



**SOUTH
FRONTENAC**

2022 Community Services & **ACTIVITY GUIDE**



613-376-3027
SouthFrontenac.net

 @SouthFrontenacTwp

 @SthFrontenacTwp

 EngageFrontenac.ca

ARTS & CULTURE • COMMUNITY SERVICES • RECREATION & LEISURE



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www.hartingtonequipment.com

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|-----------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
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Township Information 4-20

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Events

This guide was prepared in early 2022. Events are expected to take place once again this year, but at the time of publishing, plans and dates could not be confirmed due to COVID-19.

For up to date information, please contact the groups and organisations listed in this guide, or check Southfrontenac.net.

The South Frontenac Community Services and Activity Guide is a publication of the Township of South Frontenac. For inclusion in next year's guide, please contact:

Amanda Pantrey,
 Program, Events & Education Coordinator
 Township of South Frontenac
 613-376-3027 ext. 4447
apantrey@southfrontenac.net

Photo credits, front cover: Frontenac County



A Message From Mayor Vandewal:

Welcome to the 2022 Community Services & Activity Guide. You'll notice some significant changes to the look of this year's guide, as it has been updated to reflect South Frontenac's refreshed branding that was completed in 2021. The new brand and 2022 guide were designed to emphasize our community's connection to the lakes, trails, wide open spaces and thriving hamlets that make South Frontenac a vibrant rural community.

Last year we were thrilled to see the safe, albeit modified, return of some favourite community programs and events; and despite the pandemic, we were also able to complete some major capital projects. The new Multi-

Purpose Pad at Centennial Park played host to the Frontenac Farmers Market, Open Farms, and the South Frontenac Stock Sport Club. I also encourage you to check out the newly updated Frontenac Community Arena, as it underwent extensive renovations in 2021. It is certainly a facility we can all be proud of.

While 2022 did not start off the way we had hoped, South Frontenac will once again rise to the challenge and continue working to be a catalyst for the creation of vibrant and complete communities. We encourage you to connect with the many clubs, services and associations that are highlighted and get involved in our community.

Mayor Ron Vandewal
613-376-3027 ext. 2236

Recreation Manager's Message:

As we head into another year of uncertainty due to the COVID-19 pandemic, we remain optimistic that we can resume some normalcy with offering positive recreation and leisure opportunities for residents.

Our community is fortunate to have access to many outdoor amenities, such as parks, trails, beaches, and water access points. I encourage you to look through this guide and learn about all that is available and perhaps visits a location that you may not have experienced before.

Over the past year the Township, recreation committees, user groups, businesses and

the community have provided input into the development of a Recreation, Parks and Leisure Master Plan. This plan is almost complete, and we are excited to start implementing the recommendations and priorities identified in the plan. This guiding document will help direct and shape recreation and leisure in South Frontenac for the next 10 years. I encourage every resident to review the plan and follow the progress by visiting <https://www.southfrontenac.net/RPLmasterplan/>

Tim Laprade,
Arena & Recreation Manager
613-376-3027 ext. 2231



Township Information



Battersea Ball Park



Centennial Park



Dave Bowes Park



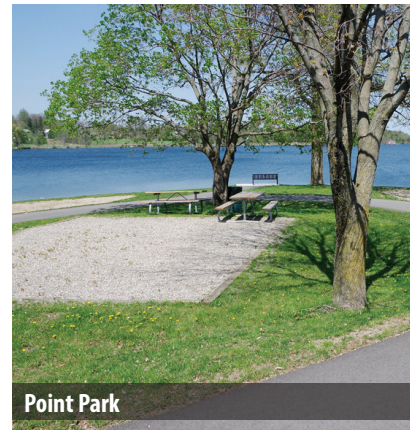
Harris Hall Park



Gilmour Point Park



Davidson Beach



Point Park



Gerald Ball Park



Latimer Park



Glendower Hall Park



McMullen Park



Tett Park

Photos by Paul Wash

| PARK FEATURES | Ball Diamond | Basketball Court | Benches/Picnic Tables | Canteen | Dog Park | Football Field | Gazebo/Pavilion | Horseshoe Pits | Multi Use Court | Paved Pathways | Playground | Soccer Field | Washroom/Facilities |
|-----------------------------------------------------------------------|-----------------------------------------|------------------|-----------------------|---------|----------|----------------|-----------------|----------------|-----------------|----------------|------------|--------------|---------------------|
| | Recreation Hubs (& Beaches*) | | | | | | | | | | | | |
| Centennial Park 4500 Centennial Park RD, Harrowsmith | • | • | • | • | • | | ♿ | • | • | ♿ | ♿ | • | • |
| Davidson Beach* 3487 Four Seasons Drive, Inverary | | | • | | | | | | | | | | |
| Gerald Ball Memorial Park 3364 Moreland Dixon Road, Sunbury | | • | • | • | | | | • | • | | • | • | • |
| Gilmour Point Park* 1763 Wellington Street, Battersea | | | • | | | | • | | | | | | • |
| McMullen/Verona Park* 6089 Carleton Drive, Verona | | | • | | | | • | | • | | ♿ | • | • |
| Sydenham Point Memorial Park* 4410 Point Road, Sydenham | | | ♿ | • | | • | ♿ | | • | ♿ | ♿ | • | ♿ |
| Neighbourhood Parks | | | | | | | | | | | | | |
| Battersea Ball Diamond 5167 Battersea Road, Battersea | • | • | • | • | | | | | | | ♿ | | • |
| Dave Bowes Memorial/Keeley 2042 Park Valley Road, Sydenham | • | | • | • | | | • | | | | ♿ | | • |
| Frontenac Community Arena 4299 Arena Boundary Road, Godfrey | | | | • | | | | | | | | • | ♿ |
| Glendower Park 1381 Westport Road, Godfrey | • | • | | | | | | | • | | ♿ | | |
| Inverary Ball Diamond 4772 Latimer Road, Inverary | • | | • | | | | | | | | • | | • |
| Latimer Park (Heska) 5402 Holmes Road, Inverary | | • | • | | | | • | | | | ♿ | | |
| Wilmer Ball Park 5178 Wilmer Road | • | | • | • | | | | | | | ♿ | | • |

PARK FEATURES

| | Ball Diamond | Basketball Court | Benches/ Picnic Tables | Canteen | Dog Park | Football Field | Gazebo/Pavilion | Horseshoe Pits | Multi Use Court | Paved Pathways | Playground | Soccer Field | Washroom/Facilities |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------|------------------|------------------------|---------|----------|----------------|-----------------|----------------|-----------------|----------------|------------|--------------|---------------------|
| Parkettes | | | | | | | | | | | | | |
| Harris Park 5612 Perth Road, Perth Road | | | • | | | | | | | | • | | • |
| Princess Anne Park 5597 Road 30, Hartington | | | | | | | | | | | | • | • |
| Tett Park 36 Tett Crescent, Perth Raod | | | • | | | | | | | | • | | |
| Community Operated (non-municipal) | | | | | | | | | | | | | |
| Ken Garrett Memorial Park 4010 Perth Road, Inverary | • | • | • | | | | | | | | • | | • |
| Lions Club Mini Park 4389 Verona Sand RD, Verona | | | | | | | | | | | • | | |
| Call 613-376-3027 Ext 4331 or email bookings@southfrontenac.net for rental information; ♿ = Accessible Feature | | | | | | | | | | | | | |



BEARS & GARBAGE DON'T MIX

HELP PREVENT BEAR ENCOUNTERS

Put your garbage out in a secure container at 7:00 am on your collection day



SOUTH FRONTENAC

Looking for a Hall or Meeting Space?

The Township of South Frontenac has a variety of facilities and rooms to meet your rental needs. Whether you are looking for a hall for your birthday, anniversary or special celebration, or your group is looking for a space for a club or association meeting, consider South Frontenac for your next event!

To book one of the our facilities visit www.SouthFrontenac.net or contact Recreation & Leisure Services at 613-376-3027 Ext 4331, via email at bookings@southfrontenac.net or in person at 2490 Keeley Road, Sydenham.

Will you require additional certificates or permits?

Check out South Frontenac's Event Planning webpage to ensure your plans are aligned with relevant policies, find out how to apply for milestone certificates, and other information to help make sure your event is a success.

COVID-19

Terms and conditions for hall & meeting space rentals are subject to relevant COVID-19 public health measures in place at the time of the rental. Please visit our website for the most up-to-date information and impacts to services.

Glendower Hall

Amenities:

- Full Kitchen
- Stage & Dance Floor
- Accessible Entrance/Washroom
- Capacity: 200



1381 Westport Road, Godfrey

Photo: Paul Wash

This large hall is South Frontenac's most northern facility and is perfect for your next event. Glendower is a bustling social space and hosts card nights, jams, Canada Day events, family reunions and more.

Harris Park Hall

Amenities:

- Air Conditioned
- Full Kitchen
- Meeting Room
- Accessible Entrance/
Washroom
- Capacity: 50



5612 Perth Road Crescent, Perth Road

Photo: Paul Wash

Looking to host an event in the Perth Road area? Harris Park Hall has everything you need to host a great event! Equipped with lots of amenities, this facility is in a great location that is easily accessible, not to mention surrounded by a beautiful park.

Princess Anne Community Centre

Amenities:

- Accessible Entrance/
Washroom
- Meeting Room
- Capacity: 15



5597 Road 38, Hartington

Photo: Paul Wash

Situated in the beautiful hamlet of Hartington, the Princess Anne Community Centre houses several attractions, including a branch of the Kingston Public Library, Portland Community Caring - a secondhand store, as well a meeting room facility that can be utilized by the public.

Storrington Centre

Amenities:

- Air Conditioned
- Kitchen
- Accessible Entrance/
Washroom
- Capacity: 100



Photo: Paul Wash

In the wonderful hamlet of Sunbury you will find the Storrington Centre; South Frontenac's most frequently used indoor facility. This facility is home to a branch of the Kingston Public Library, Station 8 for the South Frontenac Fire Dept., as well as a multi-use community room known to host many meetings, special events, and dances.

Sydenham Library

Amenities:

- Air Conditioned
- Kitchenette
- Audio/Visual Equipment
- Accessible Entrance/
Washroom
- Seating: 45
- Capacity: 67



Photo: Paul Wash

Located in the heart of the village of Sydenham, the Sydenham Library Community room is a beautiful space with much to offer. This facility is ideal for community group meetings, business gatherings, special events, and much more.

South Frontenac Museum

Amenities:

- Air Conditioned
- Wheelchair Accessible Entrance



Photo: Paul Wash

At the South Frontenac Museum, our job is to fascinate and educate residents and visitors by bringing our history, creativity and culture to life. The Museum maintains regular operating hours throughout the summer, and by appointment throughout the year. Class trips and groups are welcome! Visit www.SouthFrontenacMuseum.ca for more information.

Frontenac Community Arena

Amenities

- Single Pad Ice Facility
- Canteen & Community Room
- 6 Change Rooms
- Seating For 350 Spectators
- Pro Shop
- Accessible Entrance/Washroom



Photo: Paul Wash

4299 Arena Boundary Road, Godfrey

In 1976, with the support of several Townships in Frontenac County, the North Frontenac Community Arena opened at Godfrey. Over the years, the Arena (now Frontenac Community Arena) has provided a place for young and old alike to gather and engage in sporting and recreational activities and dream big. Contact the FCA directory for rental information at www.frontenacarena.com or call 613-374-2177

Boat Launches/Water Access

Boat Launches, Township

For Township owned and maintained boat launches, see map in the centre of this guide

Bob's Lake

- 460 Steele Road

Buck Lake

- 7930 Perth Road

Canoe Lake

- 1130 James Wilson Road

Desert Lake

- 2460 Desert Lake Road

Devil Lake

- 8771 Perth Road

Dog Lake

- 1863 Wellington Street
- 1519 Ormsbee Road

Kingsford Lake

- 40 Kingsford Lake Dam RD

Knowlton Lake

- 5120 Knowlton Lake RD

Loughborough Lake

- 5060 Lower Round Lake Road
- 2250 Battersea Water Street
- 316 Koen Road

South Otter Lake

- 6473 Salmon Lake Road

Sydenham Lake

- 4410 Point Road

Upper Rock Lake

- 4151 Opinicon Road

Verona Lake

- 4234 Salmon Drive
- 4278 Water Street

Wolfe Lake

- 4041 Westport Road
- Hanna Road

Boat Launches, Non-Township

Other boat launches within South Frontenac are noted below, however they are NOT owned or maintained by the township and as such we do not regulate the use.

Cronk Lake

- 5976 Bedford Road

Loughborough Lake

- 4737 Perth Road

Millhaven Creek

- 3793 Road 38

Elbow Lake

- 6494 Salmon Lake Road

Sydenham Lake

- Wilmer Road

Water Access

Mitchell Creek

- 7880 Canoe Lake Road
(municipally owned at Mitchell Creek Bridge)

Napanee River

- 1025 River Road
(municipally owned at end of River Road)

Little Long Lake

- 5700 Bedford Road
(municipally owned at culvert)

Council & Recreation Committees

South Frontenac Council 2018 – 2022 Term

Mayor

Ron Vandewal 613-376-6687

Bedford District

John McDougall 613-374-2516

Alan Revill 613-384-4415

Portland District

Ray Leonard 613-583-6552

Doug Morey 613-372-5431

Loughborough District

Randy Ruttan 613-353-6439

Ross Sutherland 613-532-7846

Storrington District

Norm Robert 613-353-7182

Ron Sleeth 613-353-2475

Recreation Committees

Working collaboratively, these volunteer committees help support recreational programming and leisure in South Frontenac. In 2021 they were active voices during the Recreation, Parks and Leisure Master Plan development, and have a passion for enhancing recreation opportunities in the community.

To connect with the Recreation Committees, please call 613-376-3027 ext. 2231 or email recsupport@southfrontenac.net.

Recreation & Leisure Facilities Committee

This committee is focused on indoor/outdoor facility/amenity maintenance needs and capital projects, while also acting as a conduit for community clubs, sporting groups, and other organizations.

Members: Donna Garland (Chair), Karl Hammer (Vice-Chair), Heidi Traulsen, JoAnne Timmins, John Kot, Roberta Smith, Toni Angus, John Zuber, Ted Howard

GET INVOLVED

www.SouthFrontenac.net

<https://engagefrontenac.ca/>

<https://southfrontenac.civicweb.net/Portal/>



@SouthFrontenacTwp



@SFFireandRescue



@SthFrontenacTwp



**SOUTH
FRONTENAC**



Park Days Drop-In Program, Summer 2021. Photo: South Frontenac Township.

Community Programming & Events Committee

This committee is focused on engaging with the broader community through multiple mediums to ensure programming needs are being met.

Members: Mark Schjerner (Chair), Tracy Holland (Vice-Chair), Annie Campbell, Linda Bates, Paul Wash, Roger Romero, Megan Sedore, Shary Denes, Melissa Elliott

Municipal Services

613-376-3027

4432 George Street · 2490 Keeley Road

Public Services

Ext. 4330/ 4331

pwsupport@southfrontenac.net /

recsupport@southfrontenac.net

The Public Services Department keeps South Frontenac moving, safe and vibrant. Connect with public services for inquiries regarding:

- Road maintenance, capital road projects, winter control, streetlights/signs, entrance permits and private lane information

- Solid waste management, including curbside collection of garbage and recycling, landfill management and bag tags
- Facility maintenance, capital facility projects, boat ramps, parks and beach maintenance
- Recreation and leisure services including facility rentals, programs and events

Development Services

Ext. 2226

Are you looking to renovate or build in South Frontenac? Are you curious about zoning, environmental protection or setting up shop in the community? Contact the Development Services Department on matters such as:

Building Services

building@southfrontenac.net

- Building permits for new construction, renovations, or additions

- New and replacement sewage systems
- Sewage system records

Planning Services

planning@southfrontenac.net

- Planning applications, including consents and minor variances
- Permitted uses and zoning information
- Heritage buildings and preservation
- Environmental protection
- Official Plan Update

Corporate Services

Ext. 2229/ 2200 (taxation)

reception@southfrontenac.net

taxes@southfrontenac.net

Corporate Services ensures financial accountability, legislative compliance, and provides administrative services for the

VOLUNTEER APPRECIATION EVENT

Join Council for lunch and live music in celebration of community volunteers

Recognizing the criticalness of volunteers towards South Frontenac's strategic vision; natural, vibrant and growing – a progressive rural leader, Council is eager to host the Volunteer Appreciation Event on October 22nd, 2022.

Details of the event to be announced in September 2022 on www.SouthFrontenac.net.



SOUTH FRONTENAC



2021 South Frontenac Volunter Fire Fighters graduating class, photo: South Frontenac Township.

municipality. Contact Corporate Services for inquiries such as:

- Municipal property taxes, utility billing and the municipal budget
- Municipal grants and funding opportunities
- Human resources and recruitment
- Cemetery services
- Lottery and animal licencing

Clerk’s Office

Ext. 2222 · admin@southfrontenac.net

The Clerk’s Office is the direct link between Township staff and Council. Connect with the Clerk on issues regarding:

- Council matters, including requesting a delegation to Council

- South Frontenac by-laws or to submit a by-law complaint
- Freedom of Information and Protection of Privacy inquiries or requests
- Accessibility accommodations

Fire & Emergency Services

Ext. 2234 · fireadmin@southfrontenac.net

SFFR is a hybrid force with 110 volunteer fire fighters. With eight fire stations located throughout the township, SFFR volunteer fire fighters help to protect the community. Contact SFFR for inquires about:

- Open air burning, bans and restrictions
- Emergency preparedness
- Volunteer firefighter opportunities

County of Frontenac

613-548-9400 · www.FrontenacCounty.ca

South Frontenac is one of four lower-tier municipalities in the County of Frontenac.

Connect with the County for information on:

- Frontenac Paramedic Services
- Economic development
- Fairmount Long Term Care Home
- The K&P Trail
- Frontenac County Council

Conservation Authorities

Cataraqui Region Conservation Authority

www.cataraquiconservation.ca

613-546-4228 / 1-877-956-2722

Rideau Valley Conservation Authority

www.rvca.ca

613-692-3571

Quinte Conservation Authority

www.quinteconservation.ca

2061 Old Hwy 2, Belleville, ON K8N 4Z2

Tel: 613-968-3434



SOUTH FRONTENAC

COMMUNITY RECREATION & LEISURE SERVICES FAIR

March 26th, 2022

10:00 am - 2:00 pm

Storrington Lions Club, Sunbury

Learn about and register for recreation, leisure and social programs for all ages!

For more information, email recsupport@southfrontenac.net or call 613-453-6846

COVID-19 pending/ safety protocols in place



Spotlight on South Frontenac **Frontenac Community Arena Renovations**

4299 Arena Boundary Road Godfrey
613-374-2177 · www.frontenacarena.com

In 1976, with the support of several Townships in Frontenac County, the North Frontenac Community Arena opened at Godfrey.

Over the years, the Arena (now Frontenac Community Arena) has provided a place for young and old alike to gather and engage in sporting and recreational activities. Most notably, it has given young people in Central and South Frontenac Townships, and surrounding area, the chance to Dream Big.

Over the past two years, many upgrades and major renovations have taken place at the Frontenac Community Arena (FCA). With financial support from the Investing in Canada Infrastructure Program (ICIP) grant, the FCA was able to replace the 44-year-old refrigerated floor with a new, more energy-efficient and safer system.

The renovations included:

- Removing and replacing the entire concrete slab, refrigeration lines, dasher boards, acrylic shields, benches, and the timekeeper's box

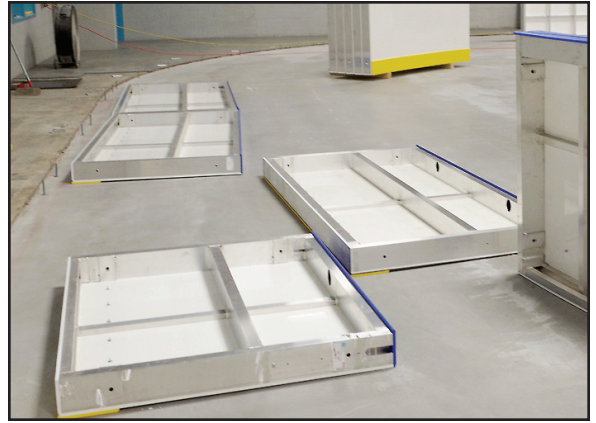


- Improving access to players benches
- Updating the safety netting
- Rubberizing the access surfaces around pad, in the hallways and dressing rooms
- Installing an accessible ramp/viewing area
- Installing new 'buried' mains and headers for the refrigeration lines
- Replacing the condenser, ammonia chiller, and brine pump
- Updating the bleachers
- Replacing the flooring in the lobby and washrooms

- Renovating the canteen with the financial support of Frontenac Flyers Minor Hockey

This along with numerous other upgrades has provided our community – and our FCA family – a reliable facility for decades to come. This work reflects the Arena Board representing both South Frontenac and Central Frontenac Township’s continued commitment to investing in the long-term future of the FCA.

We encourage you to come on out and to see what’s new at the FCA during public skating, a community event or by joining one of the leagues that call the FCA home. ■



Invite a friend and come out to Frontenac Community Arena for a leisurely skate

Public Skating
 from September to March
 Sundays, Noon to 1:20 p.m.
 \$2.50 per person

- CSA approved helmet with screen recommended

Parent & Preschool Skating
 Wednesdays, 9 to 10:30 a.m.
 \$2.50 per person

- CSA approved helmet with screen is recommended
- For both parent/guardian and child. Child must be properly secured in stroller in accordance with manufacturer's instructions
- Stroller wheels must be cleaned and free of debris prior to being placed on the ice surface



follow us on Twitter @Frontenac_Arena



Note: Public Skating may be cancelled on occasion due to tournament schedules or public holidays. Please call in advance to confirm.



**Arts &
Culture**



Spooky South Frontenac Winning Display, photo: South Frontenac Township.

Arts, Music & Venues

Frontenac Women's Chorus - Kingston and area's first Women's Chorus, going strong for over 25 years. All ages, and all singing abilities are welcome. We support our local communities through concerts and guest performances, featuring music of our time (with a few classics thrown in).

fwchorus@gmail.com
613-653-6673

Guitar & Ukulele Lessons - 35 years of experience. All ages and levels. Various Styles. Electric or acoustic. Lessons geared towards students personal goals and interests. Lesson location is at my home studio in Fermoy or Zoom. Get the details and start pickin'. John Russell.

ideastofretabout@icloud.com
613-483-0377

Kingston Frontenac

Public Library - (located at 130 Johnson St. Kingston). Several

locations and hours to serve you.
www.kfpl.ca/hours-and-locations

Hartington Branch

5597 Road 38, Hartington.
613-372-2524

Storrington Branch

3910 Battersea Road
613-353-6333

Sydenham Branch

4412 Wheatley St, Sydenham
613-376-3437



Piano Lessons - All ages welcome, it is never too late to begin. Piano Lessons available at my home studio or at Loughborough Public School.
www.carolynscreative.com.
Carolyn Schaub 613-376-6207

Painting & Crafts - Do you like to paint? draw? Other crafts? With a group who can help or offer encouragement. Join us at the Storrington Centre, 1st & 3rd Wednesdays of the month from 9:00-12:00. Theresa
613-387-2094

Soulful Singing n Battersea (4th Tuesday of the month starting April 2022) - Join in Soulful Singing, an active meditative practice that promotes mindfulness, joy, creativity and community. All women welcome in the circle of song. \$10 per night, first time free. Info: Donna 613-353-

3889 or Wendy Luella 613-549-3102,
info@wendyluellaperkins.com

Trinity Quilters - A group of quilters who welcome new members to work on individual and group projects. The group shares ideas, techniques, snacks and laughs. Participants work at their own pace and skill level. Information - Angie Billings 613-374-3711

Wintergreen Studios

- Is an environmental education and wilderness retreat centre located in South Frontenac, Ontario,



Canada. Established in 2007, Wintergreen embodies joyful ways of living in balance with the natural world. The programs and off-grid facilities inspire people to live harmoniously, to become more resilient, and to return to their homes, workplaces, and communities nurtured and rejuvenated—ready to make a difference. 613-273-8745.
www.wintergreenstudios.com
info@wintergreenstudios.com

RESTAURANTS & EATERYS

| | |
|-------------------------------------|------------------------------------------------|
| Creekside Bar & Grill | 2261 Wellington ST, Battersea • 613-353-1102 |
| Gilmours on 38 | 5062 RD 38, Harrowsmith • 613-969-6561 |
| Gino's Pizza & Spaghetti | 4937 RD 38, Harrowsmith • 613-507-2929 |
| Lavallee's Cookery | 3810 Perth RD, Inverary • 613-653-3333 |
| Ormsbee's Mercantile | 3814 Battersea Rd, Sunbury • 613-353-6990 |
| Mill Street Cafe | 4400 Sydenham Mill ST, Sydenham • 613-376-1533 |
| MOM Restaurant | 6775 RD 38, Verona • 613-374-3095 |
| Muddy Waters Restaurant | 6557 RD 38, Verona • 613-374-5444 |
| Paradiso Pizza | 4047 Perth RD, Inverary • 613-653-9000 |
| The Pizza Place | 4946 RD 38, Harrowsmith • 613-372-5693 |
| The Point Restaurant | 4415 George ST, Sydenham • 613-877-3545 |
| Subway | 2779 Rutledge RD, Sydenham • 613-376-6969 |
| Sydenham Country Café | 4-2779 Rutledge RD, Sydenham • 613-376-3205 |

Food & Agriculture

Fat Chance Farmstead - Certified organic pick your own strawberries. Check our website to find out when we're open. 613-539-5569. www.fatchancefarmstead.com

Frontenac Farmers Market - Delicious food, seasonal fresh fruits and veggies, & unique artisans. Follow us on

Facebook <https://www.facebook.com/FrontenacFarmersMarket/>. Saturdays, 9am to 2pm from May to Oct in Centennial Park in Harrowsmith frontenacfarmersmarket.ca

Frontenac Federation of Agriculture - represents farmers in Frontenac County, City of Kingston, Wolfe and Howe Islands. Follow us on Facebook. shanlake@kingston.net

COMMUNITY OPERATED HALLS

| | Accessible Entrance | Air Conditioned | A/V Equipment | Bottle Filling Station | Capacity/ Room | Kitchen | Licensed | Meeting Room/Hall | Washroom/Facilities |
|----------------------------------------------------------------------------------------------------|---------------------|-----------------|---------------|------------------------|----------------|---------|----------|-------------------|---------------------|
| Bellrock Hall 6034 Leveque RD, Verona • 613-929-2444 | ♿ | | | | 90 | • | | | ♿ |
| Golden Links Hall 4186 Colebrook RD, Harrowsmith • 613-372-2410 | ♿ | | • | • | 200 | • | • | • | ♿ |
| Harrowsmith & District S & A Club 4041 Colebrooke RD, Harrowsmith • 613-372-0917 | ♿ | • | | | 90 | | | | ♿ |
| Royal Canadian Legion, BR. 496, 4361 Amelia ST, Sydenham • 613-376-6808 | ♿ | | | | 160 | • | • | | • |
| Grace Centre 4295 Stagecoach RD, Sydenham • 613-376-6477 | ♿ | | | | | ♿ | | ♿ | ♿ |
| Storrington Lions Hall 2992 Princess RD, Inverary • 613-353-6920 | ♿ | | | | | ♿ | • | ♿ | ♿ |
| Verona Lions Hall 4504 Verona Sand RD, Verona • 613-374-2821 | ♿ | • | | | 200 | • | • | • | ♿ |



Hay bales on Rutledge Road, photo: South Frontenac Township.

Lanark and District Maple Syrup

Producers Association - (LDMSPA) is a group of over 90 maple syrup producers located in the Lanark, Frontenac, and Leeds and Grenville Counties and Ottawa-Carleton. LDMSP members producers in South Frontenac include Ormsbee's - 1768 Ormsbee Road - Battersea (available at Ormsbee's Mercantile) Gorr's Maple Syrup, 3596 Quinn Road, Harrowsmith 613-372-0348 and Crooked Lane Farm - 1023 O'Reilly Rd, Hartington, 613-372-2970. Information – ldmspa.com.

National Farmers Union Local 316 -

For more than 15 years, NFU Local 316 members and friends have been involved in activities and projects to help build the local food and farm system in KFL&A. The NFU advocates for local, provincial, national and international policies that benefit farmers on small and medium-sized farms. We are always looking for new members, either farm family members or associate

memberships for individuals and families who support our goals. For updates on NFU activity, check out nfontario.ca/new/locals/local-316, nfontario.ca and nfu.ca. Information – local316@nfontario.ca.

Vendor Village and Market - Providing local produce, vendors and a pick and pull garden. Providing local produce, vendors and a pick and pull garden. In Verona Saturdays 9am-2pm from May-Oct 343-422-4110 or goodwolf@sympatico.ca

Museums & Heritage Societies

Bedford and District Historical Society/

Research Centre – The centre contains hidden treasures waiting to be uncovered by local residents. The committee has been actively preserving history for 16 years, collecting, preserving and cataloguing local artifacts. The Centre is open by appointment. Glendower Hall, 1381 Westport Road.

Spotlight on South Frontenac

The South Frontenac Museum:

At the South Frontenac Museum, our job is to fascinate and educate residents and visitors by bringing our history, creativity and culture to life. For more information or to book a tour at the Museum please call 613-376-3027 ext. 2600 or visit us at www.southfrontenacmuseum.ca.

Ice harvesting – A Winter Enterprise

Denise Tipton – Connect with Denise through the Museum website.



In the 19th century, and beginning of the 20th century, these thoughts would be on the minds of local people who had to prepare for more than just a cold drink. Since the primary method of refrigeration came from ice cut from lakes, time and labour would have to be spent out in the winter cold.

In Frontenac, before electricity was brought to our homes and farms, everyone had an icehouse on their property or an icebox in their kitchen. Cutting ice on our lakes was done in the dead of winter. Horses pulled scrapers across the lake

surface to remove snow and smooth the ice. Then it was marked and scored into blocks before cutting. These blocks were sawn by hand, lifted from the lake with tongs, and placed on horse drawn sleighs to transport to the icehouse for storage. The ice blocks were covered with sawdust in order to stay frozen in warm weather. The sawdust was a by-product of milling timbers in local sawmills. Some icehouses were heavily walled stone structures set into the north side of a hill. Some were frame buildings within a building well-insulated with sawdust, wood shavings or

hay. Local children were known to sneak into the icehouse on a hot summer day and lay on top of the ice.

Ice harvesting became an industry in the 1870s with large operations like the Sarjeant Company on Lake Simcoe. The ice there was considered of high quality. Railways along the shoreline made shipping more economical for moving ice quickly to distant markets. Some of this ice was brought to Kingston by rail from these large operations.

Large quantities of the ice was delivered as far away as the eastern seaboard of the United States, down to the Carolinas and Florida. Up to 40 per cent of the ice was lost to melting before reaching its destination. Special insulated railcars were built to transport the ice. Other railcars called “reefers” were used to carry perishable goods such as meat and vegetables. These reefers had several designs to refrigerate including one method using salt and ice.

Blocks harvested by these large operations could measure 22 by 32 inches, weighing between 50 and 300 pounds. They were floated to shore via channels cut in the ice, then deposited by conveyor belt to icehouses and waiting railcars. Up to a foot thick layer of sawdust insulated the ice. Larger ice operations were mechanized, with saws driven by steam and then gas engines. At its peak, the ice industry was controlled by a conglomeration of ice companies known as the Ice Union which dominated

international sales.

Still small suppliers fulfilled local needs. Frontenac harvesters would deliver ice by wagon to area villages and to Kingston. The iceman would come to homes and businesses unloading blocks of ice into waiting iceboxes. The ice tongs pictured here from the South Frontenac Museum collection would have been used by the iceman on his delivery runs. It was designed by William Loudon of Fairfield Iowa, Patent 576,461 issued Feb. 2, 1897.

By the early 1920s, artificial ice started to slowly supplant natural ice and ice making factories were built. Iceboxes also would become a thing of the past with the advent of refrigerators. ■

Let's Discover Our Past...



South Frontenac Museum

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Hartington Schoolhouse
5595 Highway 38
SouthFrontenacMuseum.ca
613-376-3027 EXT. 2600

Community Services



Community Services

Clothing Depot, Community Caring - Princess Anne Building, 5597 Road 38, Hartington. Charitable clothing, \$5 per large bag – Information and hours – call Cheryl Kellar at 613-374-3217 or Cheryl Preston at 613-539-5890, or Kathy Ward 613-572-6958.

Clothing Depot, Style Revival - Free clothing, Verona Free Methodist Church, Wed 10 am -1pm. Open some Saturdays, check FB or call Keilo at 613-374-5289 for more information.

Loughborough Christmas & Emergency Relief Committee - (LC&ERC) was founded in 1988 on the tradition of neighbours helping neighbours. Funded through community donations, we provide approximately local families with holiday food baskets or with emergency financial assistance. In addition to our yearly mailing, fundraisers are held by caring individuals in our community. They include VisionSoup held in November, Rock N Roll Christmas dance and an evening of Christmas song and fellowship hosted by the Sydenham Holiness Church, and other community events. Donations can be made to LC&ERC either by mail, or through the Canada Helps button found on the website: lcerc.ca info@lcerc.ca 613-572-6004 (leave a message)

New Leaf Link - (NeLL) is a registered non-profit charitable organization that supports adults with developmental and physical disabilities. NeLL provides programming in Arts, Healthy Living and Community participation. We focus on activities that develop independent life skills, communication, exercise, social interaction and community involvement. NeLL is a place for everyone to learn together and build friendships.



www.newleaflink.ca
contactus@newleaflink.ca

Rural Frontenac Community Services www.rfcs.ca

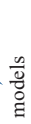


EarlyON - Caring for a child can be an experience full of love, hope, dreams, fears and joy. When you come to EarlyON Child and Family Centres, you can learn, connect and play with your child, meet other people and receive parenting information from trained Early Childhood Educators. When you attend an EarlyON program you can expect to find opportunities for sensory play, creative art, music and movement, language and literacy, cognitive and problem solving, science and nature, dramatic play and active play. EarlyON offers FREE programs for parents and caregivers with children from birth to 6 years of age. Programs have moved to a pre-registered format where all participants are required to sign up in advance. earlyon@rfcs.ca 613-279-3151



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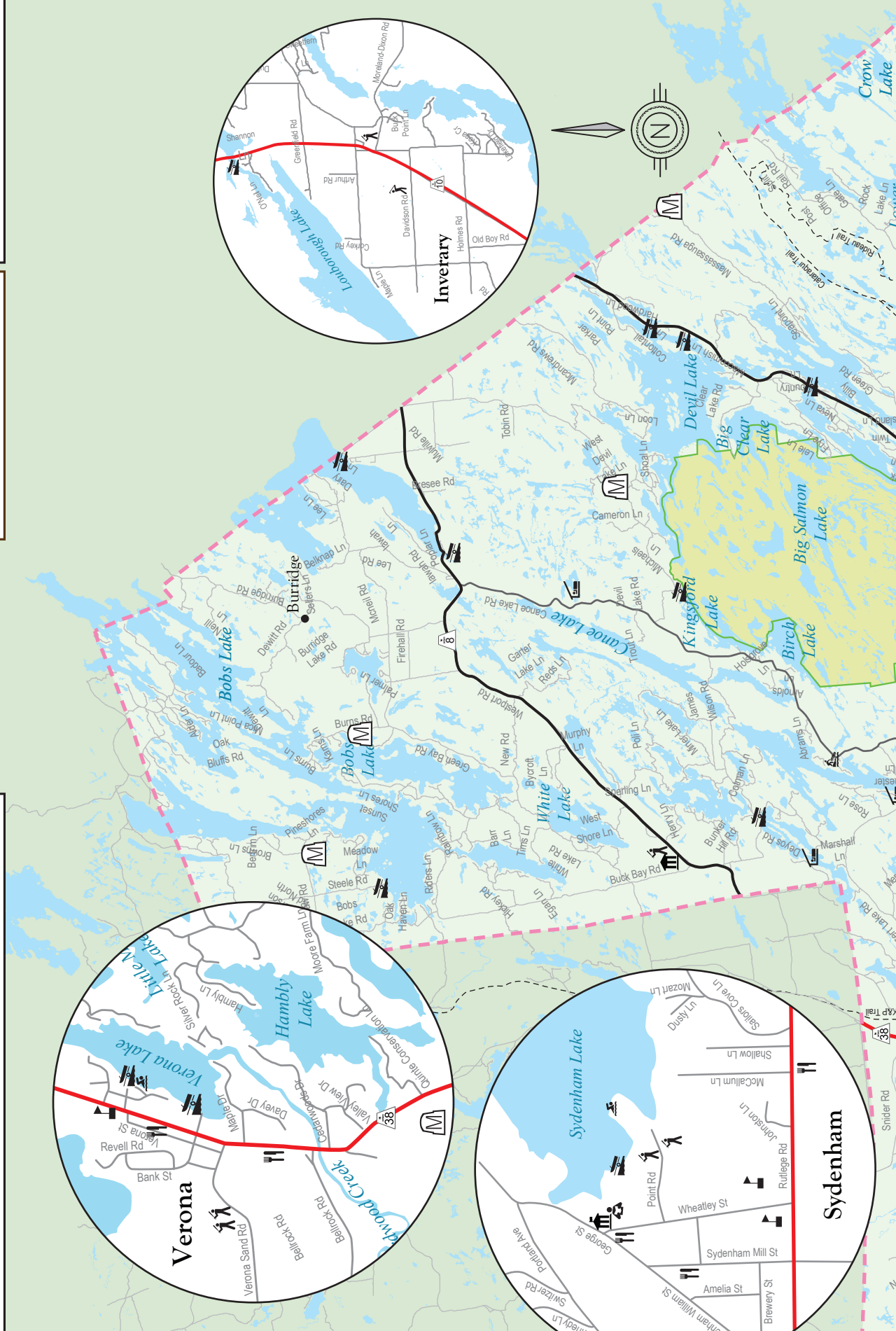
6709 Road 38, Verona 613-374-2323
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Sunday 10-3 (Spring through Christmas)

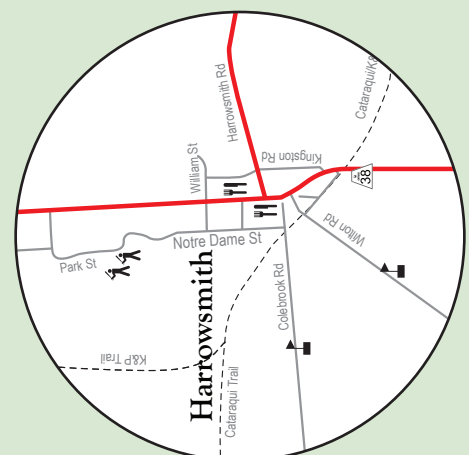
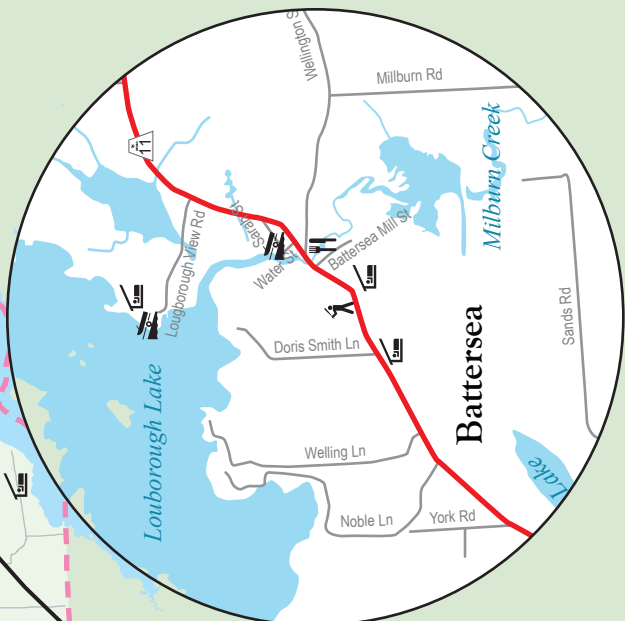
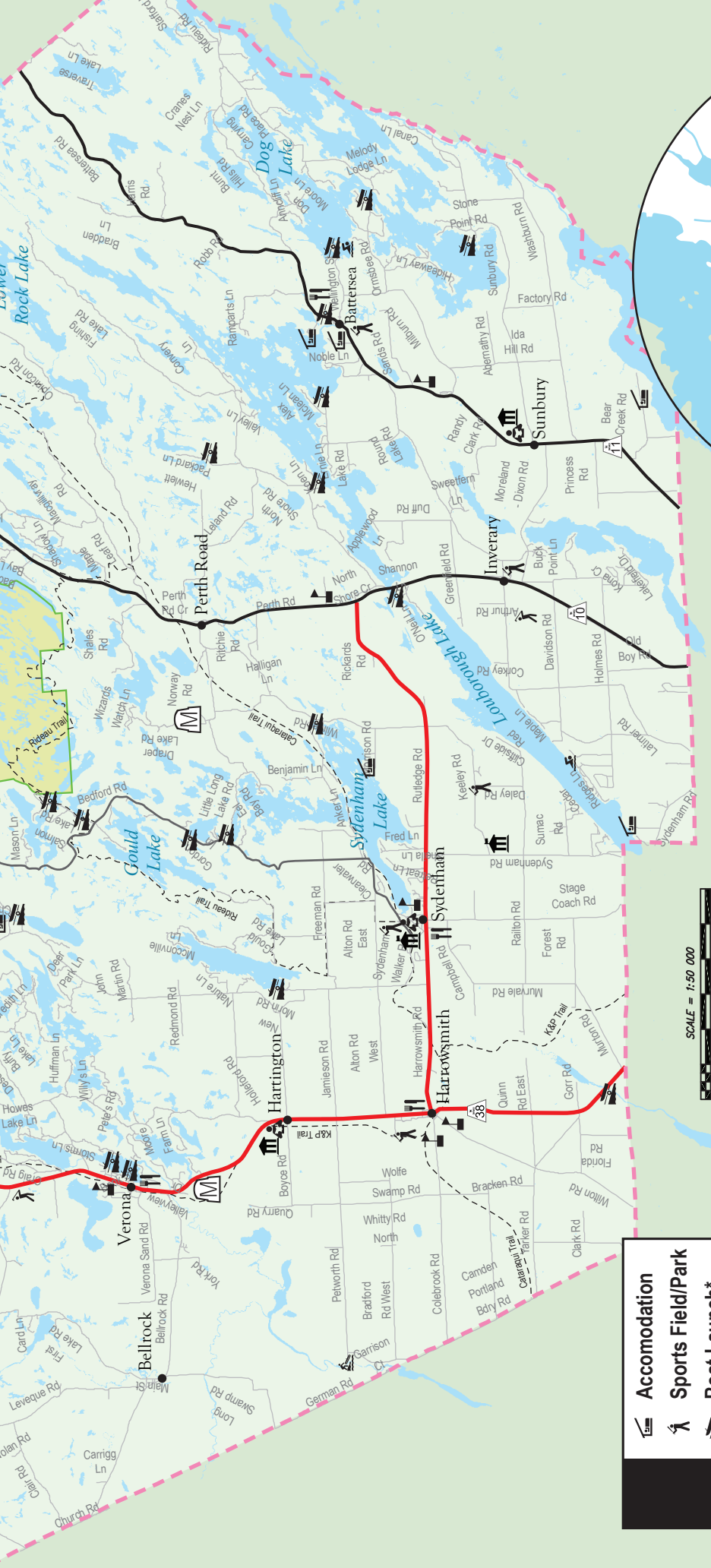
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*The civic addresses for Boat Launches/Water Access Points can be found on Page 25

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Corn field in Sydenham, photo: South Frontenac Township.

Frontenac Transportation Service -

Frontenac Transportation Service provides rides with volunteer drivers for residents of Frontenac County. Serving all residents of North, Central, South Frontenac Townships and the Islands. Services are offered seven days of week. A fee is charged based on the kilometers travelled for this service.

rfcs.ca

transportation@rfcs.ca

613-279-3151 ext 303

Youth Program - Rural Frontenac

Community Services Youth Program offers a variety of activities and programs for youth ages 6-18. We offer programs such as Summer Day Camp, afterschool programming, home alone courses and much more. Find us on Facebook at Rural Frontenac Youth Events or on Instagram at Rural Frontenac Youth Hub to stay up to date on all of our opportunities for youth!

www.rfcs.ca

youth@rfcs.ca

613-279-3151 ext 305



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Paddle on Loughborough Lake, photo: South Frontenac Township.

Southern Frontenac Community Services



Corporation - (SFCSC) Supporting older adults and families in need in South Frontenac and rural Kingston. The SFCSC works with others to improve the quality of life for all residents by delivering a variety of community support programs and services as well as a community Food Bank. All programs are available in-person and/or online. Most programs require a brief intake and assessment. See ad page 36.

www.sfcsc.ca

4295 Stagecoach Road

613-376-6477

Churches

Anglican Church, St. John's

2754 Sunbury Road, Sunbury. For more information contact Sharon Patterson. 613-353-2358, email sharonsands@hotmail.ca or stlukes@kingston.net

Anglican Church, St. Paul's

340 Mill St, Sydenham 613-376-3003

Free Methodist Church, Cole Lake

8 White Lake Road, Godfrey On K0H1T0
Pastor Kevin Tompkins 613-374-5654

Free Methodist Church, Harrowsmith

3876 Harrowsmith RD, K0H1V0, 613-372-1238, Fax:613-372-1826 Michele Allen: office administrator www.hfmc.ca

Free Methodist Church, Verona
6804 Road 38, Verona. Pastor Kathy Casement, contact church office.
Sunday service at 10am. www.veronafreemethodistchurch.com

Pentecostal Assembly, Verona

6829 Road 38, Verona. Rev. Cory Bursey 613-374-2976 Sunday services at 10:30am. For 2018 events visit Verona Pentecostal Assembly on Facebook

United Church, Battersea

(Storrington Pastoral Charge), 2219 Wellington St., Battersea, ON, K0H 1H0 613-353-2453 Rev. Heather McLurg-Murphy email: heathermclurg@hotmail.com.

com Office: 613-353-2727 storrington.weebly.com. Find on Facebook - Storrington Pastoral Charge. Church hall available for booking, contact Roberta Smith 613-353-2846,

United Church, Inverary

(Storrington Pastoral Charge), 4681 Latimer Road, Inverary, On., K0H 1X0, Storrington. weebly.com, and on Facebook - Storrington Pastoral Charge. Minister Heather McLurg - Murphy – call 613-353-2453 For Inverary church hall bookings call Judy Borovskis 613-353-1768

United Church, Perth Road

5622 Perth Road, Village of Perth Road Rev. Dawn Clarke, contact: David Kuhn 613-453-1941 or visit www.pruc.ca

United Church, Trinity (Verona)

Harrowsmith-Verona Pastoral Charge. Minister: Catherine Oxenford-Grant. Church Office: 372-2525 or 613-374-2777 Church hall 613-777-5119. E-mail, office@h-vpastoralcharge.org. Sunday service at 10am. Visit h-vpastoralcharge.org for information.

Portland Community Church

5567 Highway 38, Hartington, Ontario (Box 51, Hartington, Ontario, K0H 1W0). Pastors: Michael and Carolyn Schaub Celebrating over 50 years of service to South Frontenac and as Hartington’s community church. For more information please email info@portlandchurch.ca

Roman Catholic Church, Sacred Heart of Jesus

Westport Road, Bedford Father Don Oberwarth 613-273-2112

Roman Catholic Church, St. Patrick’s

3977 Sydenham RD, Railton Rev. William Steacy C.Ss.R. - call 613-376-3001 or visit railtonodessaparish.com.

Sydenham Holiness Church

4348 Amelia Street, Sydenham Pastor Vernon Scott 613-453-1158 svernon823@gmail.com Sunday service at 11am.

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At Southern Frontenac Community Services, we are grateful for our generous donors, volunteers and friends. With your support we are able to help seniors, individuals and families in need. Every donation made stays in the community and helps to keep important health and social services close to home.



If you are able, gifts can be made online at www.sfcsc.ca/donate or cheques can be made out to SFCSC and mailed to us. Thank you for your support. Together we enable seniors to remain living at home longer and enhance the quality of life in South Frontenac.

"We donate in honour of the wonderful team at the Grace Centre. They have done a wonderful job supporting my parents through challenging times. We so appreciate your hard work and the care you provide. Many thanks!"

14,060

nutritious hot & frozen meals delivered to isolated seniors and those in need

24,276

of care through support programs for frail seniors.

HOURS

1,350

health and wellness check-in calls to 198 isolated seniors through our telephone reassurance program

"I'm happy to be in a position to give back. We think you all are doing such a good job and know that extra money is needed at this time."

Our volunteers gave

9,950 hrs

of their time and help

"Thank you for keeping the Food Bank open and continuing to ensure food to those in our community who need help."

southern frontenac
community services



55%

increase in the number of Food Bank users who are seniors

"Thank you for everything you all do for others, not only during this difficult time of Covid-19, but every day."

71,770 km

logged for drives to medical appointments

"Thank you for the essential services you provide. I am over 2 hours away from my parents. Your help has given me peace of mind during this very difficult time."

4,214 days of food provided through the Food Bank to anyone needing help

1,178 hours

of hospice volunteers time providing emotional support and respite to caregivers

Programs and Services for You

We are proud to offer a wide range of programs, always with the health and safety of our clients, volunteers and staff as a top priority, All activities are subject to current Covid restrictions and protocols. Please contact us with any questions or concerns.



SUPPORT SERVICES

Adult Day - for persons age 60+ with early signs of dementia, Parkinson's disease, stroke survivors and/or frail/ isolated elderly. We offer limited attendance in person at the Grace Centre to ensure physical distancing, as well as virtual program activities. Call 613-376-6477 ext. 305

Home Help - Our Home Helpers can provide weekly or bi-weekly assistance with routine housekeeping, and other physically challenging activities required to maintain your home. Call 613-376-6477 ext. 305

Respite - Caring for a family member or friends can be stressful and overwhelming. As trained PSWs, our Respite Providers can care for your loved one while you take a break or run errands. Call 613-376-6477 ext. 305

Foot Care - basic foot care clinics on the 2nd and 4th Tuesday of each month at Grace Centre. Appointments required. Call 613-376-6477 ext. 307

Volunteer Visiting Hospice Care - Ongoing emotional and practical support for clients living in North, South and Central Frontenac as well as Addington Highlands diagnosed with a life-limiting illness. Call 613-376-6477 ext. 205

Transportation Services - affordable and reliable transportation for seniors (60+) and adults living with disabilities (not covered by ODSP) who need rides to essential appointments. Call 613-376-6477 ext. 307

Telephone Reassurance - volunteers provide health and wellness check-in calls to clients and seniors. Call 613-376-6477 ext. 307

FOOD SERVICES

Meals on Wheels - Delicious and nutritious meals that include a soup or salad, entree and side with dessert, \$8 per meal. Or choose a Lite Menu (8 oz soup or salad with roll and dessert) for \$6. Delivered by volunteers Monday, Wednesday and/or Friday. Order on-line from our website, or call 613-376-6477 ext. 303

Frozen Meals - \$6 each, for anyone in the community in need of healthy meals. Single serving frozen soups also available, \$3. Pick up or delivery. Order on-line from our website, or call 613-376-6477 ext. 303

Community Food Bank - open to anyone in need of assistance. Please call 2 days ahead to place a food order and arrange a pick-up time. Contact-free pick up of food orders Tuesdays, Wednesdays and Thursdays. Call 613-376-6477 ext. Z03

SUPPORT GROUPS

To register for any of our free support groups, call 613-376-6477 ext. 205

Stroke Support Group - with VON, 3rd Monday of each month, 1 - 3 pm. Registration is required.

Caregiver Support Group - with the Alzheimer Society, 3rd Wednesday each month, 1:30 - 3 pm at Sydenham Public Library and virtual.

Bereavement Support Group - Last Wednesday of each month, 1 - 3 pm at the Grace Centre.

GRACE SOCIAL ACTIVITIES

Book Club - Every 2nd Tuesday of the month, 10 - 11:30 am, at the Grace Centre.

Good Graces Café - Tuesdays, 9 - 11:30 am, coffee, tea, snacks and conversation at the Grace Centre.

Sippin' & Knittin' - Tuesdays, 9:30 - 11:30 am, bring your knitting, crocheting and any other projects to meet up and socialize at the Grace Centre.

Watch for new activities and programs coming soon! Check our website for the monthly calendar and be sure to sign up for our newsletter.

FITNESS PROGRAMS

Free with your \$40 annual Grace Centre Activity Pass! Registration is required for all classes. Call 613-376-6477 ext. 310

Cardio & Strength - Tuesdays, 9:30 - 10:30 am, at Piccadilly Arena. Thursdays, 9:30 - 10:30am, at the Grace Centre. A medium to high-impact fitness.

Tai Chi - Wednesdays, 9 - 11 am, gentle sitting and standing exercises at the Grace Centre to improve balance and flexibility.

Total Body - Mondays, 9 - 11 am, a medium to high-impact fitness class at the Grace Centre.

Making Strides Walking Program - Fridays, 9 - 10 am, walking class medium to high intensity. indoors now at the Grace Centre and outdoors in the spring at the Sydenham track.

For more Information about our programs and services, be sure to visit our website and check us out on Facebook!

Education

Algonquin and Lakeshore Catholic District School Board - (613) 354-2255.

French Separate School Board - 613 744-2555 or toll free: 1-888 230-5131.

Limestone District School Board
(613) 544-6920.

Public Separate School Board - (613) 742-8960 or Toll-free: 1-888-332-3736.

Tri Board Transportation

info@triboard.on.ca
(613) 354-1981 or 1-866-569-6638.

Glenburnie Public School - JK - Grade 8
R.R. #1, 2252 Battersea Road, Glenburnie, ON, K0H 1S0 tel: 613-542-0633 fax: 613-542-1502 glenb@limestone.on.ca

Harrowsmith Public School - JK - Grade 8, Grade 7-8 French Immersion 4121
Colebrooke Road, Harrowsmith, ON, K0H 1V0. Tel: 613-372-2026 fax: 613-372-1364. harro@limestone.on.ca

Loughborough Public School - JK - Grade 8
Box 254, 4330 Wheatley Street, Sydenham, ON, K0H 2T0. Tel: 613-376-3848 fax: 613-376-6693. lough@limestone.on.ca

Perth Road Public School - JK - Grade 8.
R.R. #2, 1084 Walsh Road, Perth Road, ON, K0H 2L0 Tel: 613-353-2151 fax: 613-353-1219 pertr@limestone.on.ca

Prince Charles Public School - JK - Grade 8
Box 100, 6875 Hwy. 38, Verona, ON, K0H 2W0 Tel: 613-374-2004 fax: 613-374-1878 princ@limestone.on.ca

St. Patrick Catholic School - 3889 Wilton Road, Harrowsmith, ON, K0H 1V0 613-372-2251 www.alcdsb.on.ca

Storrington Public School - JK - Grade 8
R.R. #1, 4576 Battersea Road, Battersea, ON, K0H 1H0 tel: 613-353-2868 fax: 613-353-6749 storrr@limestone.on.ca



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 3612 fax: 613-376-3442
 sydhs@limestone.on.ca

Community/Service Clubs

Bellrock Hall Community Association



- We host a number of events throughout the year. Regular ongoing scheduled activities include yoga, the VON exercise program, cycling/hiking, snow shoeing, euchres, potlucks, and more. The hall is available for rent.

bellrockhall@gmail.com
 6034 Leveque Road, Verona
 613-483-8270

Frontenac 4-H Association



- 4-H is a program for youth aged 9 to 21 years (before January 1st of the current year). There is also a Cloverbuds program offered for children 6 to 9 years of age (again, before January 1st). The current registration fee is \$95 per member, regardless of how many clubs a member participates in during the calendar year. 4-H offers additional opportunities such as camps and scholarships. Contact Ann Babcock at bababcock@hotmail.ca or 613-372-2974 for details.

Frontenac Society of Model Engineers

- A society for model engineering and small scale live steam railway operation.



Beautiful Lakeside Cat Tails, photo: Kelli McRobert.

Located in Battersea at 26 Doris Smith Lane, between Doris Smith Lane and the baseball diamond. There are 1200 feet of 7 ¼ “ gauge track on the ground and 435 feet of smaller gauge elevated tracks at our site. Guests and new

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Winter tree fence line, photo: South Frontenac Township.

members are very welcome! For more information see fsme.ca or Facebook @ Frontenacsocietyofmodelengineers.

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info@guidesontario.org
www.girlguides.ca/on
1-800-565-8111

Harrowsmith & District Social & Athletic Club - (S & A Club) The Harrowsmith S & A is a non-profit, charitable community



organization. All activities and events are run by volunteers. Some of our community events include: Canada Day celebrations at Centennial Park, chinese auctions, dances, family Halloween party, Santa Claus parade and Christmas Open House, and Harrowsmith minor softball. We support many local sports groups and charity initiatives. Membership is only \$20 per family or \$10 for individuals. Find us on Facebook.

4041 Colebrook Rd. Harrowsmith
Membership: Penny at 613-376-7688.

Harrowsmith Women's Institute - The Harrowsmith



WI has been supporting the community through advocacy and involvement for over 90 years. Meetings are held at Harrowsmith Free Methodist Church on the last Tuesday of the month from September to June, include an educational presentation or a trip to a locale of interest. The Harrowsmith WI provides assistance to families in need. Women are invited to join and share the legacy

of a long-standing rural community organization.

FWIO.on.ca

613-372-2329

Royal Canadian Army Cadets - The Royal Canadian Army Cadet Corps is looking for 12 to 18-year-old youth from South Frontenac who are interested in life skills and leadership training through fun activities and instruction. All cost associated

with uniforms, trips and activities are covered by the cadet corps so it is entirely free to participants. Families are invited to attend sessions to learn more about the program.

Kingstonarmycadets.ca

Contact@KingstonArmyCadets.ca

Scouts Canada (South Frontenac Group) - Offering Boys and Girls: Beavers (ages 5-7), Cubs (ages



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2021 South Frontenac Shines Contest Winner, photo: South Frontenac Township.

8-10), Scouts (ages 11-14), and Ventures (ages 15-18). Follow “The Canadian Path” with exciting new programming focusing on adventure, outdoor experience and friendship. Youth develop confidence, self achievement and civic responsibilities while having fun and learning to work together.

Register online.

www.scouts.ca

sfg@xplornet.ca

South Frontenac Seniors and Law Enforcement Together - (SALT)



The SALT program is a community initiative to mobilize seniors to become involved with local police and other service agencies that focus on seniors’ needs in the community. SALT events are free for seniors and take place at various locations throughout South Frontenac. Included is a delicious hot meal and an informative presentation. Topics include vehicle safety, fraud prevention, wills and power of attorney, and more. Guests may choose to watch the presentations from home

and upon registering will be sent a link to connect. During Covid-19 restrictions, take out lunch provided at the end of the presentation.

www.frontenacsalt.ca

OPP Constable Richard Martin

613-372-1932

SFCS 613-376-6477

Storrington Lions Club -



Located at 2992 Princess

Road, Inverary, the Storrington

Lions Club has proudly served Sunbury, Battersea and Inverary for 49 years.

Composed of volunteers, the club is making a social impact in Storrington District by improving the quality of life for residents.

The Lions Hall connects the community through weddings, celebrations of life, youth dances and health clinics. New Members/Volunteers are always welcome.

Information – call 613-353-6920, email storringtonlionsclub@gmail.com or visit e-clubhouse.org/sites/storringtonon/

Storrington Retirees Association -

Membership fee \$10 per year. We welcome any person who is retired and lives or has lived in Storrington District. We offer home cooked meals and social entertainment.
613-353-2358

Sydenham and District Lions



Club - Sydenham Lions support causes and events such as the annual Sydenham Canada Day, Santa Claus Parades; local charities and organizations; Lions vision and service leader dogs; camps for challenged youth and their families; preparing used eyeglasses for distribution to under-developed countries. The Annual Lions Road Toll in Sydenham Village takes place on the long week-end in August & annual Lions Christmas Tree Lighting Service is held the last Friday evening in Nov before the next day Santa Claus parade. Sydenham-District-Lions-Club on Facebook
Joanne Ankers, joanne.ankers@gmail.com
Christine Kennedy, chrisk@kingston.net

Sydenham Royal Canadian Legion



- A fixture in downtown Sydenham for 70 years! The Sydenham Legion supports a variety of community efforts, all in the name of Robert Richardson, a WW1 vet who resided in Sydenham until his death in 1949. Annual events include dances, a winter pike contest, and more. Hall rental available. Open 6 days a week Mon-Tues-Wed 2-6pm, Fri 12-10pm, Sat 1:30-6pm. Richardson Legion branch 496, 4376

William Street, 613-376-6808
Rcl496.sydenham@hotmail.com

Sydenham Women's Institute



- The Sydenham WI has been integral to the life of the local community for over a century. A great get together for fun, food & fellowship. Meets on the second Monday each month at 6:30 pm in the meeting room of the Sydenham Public Library.

FWIO.on.ca
Shirley Fox 613-376-3689

Verona Community Association



- The VCA promotes widespread community involvement among local residents, hosts a variety of fun and exciting events, and contributes to the advancement and wellbeing of Verona, ON
<https://yourverona.com>
vca@xplornet.ca
613-777-8980

Verona Lions Club - Regular



meetings are held the second Tuesday of the month and new members are always welcome. Popular annual events are the Garlic Festival a volunteer road toll, car show and spring and summer Fish Fry. We host a free Dart night Thursday nights starting at 6:30pm for all levels of players. The club supports many local projects donating tens of thousands of dollars to locally. We maintain a children's mini park, donate our baseball facilities to support South Frontenac's



2021 Verona Garlic Festival at the Verona Lions Hall, photo: South Frontenac Township.

youth baseball program, provide bursaries for local students recognizing community volunteerism. Our Hall is licensed, air conditioned with a capacity of 200 people and available for rent.

Verona Lions Hall, 4504 Verona Sand Road
613-374-2821

Lake Associations

Battersea Loughborough Lake - See our Facebook page or website at loughboroughlake.org or contact us at presidentBLLA63@gmail.com.

Buck Lake - See bucklake.ca, bucklakeassoc@gmail.com.

Desert Lake - desertlakepoa.blogspot.ca, email - dlpoa@snugharbour.on.ca.

Dog Lake - See doglakeassocaton.ca call 613-353-4433, or email gryssue@gmail.com.



Fourteen Island and Mink Lakes Watershed - (FIMLA) represents the residents of Fourteen Island Lake, Mink Lake, Little John, Little John's Sister and Buffy Lakes, and takes an active role in maintaining and enhancing the well-being of the local environment and the quality of life on and around the watershed.
<http://fimla.ca/>

WWW.KAYAK-ITY-YAK.COM

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Garter Lake – Newbydale03@gmail.com.

Greater Bobs & Crow Lakes - See bobsandcrowlakes.ca, Facebook, or email communications@bobsandcrowlakes.ca.

Inverary Lake - kim1@kingston.net.

Knowlton Lake - josette.mfcp@gmail.com.

North and South Otter Lake - nsola.org, email executive@nsola.org.

Opinicon Lake - opocsec@gmail.com.

Sunset Shores Peninsula Association - We exist to maintain Sunset Shores Lane and to deal with the township on matters of

importance for members including waste disposal

Prdprdprd51@gmail.com

Sydenham Lake – See sydenhamlake.ca, email markschjernerj@outlook.com



West Devil Lake – See westdevillake.ca, email wdlpog@gmail.com

Wolfe Lake – wolfelakeassociation.org, email wolfelake@rogers.com

2022
SOUTH FRONTENAC SHINES
**HOLIDAY LIGHTS
CONTEST**

Light up your house for a chance to win a gift card to a local business!

Details coming Nov. 2022 · Visit southfrontenac.net for more info!

SOUTH FRONTENAC

Spotlight on South Frontenac

The Frontenac Society of Model Engineers

is a society whose members have a common interest in Model Engineering.



The club runs a miniature railway in Battersea, 20 minutes North of Kingston. There are actually two tracks on the site. One is a 7-1/4" gauge at ground level, running through field and trees. That gauge is equivalent to 1/8th scale, so trains are large enough to ride on. A fully loaded train may have as many as 20 passengers.

There is also a multi gauge elevated track. It too runs through field and trees. The trains on that line are smaller, but can still pull a few adults. The group owns two locomotives, so you don't have to have your own to join in the fun!

There are two public events every year. They give rides at an open house in June and at the Battersea Pumpkin Festival in October.

The club's formal mission is to "Foster an appreciation of and continue the knowledge of machinery, transport and equipment,

from the industrial revolution to the present day." They do this by recreating working or non-working models of any kind of machinery. These are often railway items powered by steam, gas, electricity, or other means.

Most models are based on real life engines and machinery. A model of a steam or gas engine will operate the same as the original full sized one does. If you want to learn how a steam engine works, there's no better way than shovelling coal into a boiler!

The hobby appeals to all age groups and all sections of the community. Being a member gives you the chance to participate in a close knit group that is keen to assist anyone as required. So come and visit and see what it's all about. Have a ride on the train and learn a little about steam engines and railway operations.



John Wood on the Shay.

Meetings are held on the first Tuesday of the month (except Jan, Feb, July, Aug) at 7:30 p.m. A new meeting place and schedule will be set when Covid is over. They have also been meeting in small controlled groups at the track for maintenance.

To get to the FSME tracks, in Battersea turn into the ballfield, take the road immediately to your left and follow it through the trees to the tracks.

For more information contact us by calling Graham Copley at 613-836-1755 or Phil Ibbotson at 613-530-5961. ■



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Sydenham - 2779 Rutledge Road, Unit 1 - 613.376.9790

Kingston Central - 1111 Princess Street, Suite 3 - 613.766.1115

Online booking available

www.deeprootedmassage.ca

deeprootedmassagetherapy@gmail.com

 /deeprootedmassage  /deeprootedmassage





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Dance Fitazzet - offers dance classes ages 3- Adult in Tap, Jazz, Ballet, Lyrical, Contemporary, Hip Hop and Rhythm Tap.
Sheryl Irwin
613-376-6559

Elements Fitness and Wellness



- Our mission is to empower through movement. At Elements we focus on building a strong foundation of sustainable healthy habits through a wide range of programs for kids, youth and adults including: Strength + Conditioning, 60 + Functional Training; Pregnancy + Post Natal Fitness; Athlete Dryland Training; Personal Training; Health Coaching

Team Building; Open Gym; Yoga; Kids Summer Camp
www.elementsfitnessandwellness.com
Elementsfitness2529@gmail.com
613-929-3589

Frontenac County Minor Softball – All information, including registration for 2022, about Softball in Frontenac County can be found at www.fcmsa.ca. Please refer to the website and social media for more details and the season approaches.
We thank all of our ball families in advance and look forward to seeing you this season.
See ad page 49.
fcmsapres@gmail.com.

Frontenac County Minor Softball Association- 2022 Season



All associations will have the same in person registration dates as follows:

Wednesday March 23rd from 6pm-9pm
Sunday March 27th from 9am-12pm

Battersea

4795 Latimer RD, Inverary
Brittany Smith, batterseasoftwareball@gmail.com
613-329-0308

Harrowsmith

S&A Hall, 4041 Colebrook RD
Laura Huffman/Krista Bradley, little_lolo77@hotmail.com

Inverary

Ken Garrett Park, 4010 Perth RD, Inverary
Shawn Pearce, inveraryballpark@gmail.com

Perth Road

Ken Garrett Park, 4010 Perth RD, Inverary
Brittany/Shawn, softballperthroad@gmail.com
613-329-0308 or 613-453-2437

Sydenham

Sydenham library, 4412 Wheatley Street.
Hughie & Tammy Vankoughnett
sydenhamminorsoftball@yahoo.com

Verona

Verona Lions Hall, 4504 Verona Sand RD
Tabita Morton, veronahartingtonsoftball@gmail.com
613-929-5569

REGISTRATION FEES

| DIVISION | (Year of Birth) | Fee |
|------------|-----------------|------|
| U7 T-Ball | 2015-2017 | \$55 |
| U9 5Pitch | 2013-2014 | \$55 |
| U11 Mite | 2011-2012 | \$65 |
| U13 Squirt | 2009-2010 | \$70 |
| U15 Peewee | 2007-2008 | \$75 |
| U19 Bantam | 2003-2006 | \$95 |

Registration Deadline: Apr 3, 2022

We welcome all and ask that you please screen yourself prior to coming.

Please take a look at our website for updated information, www.fcmsa.ca

If you cannot make it to in person registrations please find your local contact and get a hold of them, or email to fcmsapres@gmail.com and we will forward to correct contact.

Frontenac Fury/Frontenac Girls Hockey Association



- Provides girls aged 6 to 18 in the County of Frontenac with the opportunity to play recreational house-league hockey with other girls from within their community, and nearby communities. Information - visit frontenacfury.ca. See ad page 50.

Frontenac Minor Hockey Association - The Frontenac Flyers



- Runs from Mid-September to mid March, out of the Frontenac Community Arena. Visit Frontenachockey.ca. See ad page 50.

Frontenac Pickleball Club -



Looking for a great venue to play recreational pickleball? Players aged 50+ at all skill levels are welcome, although we do highly recommend that you take an intro and beginner's clinic if you're new to the game.

We offer our Club members: 6 beautiful outdoor courts at Centennial Park in Harrowsmith, 3 times per week for 2 hours, from May to Sep; 3 indoor courts in the gymnasium at Harrowsmith Free Methodist Church, 5 times per week for 2 hours from Oct to Apr.

<https://www.facebook.com/groups/282756491823267/?ref=share>

frontenacpickleballclub@gmail.com

613-539-6147

What can HOCKEY bring out of your child?

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WHEN: MID SEPTEMBER UNTIL MID MARCH
(Registration is open in June. Sign up for an email notification on our website) www.frontenachockey.ca

WHO: GIRLS & BOYS WELCOME | ALL SKILL LEVELS!
(Learn to Skate to fun House League & competitive Rep!)

COSTS: Visit our website for each divisions price
(2 - 3 hrs/wk for regular weekly practices & games & over 6 months of fun & fitness for less than \$85/mth most divisions)

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• Peewee • Bantam • Midget • Rep

REGISTRATION & INFO AT
WWW.FRONTENACHOCKEY.CA

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- **Make Lifelong Friends**
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- **Great Exercise**
- **Motor Skills Development**
- **Social Skills Development**
- **Sportsmanship**

If you are 7 and older and want to play girls hockey-
Join our Fury Family.

If interested please check out our website
www.frontenacfury.ca or
www.facebook.com/frontenacfury



Sydenham sports field, photo: Mark Millward.

Frontenac Soccer Association

- (FSA) Serving Harrowsmith, Verona, Sydenham, Yarker, and other South Frontenac communities. See ad page 52.



Inverary Golf and Country Club - The front nine acts as a relaxing warm up for the back nine, which is longer and tougher but just as beautiful. Once you've finished the 18th hole, you're welcomed with an air-conditioned club house and a full licensed bar and grill.

www.inverarygolf.com.
4524 Latimer Rd, Inverary
613-353-2133

jACKRO - offers acro classes ages 2- Adult. Online registration available on the website. villageview@kos.net. Jacklyn Irwin.
613-770-0289

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<https://jolyndance.ca/>
 lyndatr@xplornet.com
 613-372-2313

Nomad Yogini - Yoga and Pilates classes in Inverary, Sydenham, Glenburnie and Chaffey's Locks
www.nomadyogini.ca
 amanda@nomadyogini.ca
 613-453-4195



Rivendell Golf Club - The Rivendell Golf Club is a par 71 course at 6248 yards. Rivendell can accommodate tournaments and events from 20 people to over 100.

rivendellgolf.on.ca
 7359 Road 38, Verona
 613-374-3404

South Frontenac Stocksport Club



- SFSC provides positive opportunities year round for physical and social health. We believe in an inclusive and safe place to play, to compete and to grow our sport and club in our community. Non-ice play is at the Centennial Multi Purpose Pad and in winter on lakes and ponds in the South Frontenac area. Stock Sport shares a historical link to its cousin sport of curling. Rental equipment available for newcomers. Keep calm and stock on!
<https://sites.google.com/view/southfrontenacstocksport>
 hammerkg@limestone.on.ca



IT IS SOCCER TIME AGAIN FOR 2022!

Storrington Minor Soccer Club plans to run a summer soccer program at Gerald Ball Memorial Park in Sunbury, COVID permitting

Watch for further info on our Website @ www.storringtonminorsoccer.ca or Facebook @ <https://bit.ly/StorringtonMinorSoccerFB>
 Volunteers needed.

Storrington Minor Soccer



- Offers a summer soccer program at Gerald Ball Memorial Park in Sunbury. Information – call 613-387-3730 or 613-353-9928. See ad page 52.



FRONTENAC SOCCER ASSOCIATION

Registration March 1 to April 14, 2022.

Please note that while we are accepting registrations for the 2022 season there is still the chance that the season will be delayed and or interrupted due to COVID-19 and KFL&A Public Health orders.

For more up to date information visit www.frontenacsoccer.com.
 or <https://www.facebook.com/Frontenac-Soccer-Association-862691723872583/>

Sunbury Horseshoe Club - The Sunbury Horseshoe Club is affiliated with Horseshoe Ontario and is located at the Gerald Ball Recreation Park in Sunbury. Members meet Tuesday evenings from May 5 to September 12. Mixed doubles format for all ages and all skill levels; 4 games played per night. New players welcome. Membership is \$25 and there is a \$1 cost per night of play.

Dave Fisher 613-353-2677
wdf40@hotmail.com

teach basic to advanced sprint paddling skills emphasising fun, fitness, endurance, and water safety. All camp updates will be posted on our website. See ad page 54.
www.sydenhamlakecanooclub.com

White Lake Pickleball - NCCP & PPR certified coach offering private and group pickleball sessions. Introduction to Pickleball, Skill Development, and Play Strategy. Come see what the excitement is about! All equipment provided.
Kattgrrrl@gmail.com
613-545-5288

Sydenham Lake Canoe Club



- SLCC is a volunteer run club that introduces youth and adults to the lifelong sport of sprint canoe and kayak on Sydenham Lake. Our certified coaches



SOUTH FRONTENAC

SWIM & DAY CAMP

It's back! Our Swim & Day Camp is where kids and youth belong, grow, thrive and lead. Children ages 4 - 12 are welcome to join our team, realize their potential and follow their dreams.

Visit www.SouthFrontenac.net/SwimDayCamp for dates, rates, and registration details starting April 25th.





Lower Brewers Lock - Rideau Canal, photo: South Frontenac Township.



SLCC Summer Programs

Spring Regatta Ready After School Program

Age 6-16 - May 24- June 30 4-5:30 Tues, Thurs

Summer Regatta Ready Full Day Program

Age 6-16 - July 4-15; July 18-29; Aug 2-12; Aug 15-19

Canoe Kids Day Camp

Age 5-12 - July 4-8; July 11-15; July 18-22; July 25-29

Aug 2-5; Aug 8-12; Aug 15-19 8:30-4:00

Adult Recreation or Competitive

May 25-Aug 19 6:30-8:00 (p.m.)

sydenhamlakecanooclub.com



Trails/Outdoor Education

Cataraqui Trail - This trail is suitable for walkers, cyclists, horseback riders, snowmobilers and cross-country skiers. The trail runs for approximately 39 kilometres in South Frontenac. It originates from Smiths Falls, passes by Chaffeys Locks and along the northern side of Sydenham Lake before connecting with the K & P Trail just east of Harrowsmith. It continues westward, past Harrowsmith and ends in Strathcona. Its surface consists, in part, of stone dust between Loughborough-Portland Boundary Road and Harrowsmith, plus a small section west of Hogan Road. The remainder is loose gravel more suitable to cyclists on a

mountain or hybrid bike. The eastern section provides the best vista because of the numbers of ponds and small lakes in a very natural environment. Info. Cataraquitrail.ca

Eco-Adventure Day Camp - Elbow Lake Environmental Education Centre Offers unique summer programs with an opportunity to enjoy a beautiful location surrounded by protected forests and secluded lakes.

ecoadventurecamp.ca
director@ecoadventurecamp.ca
613-533-6000 x77058

Elbow Lake Environmental Education Centre - (ELEEC) An environmental education and outreach site, owned in partnership between Queen's University Biological Station and the Nature Conservancy of Canada. Surrounded by 1000+ acres of protected land and two beautiful secluded lakes, the site offers a Main Pavilion for meal prep and bathrooms, separate meeting spaces, 10 overnight cabins, over 10km of public hiking trails and numerous public programs. We offer programs year-round, including a weekly Family Night in the summer, learn-to-fish events, and snowshoeing/ice fishing. Visit elbowlakecentre.ca/events for a schedule. The facility is also available to groups for retreats, conferences and workshops. For more info and to find out about our winter programs, follow us on Facebook, Twitter, and Instagram.
elbowlakecentre.ca



Cataraqu Trail along Sydenham Lake With Dogs, photo: Brook Scott.

Frontenac Provincial Park - Explore Frontenac's 5,355 hectares on the southern edge of the Canadian Shield, open year-round for four season back country recreation. 48 interior campsites and canoe routes through 22 lakes; as well as over 100 km of looped backpacking and hiking trails. Great fishing, wildlife viewing, interior camping, paddling, hiking, swimming, cross-country skiing, snowshoeing, all in the centre of South Frontenac at 6700 Salmon Lake Road north of Sydenham. Wilderness skills programs throughout the year include: Introduction to backcountry camping, wilderness navigation and electronics, warm winter camping,



Sydenham Lake Snowmobiling, photo: Mark Millward.

wilderness survival and first aid, various guided historical, wildlife, and nature walks, and several canoeing & kayaking courses.

The Friends of Frontenac Park have been offering additional opportunities to return a favour to nature for over 25 years.

www.frontenacpark.ca

www.ontarioparks.com/park/Frontenac

613-376-3489

Gould Lake Outdoor Centre - Gould Lake (Limestone District School Board) summer programs provide an opportunity for students to gain high school credits through canoe, kayak and hiking trips. Our programs build on one another by continually providing increased skill training and leadership opportunities as well as unique wilderness experiences.

www.gouldlake.ca

outed@limestone.on.ca

613-376-1433

K & P Trail - This trail originates from Kingston and enters South Frontenac at Orser Road. It merges with the Cataraqui Trail just east of Harrowsmith for about two km then splits to go north up to Tichborne for a total of 50 kilometres to Sharbot Lake where it links to the Great Trail. Its surface consists of mostly stone dust suitable for most bikes and is relatively flat. Because it is mainly going parallel to Highway 38, it is easily accessible in many areas and is close to facilities along the route. Information – A virtual tour, with photos of 80 locations along the trail between Orser Road and the point where the trail leaves South

Frontenac at Tichborne, can be found at frontenacmaps.ca/tour/

Rideau Trail - This hiking rail which links Kingston to Ottawa, meanders across South Frontenac from south to northeast for about 80 Km. It enters South Frontenac via the K & P Trail then joins the Cataraqui Trail, heading east to Sydenham before jogging north towards Knowlton Lake and the Gould Lake Conservation Area. After passing Frontenac Park and Perth Road, it crosses the Cataraqui Trail again twice, going east then north before exiting the township at

Bedford Mills. It is accessible from many points and provides a very good view of the natural forest habitat within the township. Ideal for active people who want to stay fit. The Rideau Trail Association organizes excursions throughout the year for members. Information – rideautrail.org/discover-the-trail/maps includes 19 downloadable maps of the Rideau Trail between Kingston and Ottawa. Maps 1 through 5 go through South Frontenac.



WINTER EQUIPMENT RENTAL

Kick Sled:

Daily rental rate: \$25 plus HST/ per kick sled
Refundable security deposit: \$100/ per kick sled

Snow Shoes:

Daily rental rate: \$12 plus HST/ per pair
Refundable security deposit: \$30/ per pair

Call the Frontenac Community Arena
at 613-374-2177 or email
frontenac.arena@bellnet.ca



Spotlight on South Frontenac

South Frontenac Stocksport Club

Photo left: 2020 World Championships in Regen, Germany. Left to right: Jennifer McNeely, Karl Hammer Jr., Tyler MacComish, Paul Blais. Photo Right: Rockin' the Stocks Event - August 2021

South Frontenac Stocksport Club (SFSC) provides inclusive opportunities to play a unique sport that originated in Austria and Bavaria and is known to be the ancestor to curling. Whether one wishes to play for fun, or to develop their skills to play competitively, the SFSC provides positive physical and social health outcomes no matter what. Fun, camaraderie, and participation are at the forefront no matter what level of play. Young and old, men and women, all play together. If you want to take your athleticism to a higher level, you are not alone. SFSC members have won medals at America Cup and World Championship competitions over the last five years.

Stock Sport is a year-round sport where the stock can slide on ice or on paved surfaces. Equipment is provided for newcomers to try the sport. Your first time is free and then a \$5 fee for rental of

equipment applies. Once you gain more interest there are options to purchase used or new equipment.

SFSC began its club play at the Multi-Purpose Pad at Harrowsmith's Centennial Park in 2021 and we are excited to continue to grow our club and sport as we look to 2022. During winter weekends, SFSC plays on the frozen sheets of ice on the lakes and ponds in our beautiful township.

Come and get your stock on!

Contact Karl Hammer Jr. for more information at karlhammer@hotmail.com or check our club's Facebook Page at "South Frontenac Stocksport Club"! ■

Website: <https://sites.google.com/view/southfrontenacstocksport>

Youtube: <https://youtu.be/0NZcY9rBbW8>

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www.theammosource.com