



# The Friends of Frontenac Park

P.O. Box 2237, Kingston, ON K7L 5J9 [www.frontenacpark.ca](http://www.frontenacpark.ca)

THE FRIENDS OF FRONTENAC PARK IS A NOT-FOR-PROFIT, VOLUNTEER ORGANIZATION working in co-operation with Ontario Parks to promote public appreciation of Frontenac Park by supplementing and enhancing programs, recreation facilities, visitor services, and research and resource protection. The Friends' activities are coordinated by a Board of Directors and undertaken by a committed group of volunteers. The Friends and volunteers have been involved in many projects which help support the park and "return a favour to nature".

## Join The Friends of Frontenac

**WHY SHOULD YOU JOIN THE Friends of Frontenac Park?** The Park comprises 52 square km (approximately 12,900 acres) yet has only two permanent and very few seasonal staff. Thus Park operations benefit greatly from your help. If you are interested in participating in the Friends' activities, please join our organization. Details about becoming a member may be found on our website, in our Newsletter, or in our pamphlet available at our kiosk and in the Park Office. Members enjoy discounts at stores such as The Peak Experience and the Novel Idea bookstore.

### Winter Lecture

Our 2010 winter lecture will be presented by John Donaldson, author of the book:

*A Canoe Quest in the Wake of Canada's "Prince of Explorers" – One day at a time* (Artful Codger Press, Kingston 2006) John is a neurological biochemist who, at age 60, after a successful academic and industrial career, retraced the canoe voyages of his boyhood hero, the great Scottish-Canadian explorer, Sir Alexander MacKenzie. John's travels spanned 5 years and took him 12000 km from Montreal (MacKenzie's starting point) to the Pacific and the Arctic oceans. His talk is based on the experiences and adventures during these memorable trips.

Please join us, **Wednesday, February 24** at the Kingston Public Library, Wilson Room, 7:00 to 9:00 p.m., for what is sure to be an entertaining evening of photography, unbelievable stories, and good company.

### Nature Walks

Located on the Frontenac Axis of the Canadian Shield, and in a transition zone for the northern range of some plants and the southern range for others, Frontenac Park is home to a wide variety of flora and fauna. If you are interested in hikes with a natural history focus, join Dora Hunter, and the Friends of Frontenac at the Park Office at 10:00 a.m. on the fourth Saturday of each month (except Nov and Dec), to discover the magic of the Park throughout the seasons. Remember to keep the rigors of each season in mind. Dress appropriately, and bring sufficient food and water for your needs. For more information contact the Park Office at 613-376-3489.

## Friends' Projects

In addition to events designed to promote public awareness and participation (see back page), the Friends assist the Park with financial contributions to Park projects and equipment as well as many hours of volunteer commitment.

### Guide and Host Program

The Friends maintain a winter hosting program on winter weekends from January to March. Hosts can assist you in planning your outing and provide you with hot chocolate when you return to the Park Office from your winter outing. Guide program members are on-the-trail ambassadors who provide information to visitors they meet on the trails, canoe routes or campsites. The Guides report problems and major concerns to Park staff, and assist with campsite and trail maintenance. If you would like to join the Park volunteers, the Volunteer Training day will take place on Saturday, March 27th starting at 9:00 a.m.

### Trail Sweeps

Once in the spring and again in the fall, groups of volunteers take on the task of cleaning and checking the conditions of the trails and campsites. For this year, two formal Trail Sweep days are scheduled for Saturday, April 17th, at 8:30 a.m. and Saturday, October 16th at 8:30 a.m. At the end of formal trail sweeps, volunteers meet at the Park Office to enjoy a warm pot of chili and fellowship.

### Work Projects

The Friends, in cooperation with Park staff, are continually engaged in trail maintenance and revitalization projects. Such projects normally involve the building and repairing of boardwalks and bridges, measures to prevent soil erosion, installation of rest benches and upkeep and the upgrading of signs along the trails. Our most recent 2009 work project was the construction of a curved boardwalk on East Arkon Loop (see photo). Among our planned future projects are bridge repairs at Kingsford Dam and at the northern end of Moulton Gorge. The Friends' financial contributions are raised through membership fees, the sale of Park maps and publications, donations and the occasional raffling of canoes generously provided by enterprises such as The Peak Experience (2005) or the Langford Canoe Company (2007). For details on scheduled work days, check the Friends' website [www.frontenacpark.ca](http://www.frontenacpark.ca) or our newsletters which can be found in our kiosk at the Park Office.

## The Most Recent Friends' Projects

Our major project in 2009 was the building of a long curved boardwalk near the start of the East Arkon Loop, just north of Big Salmon Lake Road. Construction was accomplished entirely by Friends' volunteer

labour under the supervision of Bert Korpelaar, Assistant Park Superintendent. The new boardwalk is wide enough to accommodate the Park's new cross country ski track setter, and should improve cross-

country skiing through this notoriously wet part of the loop. The Friends also sponsored the construction of two information kiosks, one at the Big Salmon Lake canoe launch and the other at the Arab Lake parking lot.

Design work for the maps and information panels to be displayed is in progress. As well, bear hang cables have been installed at all sites at campsites 3 and 9. Costs for construction materials for all projects were borne by the Friends.



(left) New cross country ski trail track setter - (right) Friends and volunteers working on the East Arkon Trail

## The Friends' Publications

### The Interior Park Map

A large scale interior map of Frontenac Park published by the Friends will guide you on your journey. Recently updated, this 4th edition shows park topography, and the location of significant historical and natural features, trails, portages and campsites. This is a helpful tool for those planning a day outing or an overnight trip, and is available at the Park Office and at many retailers.

### Park Guides

The *Doe Lake Trail Guide* captures many of the elements that are important to the Frontenac story, and is a fine introduction to the Park. This trail guide and the Friends' *Checklist of Vertebrate Animals and Vascular Plants*, are a benefit for keen naturalists. Both these publications and the *Arab Lake Gorge Trail Guide* are available at the Park Office.

### The Frontenac History Book

By authors Christian Barber and Terry Fuchs, this is a book for anyone who has ever passed by a crumbling foundation in the Park or pondered the story behind a stone fence. This book can be purchased or ordered at the Park Office.



## Make a Lasting Gift to Ontario Parks

PROVINCIAL PARKS ARE part of the fabric of Ontario; they're part of our history, our culture, our natural environment. They play an essential role in preserving special landscapes for future generations. Every year thousands of people make new memories, connect with family and learn about the natural environment when they visit a

park. The life of every Ontarian would be poorer without provincial parks.

Ontario Parks is funded differently than many government departments. Only a small portion of the Ontario Parks' budget comes from provincial taxes. Most of our funding comes from users;

through day-use and camping permit fees, rentals, merchandise sales, etc. This allows us to manage the day-to-day operations of the parks system but limits our ability to fund many deserving projects such as species at risk research, improving trails and providing educational programs for young people.

Please consider making a lasting gift to Ontario Parks; whether it is a one-time donation, a gift to celebrate a loved one or part of your estate planning. You can directly support this park by donating to the Friends of Frontenac or you can support Ontario's system of provincial parks through the Lasting Gift program at [OntarioParks.com](http://OntarioParks.com).