. 21-23 write up.

🌿 **September 29 - Fall Trail Sweep:** The Volunteers/Guides will do general maintenance on the Park's trails to get them in top shape for our Fall and Winter visitors. Meet at the Park Office at 08h45. Bring a lunch and work gloves. Chilli will be served at the end of the day. Contact the Park (613-376-3489) for details.

October 12 – 14 - Red Cross Advanced Wilderness First Aid with Steve Tripp: Presented by Steve Tripp, Wilderness Tripping, Kingston, ON. This is a 20 hour bridge course based on the CRC WFA. This is a comprehensive first aid and CPR techniques course 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. For more information, contact Steve Tripp at wildernesstripping@gmail.com. Note: Prerequisite: Canadian Red Cross Wilderness First Aid in past 24 months, and a copy of the CRC WFA manual. Cost: \$226.00 plus camping permit. Time: Friday 17:00 to Sunday 16:00.

🌿 **October 25 - Friends Board Meeting:** Location: Ongwanada Resource Centre, room 427 at 19:00

🌿 **November 10 - Frontenac Challenge Award Celebration:** Registered participants will receive a certificate of achievement, share stories while eating hot dogs cooked on the BBQ by the Friends. Meet at the Park Office at 10:30.

🌿 **November 22 - Friends Board Meeting:** Location: Ongwanada Resource Center, room 427 at 19:00

🌿 **November 24 - Winter Birds 101:** Carolyn Bonta will take participants through basic bird identification techniques. For details see her article "Celebrating the Year of the Bird" in this issue. 10:00 – 11:30 at the park office.

🌿 **November 24 - Study Skins workshop:** Carolyn Bonta will teach basic bird taxidermy. For details see her article "Celebrating the Year of the Bird" in this issue. 13:00 – 15:00 and again at 15:00 – 17:00 at the park office.

🌿 **December 03 - Deadline for Submissions for Winter Newsletter:** We welcome your articles, letters, stories and photographs. Material should be mailed to The Friends of Frontenac Park c/o Newsletter Editor, PO Box 2237, Kingston, ON K7L 5J9 or emailed to frontenacpark@gmail.com

🌿 **December 15 - Christmas Bird Count for Frontenac:** The Friends are leading the "Frontenac" Christmas Bird Count (CBC) field surveys for the Park area. A great opportunity to learn more about birding while exploring different habitats. Join the fun – more people allow better coverage of the Park. Information and registration: 613-531-4578 or bonta.johnson@sympatico.ca Cost free! Time: 9:00 to 16:30 p.m.

🌿 **All Year - All Season Camping Challenge:** Take the challenge and go camping in the Park at least one night for 12 consecutive months. For details see <http://www.frontenacpark.ca/pdfs/CampingChallenge.pdf>

A Tip of the Hat to our Interior Rangers

by Ben Chabot

Every September for the past 26 years our park visitors have arrived at the park to participate in the Frontenac Hiking Challenge. Over these years our visitors have become accustomed to well-marked and maintained trails that are safe and enjoyable to use. Keeping a 120+ km back country trail network maintained isn't easy and requires the assistance of many people. The Friends of Frontenac Park trail monitors are one extremely dedicated group that is essential in maintaining this trail system. Each spring, volunteer Friends hike the trails to make small repairs and note places where larger scale efforts are needed. Later on a work bee takes place, under the supervision of park staff, to make the necessary repairs. Another group that is a key to the success of our trail network is our Interior Rangers. Every year approximately 10 students spend the entire summer keeping the park clean and safe for everyone to use, but also preparing it for the fall Challenge event. Throughout the summer they battle heat and humidity, deer flies and other outdoor hazards to ensure that we are ready. They use whipper snippers on kilometers of tall grass to make the trail path more defined and safer; they build bridges (like the new one by the Moulton Lake portage); they trim back branches and remove fallen trees; they install trail markers to ensure you know where the trail path is; and they reroute trail sections to avoid hazards...just to mention a few. We hope that while you are enjoying the cool fall weather and the spectacular colours that you will think of our Interior Rangers and all the hard work they did this summer to ensure our trail network is top notch and ready for your use. We encourage you to acknowledge a job well done the next time you see one of our dedicated Interior Rangers hard at work.



BEN CHABOT

Back row: Max Snider, Aidan Wheeler, Isaac Sanderson, Michael Kassera

Middle row: Maddy Page, Hannah O'Brien, Mallory Shoniker, Hailey Huffman, Katryna Seabrook

Front: Arden Hewitt Absent: Daryl Furber and Kyle Sweet



CHANTAL ST-AMOUR

Trail Sweep



CHANTAL ST-AMOUR

Work Bee

Special Places in Frontenac Park

Starting in this issue, the Friends would like to highlight special places and memories in Frontenac Park. These could be favourite trails, campsites, lookouts, events, or a special time that one experienced. It is wide open and we would encourage anyone who has had a memorable time in the park to submit a short article to the newsletter editor, with photos, if possible. Hopefully, this will encourage other visitors to seek out these areas and enjoy them as much as you do.

The initial entry comes from Bert Korporaal, retired Assistant Park Superintendent, who takes us along the ever popular Doe Lake Trail. This is the most widely used and easiest of the main trails and one where first time visitors to the park often begin. It also is used for the Spring Bird Walk and Spring Nature Walk.

Day Hike Favourites

by Bert Korporaal

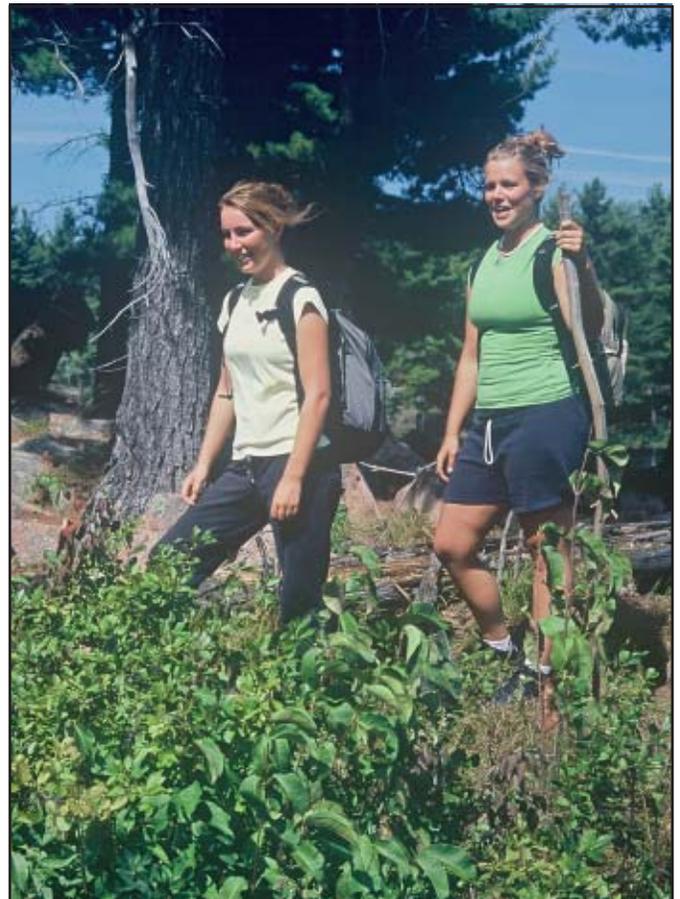
Doe Lake Loop

This is a short trail at 3 km and only takes the average person about an hour or so to walk. You may find yourself taking longer, as there are several places to stop and admire the view. The Doe Lake Trail depicts many aspects of what Frontenac Park has to offer: forest cover, ponds, lakes, and rolling terrain. As with any walk or hike, one should have proper footwear and be prepared for the weather. The Doe Lake Loop is an all season trail, as it is easily accessible all year. During the winter, visitors often snowshoe around it.

Before starting off you might wish to pick up an interpretive trail guide for this short trail. From the Park Office this loop begins on a boardwalk, crossing the marshy area at the end of South Otter Lake with typical soft maples, ash, and button bush vegetation. One can normally see turtles basking on the logs during the warmer months. Once you cross the boardwalk, keep to the right and begin your walk on a forested trail along a marsh which then opens up to follow the shoreline of North Otter Lake. The trail has several locations where rest benches have been installed at view points. This forest is mixed with white pine and hardwoods of maple and oak.

Approximately half a kilometre in, there is a short detour trail that leads you to a small open pit mica mine called the Kemp Mine. This small scale mine was operated by the Kemp family who resided at the present entrance of the park. Mica was mined extensively in this general area of the Canadian Shield in the early 1900's. It is an excellent insulator and often was used for viewing windows in lanterns and wood stoves, as it can withstand high temperatures. Once you have seen this pit, you must retrace your steps back to the main trail, then keep left to continue.

During the early to late summer, if you look and listen carefully, you might hear or see ospreys on the island out in Otter Lake. They habitually return each year to the same nest in the tall pine, to lay eggs and raise their young. There is a rest bench here. The trail resumes its route along the shoreline of Otter Lake and then cuts



BERT KORPORAAL

Hiking - Otter Lake

slightly inland to an old beaver pond. A small foot bridge crosses the stream emptying this pond and the trail begins to climb uphill. This leads to the lookout which overlooks Doe Lake to the east. You are about half way now. The forest here is mainly upland forest of sugar maples, oaks, ash, and hickory.

Once you go downhill and cross yet another footbridge near a pond, you will travel briefly along the shore of Doe Lake before heading back inland. You are now back in the hardwood forest. Soon you will pass by a fairly large beaver pond on your right where there is another rest bench for you to take in the view.

From here you continue on the trail which goes through maple, oak, and hickory bush and then it reconnects with the start of the trail at the boardwalk.

Celebrating “The Year of the bird” - from page 1

Because a bird in the hand can teach volumes, we are grateful to SafeWings Ottawa for supplying specimens from their collection of window-killed birds. All of the species you'll see in our displays – from a tiny hummingbird to a hefty kingfisher – are ones that can be found in Frontenac Provincial Park and the surrounding area. Many of these are common birds that will hopefully be attracted to the new feeder station outside the Park Office, offering visitors the chance to observe and photograph them. We thank Urban Nature Store for generously donating bird feeders, field guides, and other materials that will support teaching and learning at the park.

Following a busy spring and summer of planning and preparation, here is a summary of what the Friends of Frontenac will be offering this fall and winter:

Frontenac Challenge: September 1 to October 31

“Birds will be the theme of this year’s Frontenac Challenge, and experienced birders are inviting others to join them on a Challenge hike. Through these hikes, we hope that participants, in learning to identify different birds, will add an enjoyable new perspective to their Challenge experience and future backcountry travels. Birder hikes will be advertised at the Park Office and on Facebook as they are scheduled. Open to Challenge Participants of all ages, these will NOT be slow interpretive walks but rather moderately paced hikes with fellow nature enthusiasts.

“Winter Birds 101” seminar: November 24, 10:00 – 11:30

Introduce yourself to more than a dozen species of birds found in and around Frontenac Provincial Park in winter. Learn their identification, behavior, and vocalizations and compare similar species in the hand from our selection of preserved specimens. Ask questions and share anecdotes. This interactive workshop will give you the confidence to recognize most of the birds you are likely to encounter in winter.

“Study Skins” workshop: November 24, 13:00 – 15:00 & 15:00 – 17:00

This two hour workshop exclusive to Friends members will teach the basics of taxidermy as participants preserve bird specimens for the Friends’ teaching collection. Space will be limited due to the availability of birds and equipment and advance registration is required. Adults only please (we will be using scalpels!), but older children are welcome to accompany a parent to observe and learn.

Frontenac Christmas Bird Count: December 15

The Friends of Frontenac year of the Bird celebrations will culminate with the 4th annual Christmas Bird Count events. The Christmas Bird Count is the longest running Citizen Science project in North America, and the information collected through this census forms one of

the world’s largest sets of wildlife survey data and provides valuable insight on the distribution and abundance of local bird populations. In addition to the formal outdoor census that attracts close to 50 field surveyors, The Friends will again be hosting family friendly events at Frontenac Provincial Park. New this year, participants will be able to choose from a selection of age appropriate activities taking place throughout the day, including short CBC field surveys within the park.

Through our Year of the Bird project, The Friends of Frontenac envision a community engaged in bird conservation, where people of all ages are empowered by a knowledge, understanding, and appreciation of local bird species and populations. Visit the Friends’ website [www.frontenacpark.ca/pages/Friends schedule.html](http://www.frontenacpark.ca/pages/Friends%20schedule.html) for event details as they become available. Call the Park Office to register as a participant. For more information on this project, or to volunteer at an event, please contact Carolyn Bonta, Year of the Bird Project Coordinator, at 613-531-4578.

Spring Bird Walk

by Peter Owens

On May 6 an enthusiastic group of about twelve birders accompanied Cathy Felkar and her husband Mike on a leisurely early morning walk around the Doe Lake trail. With cameras and binoculars, we were able to find 32 different species of birds on this short trail. The variety of habitats on this trail allow several species to live close together, from water birds such as loons and ospreys to forest dwellers including several species of warblers and other song birds. Highlights included Hairy and Downy woodpeckers, a Yellow Rump Warbler, a Black Throated Green Warbler and the colourful Rose Breasted Grosbeak.

We encountered not only birds but also chipmunks, red squirrels, butterflies, and a beaver.

There were several experienced birders in the group who happily shared their expertise with those of us who needed help in identifying the sometimes difficult to spot birds. Bird song recognition was a great help. We were able to hear the drumming of a grouse.

This walk is an annual event and I would encourage anyone who loves the park and its’ wildlife to join us next spring.



Rose Breasted Grosbeak

DAVID GRAHAM

Cerulean Warbler

by Peter Owens

As mentioned in Carolyn Bonta's article "Celebrating the Year of the Bird" the Cerulean Warbler has been instrumental in Frontenac Park being designated an Important Bird and Biodiversity Area (IBA). This beautiful warbler is the fastest declining neotropical migrant songbird. It is listed as endangered in Canada, and is globally vulnerable. Frontenac Park is fortunate to have around 120 breeding pairs.



P. G. BENTZ

Cerulean Warbler

The Cerulean Warbler usually raises one brood of three or four nestlings each year. They feed mainly on insects during the breeding season, and on nectar during the non-breeding season. Young birds are primarily fed butterfly larvae.

These birds spend the breeding

season in mature, deciduous forests with large, tall trees and an open understory. In late summer, they begin their long migration to wintering grounds in the Andes mountains in South America. The warblers generally take four months to go from North America to South America and two months to return.

In Ontario, there are two distinct bands: one from southern Lake Huron to western Lake Ontario and further north, from the Bruce Peninsula and Georgian Bay to the Ottawa River. This band includes those found in Frontenac Park and its environs.

In Ontario and the United States the main threat to these warblers is habitat loss from degrading and fragmenting forests, since they require relatively large tracts of forest to live in. On their South American wintering grounds, the birds' forest habitat is under a high degree of threat from logging. They depend on "shade coffee" plantations during the winter. This traditional farming technique is at risk as coffee prices



Acting President's Message - from page 2

groups that are not always the first to be commended – but whose multiple contributions we should recognise and be grateful for.

What we have now in Ontario Parks is the envy of the world: other countries look to the Ontario Parks system as a model for developing their own park resources. We should be justly proud of this, and as Friends, of our role in supporting the continued enhancement of this living legacy.

While summer is nearly over, this is not the end of Friends' events for the year. The approach of September means that it is time to prepare for the ever-popular Frontenac Challenge – and the theme this year is an ornithological one to celebrate National Geographic's Year of the Bird. Please also join in our Christmas Bird Count and associated events in mid-December. This full-day activity was introduced four years ago and has blossomed in popularity. Enjoy the fall and winter season and the all the Park has to offer, and best of luck to all who take the Challenge this year!

Simon



NICK TARDIF

Enjoying the view

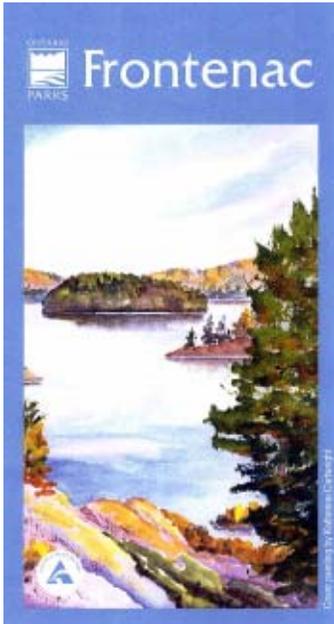
fluctuate and pressure to switch to higher yield "sun coffee" or other crops intensifies.

Another threat is "nest parasitism" by Brown-headed Cowbirds. The cowbirds lay their eggs in other species' nests and the young cowbirds are fed by the host parents at the expense of their own young.

Carolyn Bonta and the Friends of Frontenac Park are pleased to play their part in helping to preserve habitat for these wonderful birds. Dr. Paul Martin, at the Queen's University Biological Station has been instrumental in banding and studying the Cerulean Warbler.

Frontenac Provincial Park Map

The new 5th edition of the Friends' Frontenac Park Map will be available at the following locations:



Kingston

Trailhead, Tourism Kingston Visitor Information Centre

Sydenham Area

Frontenac Park Park Office, Snug Harbour Resort

Elsewhere

Adventure Attic (Dundas), Adventure Guides (Waterloo), Mountain Equipment Co-op (Toronto and Ottawa), Outdoors Oriented (St. Catharines), Wild Rock Outfitters (Peterborough), World of Maps (Ottawa)

To order your copy by mail, send \$12.00 cnd for paper map or \$25.00 cnd for Polyart and add \$2 for mailing to: Friends of Frontenac Park, P.O. Box 2237, Kingston, ON, K7L 5J9.

Your membership with The Friends entitles you to a 15% discount at Novel Idea, a Kingston owned bookstore, located at 156 Princess Street.

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 _____

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
- Being an ambassador in the Park
- Serving on the Board of Directors
- Other (please specify) _____