

FRONTENAC NEWS



THE OFFICIAL NEWSLETTER OF THE FRIENDS OF FRONTENAC PARK

Erhard Frenzl Memorial Paddle (A.K.A. the President's Paddle)

by Jérôme McDuff

This year was the 15th President's paddle renamed in 2014 as the Erhard Frenzl Memorial Paddle. A group of happy people met at the Buck Lake public launch on the County Road 10 and paddled to campsite #1. Some came a bit later – paddling for a while down on South Bay of Buck Lake before realizing that campsite 1 is on the North Bay. Fifteen years – that is good enough to call it a tradition and I encourage more members of the Friends to participate.

How did it start? If my memory serves me right, the President of the Friends of Frontenac wanted a social activity in the Park to allow the members of the organization to meet their president and hopefully other Friends' Directors. So in June 1995, Tom Marsh led the President's Day Hike to Flagpole Hill. Other Friends' presidents continued the hike to Flagpole Hill until 2000 (although it went on hiatus in 1998 and 1999).

Then Ivan DeRome took the "helm" of the Friends. Ivan was not much of a hiker but he loved water and boats. In fact, he built his own small boat (Bagatelle) and was involved as a volunteer at the Museum of the Great Lakes in the restoration of the Black Angus. So instead of a hike, he had the idea of a day paddle – the President's Paddle. On Saturday 16-June-2001, Ivan led the first flotilla on Buck Lake to campsite 1. Ivan's original idea was to lead the group to an unoccupied campsite, have a picnic and a swim then paddle back at the end of the day aiming to get at the dock around 16h00.

From the get-go, some of the participants figured out that if they were going to paddle to campsite 1, why not pick up a permit, camp the night and return the next day. Good thing one of the campers had a tarp because shortly after we arrived at campsite 1, the sky opened – did it ever pour! No time to put up the tarp, four people held the corners while the rest of the paddlers huddled under.

The following year, more people decided to camp – even some decided to extend their stay at campsite 8, i.e., paddle in on the Friday and stay for the weekend. On the Saturday, they would go back (to Snug Harbour



Erhard Frenzl Memorial Paddle

in this case) to meet the rest of the flotilla for the actual President's Paddle.

After Ivan, all presidents adopted "The Paddle" however it evolved more into a family weekend camp-out. It was only in 2011 that the President's Paddle was advertised as a multi-day camping trip. Today, most participants paddle in on Friday, set-up camp, and get back on the Sunday. If the president is aware that some "day

Continued on page 4

INSIDE

- Page 2 - President's Message
- Page 3 - Outside - Activities in the Park
- Page 4 - National Canoe Day
- Page 5 - Healthy Parks Healthy People
- Page 6 - The Marks Mining Cabin
- Page 7 - Get ready to take the Challenge
New Members
- Page 8 - Frontenac Park Map
Membership Application

President's Message

Well, the changing of the guard at Frontenac this spring went smoothly. Ben Chabot arrived at Frontenac Provincial Park on April 1st and immediately plunged into his duties as new Superintendent, taking over from where Peter Dawson had left off. Ben is "super happy" (his own words) to be at Frontenac, and re-familiarizing himself with the Park and getting up to speed on its most recent issues (no doubt with helpful input from Bert Korporaal) did not take long. He is now ready to formulate and implement some of his plans for the future. When I sat down with him in the Park Office, in July, I had an opportunity to quiz him on what we might expect.

But before we get to that, for those of you who don't know him, here is a brief bio on Ben. He grew up in Harrowsmith, where he now lives with his three children. His connection to Frontenac Park goes back to his High School years when, in the mid 1990's, he worked here three seasons as a summer student. Following his graduation from High School, he attended Trent University, where he majored in Geography and Environmental Studies. He joined the Ontario Park System full-time in 2000, first as a Park Warden and then as Assistant Park Superintendent in The Massassauga Provincial Park on beautiful Georgian Bay, south of Parry Sound. In 2003, he spent one year as Assistant Superintendent in Bon Echo Provincial Park before moving to Charleston Lake Provincial Park in 2004, where with brief interludes as Acting Superintendent at Frontenac and Emily Provincial Parks he remained until 2015, working first as Assistant Superintendent, and from 2009 on as Acting Superintendent. Most of us got to know him in the fall of 2006, after Lloyd Chapman retired, and Ben took over the interim leadership of Frontenac until Peter Dawson arrived in the spring of 2007.

Ben's arrival at the Park coincides with the publication of the long awaited Preliminary Management Plan for Frontenac which establishes the guiding principles for park development over the next 20 years. Ben is studying the plan carefully to insure that the various options allowed in the plan (e.g., additional camp sites, possible roofed cabins, etc.) will not affect the essential character of the Park. For now, the current plans to enlarge parking capacity at Big Salmon Lake and Arab Lake parking lots will go ahead, but all other "options" will be approached with great care to keep (in Ben's words) Frontenac as Frontenac.

Ben's short term plans include the continuation of promoting Frontenac as an "all-season park", i.e. promote fall, winter, and spring recreational activities. The first efforts we will see to this effect is that in

Continued on page 4



HERB HELMSTAEDT

Ben Chabot

Friends of Frontenac Park

The Friends of Frontenac Park is a non-profit 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.

2015-2016 Board of Directors

President	Herb Helmstaedt	hhelmst@cogeco.ca	613-542-6455
Vice-President	Simon Smith	sjsmith@kos.net	613-541-3964
Secretary			
Treasurer	Guy Thorne	gthorne@kingston.net	613-548-1857
Membership	John Critchley	johncritchley@bell.net	613-634-5475
Newsletter	Jérôme McDuff	jerome_mcduff@yahoo.ca	613-389-8236
Wilderness Skills	Don Stables	dstables@cogeco.ca	613-345-1644
Challenge	Anne Hogle	anne.hogle@gmail.com	613-354-2607
Director at Large	Fred Luciani	luciani63@msn.com	613-384-2933
Director at Large	Heather Jamieson	jamieson@queensu.ca	613-384-0235
Director at Large	Justin Peterson	justinpeter3@gmail.com	613-766-1512

Committees

Frontenac Challenge	Anne Hogle	anne.hogle@gmail.com	613-354-2607
Hosting Program	Cathy Murray	Cathy527b@gmail.com	613-378-0350
Map coordinator	Jim King	jimking88@yahoo.com	613-544-9443
Newsletter Publisher	Ron Abbott	elizabethandronabbott@gmail.com	613-374-3212
Trail Sweeps	Cathy Murray	Cathy527b@gmail.com	613-378-0350
Web Master	Jérôme McDuff	jerome_mcduff@yahoo.ca	613-389-8236
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.

2015 deadlines for submission of newsletter material are March 16, August 3 and December 7.

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.

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 

August 29 to September 01: Bring a Friend to the Park Weekend

This is an informal event for members of the Friends of Frontenac to introduce some new people to the Park. Invite some of your friends, young or old, who have never been to the Park and take them on a hike or canoe ride to show them Kingston's best kept secret. Let them enjoy nature and tell them about the Frontenac Challenge and the many other events put on by our organization.

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 a registration form at the Park Office and then set out to hike through the autumn splendour 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 23: Friends Board Meeting

Location: Ongwanada Resource Centre, room 427 at 19h00.

September 26: Dutch Oven Gourmet Wilderness Cooking

Barry Irish will explore the ability to have interesting and tasty food in the wilderness with the use of Dutch ovens and small twig stoves. Time: 10h00 – 13h00. Cost: \$25.00 (includes food), plus Park daily vehicle permit.

September 26: Electronics On Wilderness Trips

After his Dutch Oven cooking workshop, Barry Irish will cover the use of satellite phones, cell phones, text messaging systems, GPS, etc... while in the wilderness. Time: 13h00 – 14h00. Cost: Park daily vehicle permit.

September 27: 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. Chili will be served at the end of the day. Contact the Park (613 376-3489) for details.

October 2 to 4: Red Cross Advanced Wilderness First Aid

Presented by Steve Tripp, this course is an additional 20 hours to the Basic Wilderness First Aid program, and focuses on care for a patient for more than 24 hrs. Pre-requisite: the 2014 Wilderness First Aid card and manual. Cost \$200.00 plus Park camping permit. Time: Friday p.m. to Sunday 16h00.

October 28: Friends Board Meeting

Location: Ongwanada Resource Centre, room 427 at 19h00.

November 07: 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 10h30.

November 25: Friends Board Meeting – Projects and Programs

Location: Ongwanada Resource Centre, room 427 at 19h00.

December 07: Deadline for Submissions for the 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 e-mailed to frontenacpark@gmail.com.

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>

National Canoe Day

by Jérôme McDuff

Did you know that National Canoe Day is on June 26th every year? Paddlers throughout Canada are invited to organize some paddling event, great or small, on or around that date.

This year, the Canoe Clinic presented by Carolyn Bonta had to be re-scheduled to Saturday 27-June so the Friends took the opportunity to celebrate Canoe Day by combining the Clinic with a special paddle on Otter Lake. Since it was not a scheduled event, we advertised on the web and in the social media and 10 people showed up for our first ever Canoe Day.

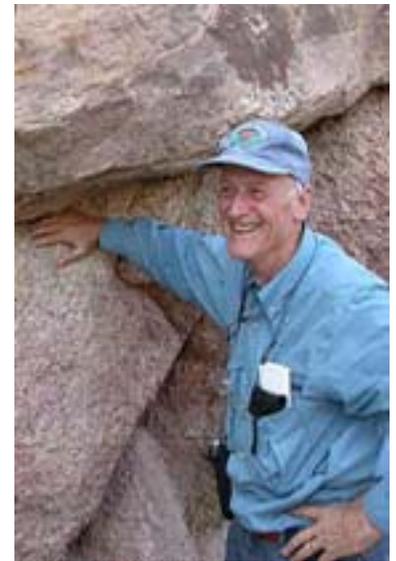
A young lady from England visiting Canada for the first time and her grandfather happened to be at the Park on that day and she was excited to join as bow paddler in the lead canoe. She remarked "Brilliant, canoeing on a beautiful wild lake, what is more Canadian than that?"

After the paddle we fired up the BBQ, cooked some hot dogs, accompanied with chips and dip. We ended the meal with a cake decorated for the occasion. Thanks to all who participated and a special warm fuzzy to my dear wife Joan for organizing the food. Hope to see more of you paddlers next year.

President's Message - from page 2

In addition to our annual snowshoe workshop, the Park will begin experimenting with snowshoe rentals, on a small scale at first, and growing if demand warrants it. For the longer term, Ben plans to be active in promoting research and environmental monitoring in the Park. He has begun an initiative to bring the Park into the GIS age, so that all Park activities, ranging from management activities, trail information, and campsite monitoring to research activities, historical information and invasive species management can be viewed and analysed in a modern Geographic Information System. This will avoid duplication of efforts, make Park data available to researchers and greatly assist in future strategic planning under tight financial constraints. Many of Ben's strategic goals can be integrated with the vision planning currently undertaken by the Friends, thus maximizing the synergy between the Park and the Friends. When talking to Ben, one can sense his love and enthusiasm for the Park. Like with Lloyd Chapman and Peter Dawson before him, the Park will be in good hands, and we can expect a continuation of a firm approach to balancing progress with the need of preserving the integrity of the Park. The Friends give Ben a warm welcome and wish him all the best.

Herb Helmstaedt



Memorial Paddle - from page 1

paddlers" are coming on the Saturday then we try to join them as a flotilla, otherwise an activity is organized for the day. This year we hiked to the water fall in the morning and paddled around Slide Lake in the afternoon. In the past, we had hikes to Mink Lake Lookout, a geological hike in the Birch Lake area, a paddle through Moulton Gorge, and on Camel Lake, etc...

As mentioned earlier, in 2014 Herb, our current president, re-branded the activity as the "Erhard Frenzl Memorial Paddle" in honour of Erhard, a long time dedicated volunteer who passed away tragically the previous year. To my knowledge, Erhard probably attended all the Paddles till 2013.

It is wonderful to see families with children joining the Paddle. In fact, I can think of a little boy that has never missed one since "prior to" his birth.

Over the years we had some good laughs. I remember

participating in a secret "caper" with Ivan, making and tasting Blue Sky Martinis from a Kevin Callan recipe, singing songs around the campfire (Herb and Erhard even sang in German), watching the making of a wind chime with empty beer cans, enjoying skits and jokes provided by some of the children. We even had a man (he will remain nameless) in a tutu with a tiara performing canoe ballet in front of the campsite. After the show, Paul said "How will I explain this to the kids?" See all the fun you are missing!

Watch for the dates and place of the Erhard Frenzl Memorial Paddle for next year (usually published in the Winter or Spring/Summer newsletter) and plan to come along. It is always a treat to meet new people with fresh ideas – as they say "the more the merrier". Oh I forgot, it will cost you... tradition you know, you may have to toast Erhard with a sip of Alpenbitter.

See you next June.

Healthy Parks Healthy People

by Jérôme McDuff

Ontario Parks celebrated their first participation in the Healthy Parks Healthy People or HPHP global movement (<http://www.ontarioparks.com/hphp>) this past 17-July-2015 by offering free entrance on that day at all Ontario Provincial Parks and encouraging various activities throughout the park system.

The HPHP movement started at Parks Victoria (Australia) in 2000 to make people aware of “the connection between a healthy environment and a healthy society.” They commissioned Deakin University to do a literature review on research into the human health benefits of contact with nature. In 2010, Parks Victoria hosted the International Healthy Parks Healthy People Congress 2010 attended by 1200 participants from 37 countries. Canadian Parks Council supports HPHP and launched “Connecting Canadians with Nature” in 2014.

The good news is that there is ample evidence showing that nature plays a vital role in our health. These few “Quick Facts” were provided by Ontario Parks (Ontario Parks Healthy Park Healthy People Celebration Handbook July 17, 2015):

- Contact with nature lowers blood pressure, strengthens the immune system, helps mitigate disease and reduces stress levels
- Activities in a natural environment result in reduced negative emotions (e.g., anger, fatigue and sadness)
- Employees with views of natural settings or access to nature for a lunchtime walk are more likely to feel less stressed in the workplace
- Time in nature reduces ADD and ADHD symptoms
- Obesity is 27 – 41 per cent lower among 10 -12 year olds who spend more time outdoors
- Time outdoors in natural settings has been associated with improved cognition for elderly patients in a residential living setting
- Viewing nature aids recovery from surgery



To celebrate HPHP at Frontenac Park, the Friends led a 10 km hike around the Dedication Loop North. On the trail were 10 smiling hikers (and one dog) enjoying the therapeutic benefits that Frontenac has to offer. We were glad to see visitors from as far away as Toronto and Pickering.

We are looking forward to having even more people joining us next year for a “healing” session. But why wait? You do not need a special day to reap the benefits of nature – any day is a healthy day at Frontenac Park. Go now!

The Marks Mining Cabin

by Jérôme McDuff

You cannot miss the ruins of the Marks mining cabin as you hike the Tetsmine loop. It is located south of Devil Lake about 1.7 km east of campsite 11 on the trail. The site (UTM 18 T 380346 4936858) is encircled by a split cedar fence (now mostly collapsed) and has an emergency barrel nearby.



JEROME MCDUFF

Marks Cabin July 2015

Oliver Marks bought the half-lot from Syd Orser in 1943 to work the mica mines with his youngest son Ray. The Marks already had a farm nearby outside the current park boundary however it seems that Oliver always loved mining more than farming. No wonder - Oliver started his mining career in 1901 cleaning mica in Sydenham as a lad of 14 and eventually, at 16, to his delight, was allowed to work in the mines at Eel Bay. The heyday of mica mining were long gone (ended in the park around 1920) but there was a demand for the mineral during the Second World War and this would be an opportunity for the Marks to supplement their income.

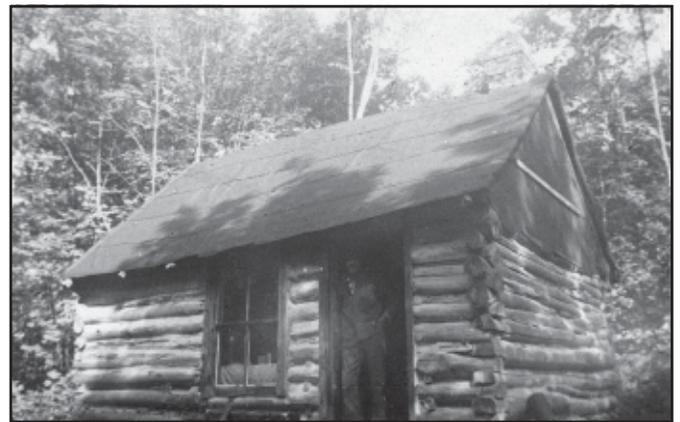
The Marks were the last of many to work the Crab Lake mines; often referred to by the locals as the “Connors-Daly” mine (should be O’Connor-Daly). John O’Connor and Peter Daly acquired the mining rights in 1879, never purchasing the surface land and probably never mining the place themselves. Instead they entered into agreements, in succession, with many mine operators and received a royalty from the phosphate and mica that was extracted and sold. Finally after 32 years, Sydney Orser, a well-respected local miner, acquired the mineral rights in 1911 and six years later purchased the land itself. Another thirty-two years later Oliver Marks was the owner.

The cabin was built shortly after 1943 by Oliver Marks probably assisted by his son Ray, son-in-laws and a few friends, to provide shelter while they operated the mine. In their first year at Crab Lake, the Marks mined the larger of the two pits directly across from the cabin – called the “Field Pit”. They opened and worked their

own “digging” near Crab Lake in the subsequent years with the help of a compressor to run the air drill, water pump and hoist. Oliver was a hard worker and expected others to do the same. His son Ray said “If you wanted to work, he was good to work with”. The Marks operation was mostly a two-man affair but at times they were assisted by family and friends and on occasion hired a couple of youngsters.

In an interview, Ray said he worked with his dad for about 8 years. He remembers the work schedule: they ran the mine during the months of May through October. Monday through Wednesday, they would drill, blast, muck, and shore-up the pit. Wednesday afternoon they would load their 1930 Ford one-ton truck with the mica they extracted and drive to Gord Morrison’s farm to unload it (Gord was Oliver’s son-in-law). They would return on Thursday morning repeating the process and bringing a second load to the farm on Saturday. Sunday was a day of rest with family and friends. As you walked the trail you may have noticed specks of mica here and there along the way – probably remnants from those trips to the farm. During the winter months, they would go to the “shop” on the farm and clean and cut mica to get it ready for sale. They stockpiled quite a bit of mica and apparently were still sending crystals to their purchaser as late as the early 1960’s, long after they stopped mining at Crab Lake.

After the mine site fell silent, the cabin was used for recreational purposes. Oliver would bring his grandchildren for weekends at the old mine camp probably for



Marks Cabin circa 1945(?), Source: the Marks family collected by Chis Barber while researching for “Their Enduring Spirit”

fishing and deer hunting. Later his son Delbert and his family visited the place practically every weekend in the summer – coming by boat across Devil Lake or even driving a car from Kingsford Dam. Metta, Delbert’s wife, recalls that the door of the cabin was never locked and that other people would use it also. She remembers only one act of vandalism – apparently someone took

the pots and pans, hung them to the trees and used them for target practice. Delbert and his family loved the place so much that, in 1961, they built a cottage on the same lot but near the shores of Devil Lake. When asked why they chose that site for their cottage, Metta jokingly replied with a twinkle in her eye (I guess) that it was because it was easier to haul a case of beer there from the boat than going up the hill to the cabin site. Five years later, in 1966, the Ministry acquired the land for the formation of the Park.

In her paper "Small Scale Mining in the South Shield Region of Eastern Ontario" (12-March-1976) Marilyn G. Miller uses this quote of Dennis Mahon (Visit to Frontenac Park, October 30-31, 1972) to describe the cabin: "The log cabin is... a small gable roofed structure approximately 12' x 20'. The corners of the building are saddle notched and the logs are chinked with mortar. There is a brick chimney against one gable wall supported by a hefty wood bracket in the ceiling space." Miller further describes that "Inside, the log rafters crossing the ceiling have two bed springs resting on them, below on the floor are two more, and eight people could sleep in the cabin. There is also an old stove and writing desk in fairly good condition inside". (According to Ray Marks, when they were mining only two beds, a single and a double, were in the cabin. The other items were probably brought in by his nephews after the mining stopped.) At the time of her visit Marilyn Miller noted that the roof was leaking and the wood was under attack from termites and porcupines but that it could still be easily preserved. Oliver died in 1983 while the unattended cabin slowly deteriorated. In 1989, when Ray visited the collapsed cabin, he mused that "It was at one time a neat little cabin".

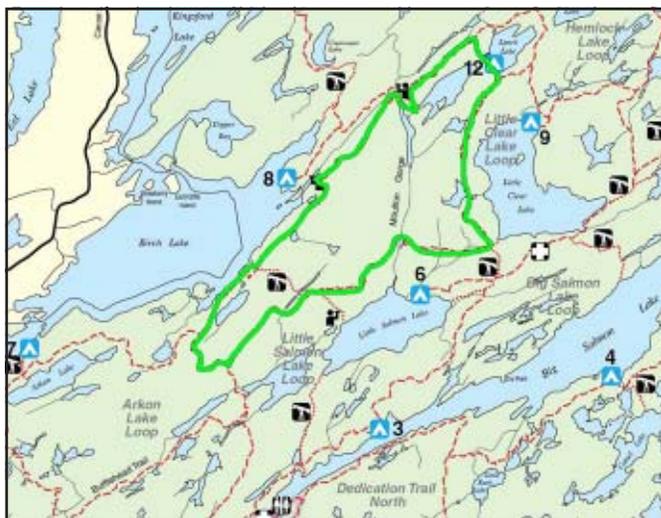
Over the years the little cabin totally collapsed and now has nearly completely rotted away. Visitors sadly rifled through the debris and spread the artefacts around. A small pile of bricks is all that remains of the chimney. Rusted bed springs, headboards, and stove parts guard the ruins. As they say, all things must pass, but still... it was a "neat little cabin" indeed where long ago sleeping miners dreamed of finding the mother lode.

You can learn more about the Marks and the mines at Crab Lake by reading "Their Enduring Spirit The History of Frontenac Park 1783-1990" by Chris Barber with Terry Fuchs. The book is available at the Park Office.

Get ready to take the Challenge!

September 1st announces the start of the popular Frontenac Challenge so dust off your hiking footwear, locate that day pack and water bottle and get on the trail. New this year we have an optional loop for you. Anne Hogle, who organizes the Challenge puts it this way:

"For many of our repeat Challenge hikers, the Challenge is a longstanding tradition, and change is not good. If this is you, then just keep doing what you have always done. If you would like a little variety, then read on. It has come to our attention that there is a section of trail in Frontenac Park that gets very little use. This section



follows the south shore of Birch Lake, east of the Arkon Loop, but is not part of any identified trail loop. We propose to create a new loop name, as an alternative loop to Little Salmon Lake, and have designated it as the "Moulton Gorge Loop". The loop... will give hikers a chance to admire the Friends handiwork on the new Moulton Gorge bridge. If you choose to try this loop, keep your Park Map handy to follow your progress. There is no trail or map signage that says Moulton Gorge Loop, since it does not formally exist! There is a separate Challenge sign for the loop."

Do not forget to sign up at the Park Office to pick up your Challenge handout. Come and enjoy Frontenac Park in the fall. (If you are not familiar with the Frontenac Challenge and would like more information, check the "Outside" column in this newsletter or <http://www.frontenacpark.ca/pages/challenge.html>.)

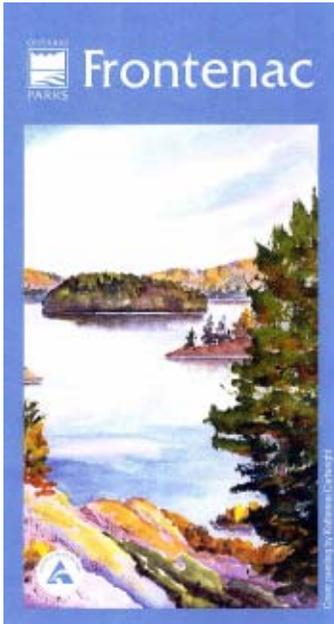
New Members

The Friends of Frontenac would like to extend a warm welcome to the following new members (as of 14-July-2015):

Nick Ajduk, Peter Allen, Susan Berry, Tom and Trish Black, Kenn Feigelman and Tessa Clarke, Rhonda Kerr, Sigrid Kohler, Erich Nelson, Garth Parker, Mike Poliszuk, Corey St Onge, Arthit Vathanathorn, and David Wright.

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) _____