

2014 ICSP Workshop

Current Sustainable Actions

ECONOMIC, ENVIRONMENTAL, SOCIAL or CULTURAL

Action: Website directory of locally grown food operated by Local 316 National Farmers Union: foodowntheroad.ca
Leader / Key Players: NFU Local 316
Timeframe / status: 2007 →
Action: Cleaning up dead trees – turning them into firewood
Leader / Key Players: Several Arden “woodcutters”
Timeframe / status: Always Ongoing
Action: Saving local / heritage seed
Leader / Key Players: Mt. Grove Seed Co.
Timeframe / status: Ongoing
Action: CIP for NF
Leader / Key Players: County / Council / EDTF
Timeframe / status: Starting in 2015
Action: Improvement of Rutledge Road <ul style="list-style-type: none"> - Sidewalk to Hillside - Bike lanes & road widening
Leader / Key Players: South Frontenac
Timeframe / status: Summer / Fall → Future 30 years
Action: Producing Land O’ Lakes Map
Leader / Key Players: LOL
Timeframe / status: September 2014 – November 2014
Action: Sharbot Lake Farmers Market - Local Produce
Leader / Key Players: Farmers, Organizers, Distributors
Timeframe / status: May – October - Ongoing
Action: Star Gazing Pad = Designation from RASC as first municipality
Leader / Key Players: NF EDTF
Timeframe / status: Ongoing, still need more marketing etc
Action: Lemoines Point <ul style="list-style-type: none"> - Ongoing regeneration - Protect with fences, ones to allow regrowth - Areas for families to be outdoors and walk - Native Plant nursery
Leader / Key Players: CRCA
Timeframe / status: Ongoing
Action: Kingston Farmers Market <ul style="list-style-type: none"> - Local farmers bring produce, flowers, etc, to the City of Kingston - Crafts
Timeframe / status: Oldest in North America
Action: K&P Trail
Leader / Key Players: County & Funders
Timeframe / status: From 2012 to Pembroke
Action: ALUS for Frontenac County <ul style="list-style-type: none"> - Funding and encouraging farm community to retain/reconstruct natural areas
Leader / Key Players: Frontenac Stewardship Foundation, County Agriculture Organizations, County
Timeframe / status: 2014 → (pending funding)
Action: Investigating establishment of ALUS (Alternative Land Use Services) in Frontenac

Leader / Key Players: Frontenac Stewardship Foundation
Timeframe / status: Beginning to explore – summer 2014
Action: Public WIFI Access - Expand from Sharbot Lake beach to other locations in the County and add signage
Leader / Key Players: County / Townships / Businesses
Timeframe / status: 2015 – On
Action: Stream & Hamlet Clean-up
Leader / Key Players: FOA
Timeframe / status: 2013, 2014
Action: Markets new and existing local businesses
Leader / Key Players: Tracy / Steven
Action: Forest Farms – sustainable & organic gardens (garlic and syrup)
Leader / Key Players: David Hahn & Marion Watkins
Timeframe / status: Ongoing for decades
Action: Partnership with sustainable Eastern Ontario and Wintergreen
Leader / Key Players: Kristina Innig / Rena Upitis
Timeframe / status: Since 2010 ; Ongoing
Action: Community Shared Agriculture businesses in the County - Supplying weekly deliveries of locally-grown food to share members
Leader / Key Players: Examples – Root Radical CSA, Freedom Farm CSA, Patchwork Gardens CSA
Timeframe / status: Started in 2006 → Ongoing + More Each Year
Action: Volunteer for Shop South Frontenac – to encourage “support local living”
Leader / Key Players: Tracy / Steven / Patti & 18 Local Businesses
Timeframe / status: 2013 – 2014 and ongoing
Action: Canning, Freezing Fruits, Vegetables and Jams
Leader / Key Players: Judy Kennedy
Timeframe / status: Each Fall
Action: Shops local whenever possible: Gifts, gas, food, wine and beer
Leader / Key Players: Tracy / Steven: Local Stores – E-cups, Memory Lane, Trousdale's, One Stop, LCBO / Beer Store
Timeframe / status: 2008 – ongoing
Action: Local Family Farms
Leader / Key Players: Kim Perry
Timeframe / status: 2010
Action: New Business Frontenac Cider Cottages - Plant and grow apple orchard - Future Cider business
Leader / Key Players: Rustin Hollywood
Timeframe / status: Trees Ordered 2014, Trees Arrive 2016
Action: Update family cottages to rent - New cabin to be built in 2015 - Using local contractors and resources - New septic
Leader / Key Players: Rudy Hollywood
Timeframe / status: Started summer 2014
Action: K&P Trail – Junctions @ Harrowsmith and Verona Ties in with second location for Frontenac Farmers Market - Outdoor Opportunities for citizens to get out in the fresh air and exercise (Health) - Also Accessible
Leader / Key Players: Frontenac County
Timeframe / status: Ongoing
Action: Increase Employment in Northern Frontenac County

Leader / Key Players: C.F. Economic Development & CFDC & Saint Lawrence College Employment & County of Frontenac
Timeframe / status: Ongoing
Action: County team Initiatives, Making the Most efficient use of resources
Leader / Key Players: County Leadership and Staff
Timeframe / status: 2014 Forward
Action: Business & Info Signage
Leader / Key Players: FOA
Timeframe / status: 2013 / 2014
Action: Farmers Market (not public market like downtown) <ul style="list-style-type: none"> - Frontenac Farmers Markets – Harrowsmith and Verona - Memorial Centre Market and Community Harvest Market (Kingston) - Farmers Market Outlet for Frontenac County Farmers
Leader / Key Players: Frontenac Farmers Market
Timeframe / status: FFM started approximately 2003 – ongoing Memorial Centre started about 2010 – ongoing (if City allows) Community Harvest Market started approximately 2008 or 09 - ongoing
Action: Promoting local small farms and providing support for local farmers, by workshops, NFU New Farm Project (2008-2012) Save our Prison Farm Campaign to save local agriculture
Leader / Key Players: NFU (National Farmers Union)
Timeframe / status: Started 2004 Ongoing
Action: K&P Development
Leader / Key Players: County / Township / user groups
Timeframe / status: 3 years
Action: K&P Trails Concept Master Plan for the K&P, Cataraqui Trail, etc.
Leader / Key Players: County of Frontenac
Timeframe / status: Ongoing for the next 20 years
Action: Limestone Creamery – Elginburg - Vendor for local produce – milk, meat, veggies
Leader / Key Players: Groenewegen Family
Timeframe / status: 2012 +/- Ongoing
Action: Local Food – Food Trucks <ul style="list-style-type: none"> - Support current food trucks - Support measures to allow new food trucks and local food - Create food truck “destination”
Leader / Key Players: CFDC / County / Frontenac Farmers
Timeframe / status: 2015 / 2016 / 2017
Action: County Official Plan
Leader / Key Players: County Council
Timeframe / status: To end in 2014
Action: K&P Trail
Leader / Key Players: County / Township / Volunteers
Timeframe / status: Continue to Sharbot Lake by 2016
Action: Growing Local & Buying Local Produce / Food
Leader / Key Players: My Family
Timeframe / status: Started 2002 to present
Action: Trails Concept Plan <ul style="list-style-type: none"> - Encourage active transportation
Leader / Key Players: Township / County
Timeframe / status: Over next 10 years
Action: Farmers Market / Local Produce
Leader / Key Players: Community Leaders
Timeframe / status: Continuous

Action: ADNO Committee of C.F. Council developing proposals for re-use of Hinchinbrooke School
Leader / Key Players: Sue Leslie
Timeframe / status: Started 2012
Action: Trail Maintenance & Enhancement Arden Park
Leader / Key Players: FOA
Timeframe / status: 2014 Fall
Action: 3 neighbours with off-grid houses, within a 10km radius
Leader / Key Players: 3 neighbours
Timeframe / status: Started in 1980, 2010 most recent
Action: Increase recycling in CF Clear Bags / Hazardous Waste Day
Leader / Key Players: CF Public Works Department / All residents
Timeframe / status: Started 2010 - ongoing
Action: Forest Farms – renewable energy demonstration site
Leader / Key Players: David Hahn & Marion Watkins
Timeframe / status: Fall 2012
Action: Canonto Lake Association (North Frontenac) <ul style="list-style-type: none"> - Lake Management Plan - Implement improvement initiatives
Leader / Key Players: Cottage owners / MNR / MVCA / Township
Timeframe / status: Ongoing
Action: Community Meeting – North of Seven
Leader / Key Players: Frontenac Stewardship Foundation Gray Merriam
Timeframe / status: 6 months 2014 until Sept 6
Action: Water Quality Testing 3x year
Leader / Key Players: Kennebec Lake Association
Timeframe / status: 3x year
Action: Geothermal Heat
Leader / Key Players: Terry & Judy Kennedy
Timeframe / status: 2007 to present
Action: Tree Planting
Leader / Key Players: FOA / FSR
Timeframe / status:
Action: Ensure garbage disposal does not contain environmentally unfriendly items like electronics and paint cans etc
Leader / Key Players: Family
Timeframe / status: 2009
Action: Product water quality through septic reinspection in C.F.
Leader / Key Players: C.F. Township in association with Residents and Lake Association
Timeframe / status: 2012 - 2015
Action: Established Conservation Easement on land along upper Salmon River with Kingston, Frontenac, Lennox & Addington Land Trust
Leader / Key Players: KFLA Land Trust, Aileen and Gray Merriam
Timeframe / status: Unending into future
Action: CRCA Review of environmental planning policies (2005) <ul style="list-style-type: none"> - Input on land uses, development
Leader / Key Players: CRCA Board & Staff
Timeframe / status: 2014/2015 (ending 2015)
Action: Sydenham Lake Association – Interest in Lake Management Plan
Leader / Key Players: The Association
Timeframe / status: 2013 → ongoing
Action: City of Kingston Waterfront Master Plan <ul style="list-style-type: none"> - New public lands, trails, improvements (includes Collins Lake, Lo. Lake, Rideau Canal)

Leader / Key Players: City Staff, Consultants
Timeframe / status: Started 2013, concluding 2015
Action: Kennebec Lake Plan
Leader / Key Players: Kennebec Lake Association
Timeframe / status: 2012? Implementation ongoing
Action: Biodynamic CAS Garden
Leader / Key Players: Elm Tree Farm
Timeframe / status: Ongoing
Action: Biosphere Trails Council: networking of 41 trails oriented groups & agencies, to expand awareness of trails, collaborative development of trails, visitor awareness of opportunities, mapping of all trail types
Leader / Key Players: Frontenac Arch Biosphere
Timeframe / status: Started 2009 → ongoing
Action: Cloyne Community Day – Landscape Stewardship Promotion
Leader / Key Players: Gray Merriam – Frontenac Stewardship Foundation
Timeframe / status: Organization – last 6 months Date – September 6, 2014
Action: Stewardship of Crown forests and the work being done by the Mazinaw Lanark Forest & Eastern Ontario Model Forest
Leader / Key Players: Mazinaw Lanark Forest & Ontario Model Forest
Timeframe / status: On-going
Action: Bobolink & Tall Grass Project; Big Sandy Bay; funded by Shell Fueling Change (\$15,000) & sponsor (Frontenac Stewardship Foundation) - To compare plantings v. old field pasture
Leader / Key Players: Barrie Gilbert (Initiator / Investigator)
Timeframe / status: Started 2013, ending 2016
Action: Planting 20 acres of native grasses to encourage more Birds and butterflies
Leader / Key Players: George Morry, Denis Doyle
Timeframe / status: Started 2013 and more being planted
Action: Developing Strategy for Frontenac Stewardship Foundation
Leader / Key Players: FSF Executive
Timeframe / status: 15 – 20 years past history Strategy into future without known endpoint
Action: Growing food at Wintergreen Studios
Leader / Key Players: Louise Cooner
Timeframe / status: Since 2008; ongoing
Action: Big Sandy Bay, Wolfe Island Bioblitz 2014, sponsored by Kingston Field Naturalists. Bioblitz monitors / counts about 1000 – 1500 species; documents species at risk
Leader / Key Players: Anne Robertson (KFN) + 30 volunteers, Promoted by Barrie Gilbert
Timeframe / status: June 2014 (24 hour limit to count and document)
Action: Established 23 acres managed forest with certification (MFTIP)
Leader / Key Players: Barrie Gilbert
Timeframe / status: “2013” no end as managed into indef. future
Action: Prepare written report to protect Frontenac County watershed from potential pipeline rupture by proposed Enbridge Line 9B reversal
Leader / Key Players: B Gilbert of S.A.C.
Timeframe / status: Started June 2014; article and public. In K. Whig Standard (front page)
Action: Living “off the grid” using land for resources and solar energy for power
Leader / Key Players: Individual Homeowner
Timeframe / status: Ongoing
Action: Invasive species strategy for Frontenac County - Awareness/education

- Partnership with <NR / OFAH
Leader / Key Players: Front. Stew. Foundation + Front. County
Timeframe / status: 2014 → 2016+ (funding being sought)
Action: Stewardship Plan for Front. County
Leader / Key Players: Front. Stew. Foundation and Frontenac County
Timeframe / status: 2012 →
Action: Solar Panels Sydenham Lead Ambulance Station
Leader / Key Players: County
Action: Wetland Protection / Invasive Species
Leader / Key Players: Townships / County / Province
Timeframe / status: Ongoing
Action: Waterfront Vegetation Plants
Leader / Key Players: Centre for sustainable watersheds / CA
Timeframe / status: Ongoing
Action: Community improvement plans across the County
Leader / Key Players: County of Frontenac
Timeframe / status: Ongoing
Action: Recycling - Using plastic rings around pop cans to make flowers
Timeframe / status: Ongoing
Action: Limestone Creamery
Leader / Key Players: Owners
Timeframe / status: Opened 2012? ongoing
Action: Works bi-weekly at local entrepreneur to create opportunities in area
Leader / Key Players: Tracy / Steven, Kathy Wood
Action: Lighting sign with Solar Power
Leader / Key Players: FOA
Action: Bee Keeping
Leader / Key Players: Kevin Fancy
Timeframe / status: 2013 started, ongoing
Action: Working in Wintergreen Renewable Energy Co-op
Leader / Key Players: David Hahn
Timeframe / status: 2012 → forever
Action: Microfit on property
Leader / Key Players: Wolfe Erlichman
Timeframe / status: 2010
Action: Shopping local at Glenburnie Grocery
Leader / Key Players: Family
Timeframe / status: 2005
Action: Jo of the Woods - Growing own meat / eggs
Leader / Key Players: Jo Crivellard
Timeframe / status: Ongoing: started 1994
Action: Verona Farmers Market
Leader / Key Players: Farmers, organizers, distributors
Timeframe / status: Ongoing May - Oct
Action: CIP
Leader / Key Players: County +TWPS + Businesses
Timeframe / status: Ongoing
Action: 4 seasons scenic route
Leader / Key Players: EDFT, NF
Timeframe / status: Ongoing, creating stops on the route – encourage groups to drive it
Action: In depth studies of EMS + Fairmount Home to identify efficiencies and engage staff in the process and implementation

Leader / Key Players: County of Frontenac
Timeframe / status: 2014
Action: Planting Trees
Leader / Key Players: Friends of Arden
Timeframe / status: Ongoing
Action: Walleye spawning bed enhancement
Leader / Key Players: FOA / KLA
Timeframe / status: 2013 / 2014
Action: Septic reinspection initiative or lakes
Leader / Key Players: Central Frontenac, Lake Association, North Frontenac, Conservation Authority
Timeframe / status: ongoing
Action: Septic Tank Surveys
Leader / Key Players: Township of Central Frontenac
Action: Source water planning
Leader / Key Players: Ont / CRCA
Timeframe / status: Future
Action: Amazing places: community identifies special places of the region on an interactive or shared web based map → 60,000 visits so far
Leader / Key Players: Frontenac Arch Biosphere: in collaboration with 3 other biosphere reserves in Ontario
Timeframe / status: Started june 2014; ongoing through 2016
Action: Arts community / FAB Arts is a working group knitting creative arts council is across the Counties of Frontenac, Leeds-Grenville + Kingston - 700 artists linked
Leader / Key Players: Frontenac Arch Biosphere
Timeframe / status: Started 2009 → ongoing “forever”
Action: Local Flavours: a network of food producers, farm markets, restaurants, etc; to increase awareness of local food, market size of local food, idea sharing - 130 participants in 2014
Leader / Key Players: FAB
Timeframe / status: Started 2004 – ongoing
Action: FAB experiences – promoting sustainable tourism
Leader / Key Players: FAB → sustainable tourism committee
Timeframe / status: Started ~early 2013, to be ongoing
Action: Big Sandy Bay on Wolfe Island – run by volunteers with Township support – beautiful nature walk in unspoiled wilderness
Leader / Key Players: Frontenac Islands
Timeframe / status: 2003 and expanding
Action: Community Garden – About 12 people
Leader / Key Players: Owner of land / Equip operator / Planters & Weeders / Harvestors
Timeframe / status: About 5 years and growing size and number
Action: Recreation Committees in Parham + Sharbot Lake, keep our youth out in about in communities by maintaining fairgrounds, baseball diamonds, wonderful community events
Leader / Key Players: Marcie Asselstine, Bob Teal, Christine Teal
Timeframe / status: All year
Action: 2 sisters in our community run a do-jo. They promote leadership and physical fitness in our youth. They offer exercise classes in the evening for adults that are affordable and comfortable for all ages and levels of physical fitness. They also arrange, through social network, Friday night runs. They promote family activities and are advocates for healthy, social lifestyles.
Leader / Key Players: Michelle and Nicole Greenstreet
Timeframe / status: Not sure, ongoing

Action: Hinchinbrooke P.S. Community Center Committee A group trying to acquire of HPS site to use as a community center for library, community, sport and fitness center
Leader / Key Players: Bob Teal, Julia Schall
Timeframe / status: Started in 2013
Action: Purchase all eggs from friend (approximately 2 dozen a week)
Leader / Key Players: Steven / Tracy, Kathy Wood
Timeframe / status: 2014 – ongoing
Action: Grace Centre – Sydenham - Art shows / guest speakers / music
Leader / Key Players: Grace Centre Staff
Timeframe / status: Started 2013: ongoing
Action: Biodynamic Home Garden
Leader / Key Players: My daughter-in-law
Timeframe / status: 2003 - ongoing
Action: Beekeeping
Leader / Key Players: 3 Arden women
Timeframe / status: Started 2008 - ongoing
Action: Compost all food items created by 97% of from scratch home cooking
Leader / Key Players: Steven, my husband compost Tracy cooks
Timeframe / status: Started 2008 – ongoing
Action: Harvesting wild meat and using it
Leader / Key Players: Hunters, trappers and cooks
Timeframe / status: Started ca 30,000 years ago – ongoing today
Action: Making crafts for Christmas
Leader / Key Players: Jo-Anne
Timeframe / status: All year
Action: “Birthday Bash” monthly event for Ompah Community (Potluck dinner, entertainment)
Leader / Key Players: Marilyn Seitz
Timeframe / status: Started 2013, ongoing
Action: Blue Skies Fiddle Orchestra
Leader / Key Players: Cindy McCall
Timeframe / status: 200 → forever
Action: Efforts to re-establish the prison farms in the Kingston Area Preserving the farmland
Leader / Key Players: Save our Prison Farms group and many supporters in the region
Timeframe / status: 2009 → ongoing
Action: LOL fishing Tournament
Leader / Key Players: LOL
Timeframe / status: April 2014 / August 16/14
Action: Living off-grid at our cottage - Solar panels - Composting toilets
Leader / Key Players: Family
Timeframe / status: Since 1988
Action: Granting to SF Community Svcs for “crock pot” program
Leader / Key Players: Community Foundation for Kingston + Area
Timeframe / status: 2013
Action: Maple Syrup Production
Leader / Key Players: Conboys
Timeframe / status: Ongoing
Action: Local Family Farms Verona
Leader / Key Players: Owners

Timeframe / status: Opened 2012(?) ongoing
Action: K&P Trail
Leader / Key Players: Anne Marie Young
Timeframe / status: Started? - ongoing
Action: Shopping locally whenever possible – especially Glenburnie Grocery
Leader / Key Players: Rena Upitis
Timeframe / status: Ongoing
Action: Steele's Honey
Leader / Key Players: Steele's
Timeframe / status: Ongoing
Action: Welcoming and Educating processors and producers of food - Local garden markets
Leader / Key Players: Do we have OMAFRA Reps any more?
Action: Co-operative effort among community church members to provide transportation for persons needing rides to appts hospital
Leader / Key Players: Community @ large, spearheaded by churches
Timeframe / status: Ongoing
Action: Child / youth cooking project
Leader / Key Players: Linda Brown, Trinity united church Verona
Timeframe / status: 2014 + ongoing
Action: Sharing of garden produce and preserving it among neighbours some going to seniors
Leader / Key Players: Women's groups
Timeframe / status: ongoing
Action: Improvements of waterfront to make it more accessible to citizens - Swimmable, walkable, rideable
Leader / Key Players: City Council and active citizen group
Timeframe / status: Ongoing
Action: Weekly collection for foodbank
Leader / Key Players: St. Paul's United / Trinity United Sunday School
Timeframe / status: 2013 ongoing
Action: Community Gardens in Marysville
Leader / Key Players: Donna Ivy – Kelly Maracle
Timeframe / status: 2013 – ongoing
Action: Sustainability Tours of off-grid facilities for youth, adults and seniors
Leader / Key Players: Rena Upitis
Timeframe / status: Started in 2008
Action: Working with Pine Meadow long term care and the redevelopment
Leader / Key Players: LOLCS and PM Mgmt
Action: Selling of organic produce on behalf of many producers, act as a hub
Leader / Key Players: Limestone Organic Creamery and the 30 or so producers that they sell
Timeframe / status: Ongoing
Action: Sydenham Canoe Club investing in lands to be able to host events
Leader / Key Players: Sydenham Canoe Club
Timeframe / status: Summer Season
Action: Building bike lanes on many major streets of Kingston
Leader / Key Players: Council, persistent citizens, several not-for-profit organizations
Timeframe / status: 2011 – ongoing
Action: Volunteer for Sustainability Advisory Committee
Leader / Key Players: Tracy
Action: Trails on Howe and Wolfe Islands some with water access for canoes and boats to encourage active lifestyles
Leader / Key Players: Townships F.I.

Timeframe / status: Ongoing
Action: Kingston fest – a celebration of sustainability in Kingston
Leader / Key Players: Sustainable Kingston and many organizations taking part in the event
Timeframe / status: Every Oct from 2014 on
Action: Purchased “most fuel efficient car” (non-hybrid) in Canada, for personal use
Leader / Key Players: Driver / Manufacturer
Timeframe / status: 2014 ongoing
Action: Frontenac Farmers Market
Leader / Key Players: Farmers
Timeframe / status: Continue and Expand
Action: New TWP of SF Museum in Hartington
Leader / Key Players: Recreation Committee and Council
Action: Frontenac Challenge hiking in Frontenac Park
Leader / Key Players: Frontenac Park
Timeframe / status: Every September
Action: Recycle Clothing and House Hold Items
Leader / Key Players: To local drop off's south Frontenac
Action: Community Care Centre Hartington
Leader / Key Players: Lori
Action: Ongoing donations for Christmas hampers
Leader / Key Players: United Churches and members of ongoing community
Timeframe / status: ongoing
Action: Local churches making facilities open for community groups events ie. Clothing outlet, seniors exercise groups, etc.
Leader / Key Players: Various denominations
Timeframe / status: Ongoing
Action: Collins Bay Off-leash dog park - Undeveloped area open up for dog walking, mountain biking, walking
Leader / Key Players: Rumored to be Judge Henderson's Estate if allowed
Timeframe / status: To be developed within 5 years
Action: Community Paramedic wellness clinic Wolfe Island - Provide wellness clinics to assist with elderly to remain safe aging at home
Leader / Key Players: Frontenac Paramedic Services
Timeframe / status: Started 2013 – ongoing
Action: Sailing and Boat Club in Marysville encourage outdoor activity
Leader / Key Players: Nicole Clark
Timeframe / status: 2010 and expanding as time goes on
Action: Concert – dinner evenings at Wintergreen off grid lodge
Leader / Key Players: Rena Upitis
Timeframe / status: Ongoing since 2010
Action: Share community garden at Hahn Forest Farms
Leader / Key Players: David Hahn and Louise Cooper
Timeframe / status: Ongoing
Action: Kinston Area Seed System Initiative (KASSI) organization aiming to help build a local / regional seed system, developing locally adopted and available seeds
Leader / Key Players: Board of Directors
Timeframe / status: 2011 → ongoing
Action: Planning run in central Frontenac on trails for Frontenac 150 years celebration - 2K, 5K, 10K - From Sharbot Lake Beach - Medals, t-shirts, involve people from all over
Leader / Key Players: Rudy and Joan Hollywood

Timeframe / status: Started fall 2014, completer June / July 2015
Action: New Leaf Link – program for developmentally disabled adults (the only one in Frontenac County): certified to social pillar by enhancing access to a group that is neglected from 40_ years (-21-65)
Leader / Key Players: K. Steiner – Executive Director
Timeframe / status: Started 5.5 years ago (started 2009)
Action: Rail-to-trail To promote health
Action: Inverary United Church “Bob’s Breakfast” 1 st Saturday mornings
Leader / Key Players: Volunteer – Inverary
Timeframe / status: ongoing
Action: Indoor walking program at Perth Road Public School - Safe free social physical activity opportunity
Leader / Key Players: KFL&A volunteers and community members
Timeframe / status: Started in 2006 / ongoing November – March / year
Action: Helping to research food-related topics and develop policy at various levels (eg. Municipalities, institutions, companies, organizations, etc.)
Leader / Key Players: Food Policy Council of KFL&A
Timeframe / status: Inaugurated Fall 2013 – ongoing
Action: Recycling - Using old jeans to create new products eg. Teddy bears, quilts, rugs
Leader / Key Players: Betty Hunter
Timeframe / status: ongoing
Action: North Frontenac Little Theater
Leader / Key Players: John Paraselli
Timeframe / status: Has been doing 2 productions / year for 30+ years
Action: Community badminton nights at Sharbot Lake High School
Leader / Key Players: Ron Abbott
Timeframe / status: Every fall for a number of years (minus recent construction season)
Action: Creating @ coop shop for artisans in NF
Leader / Key Players: Betty and Debbie Emery
Timeframe / status: Ongoing – need permanent location
Action: Ompah Firefighters ATV Run to raise money for the Fire Station
Leader / Key Players: Firefighters, ATV owners, Visitors and Residents
Timeframe / status: Ongoing, annual event
Action: MacDonald Park (Wofle Island)
Leader / Key Players: Mary Lynn MacDonald, Community members, township
Timeframe / status: 2013 ongoing
Action: Raising beef cattle
Leader / Key Players: Community
Timeframe / status: Spring – fall
Action: Open street – streets alive - Street closure with demonstrations of activities available I Kingston
Leader / Key Players: Health Unit - Several not-for-profit
Timeframe / status: 2015 – ongoing
Action: Increase number of community gardens
Leader / Key Players: Many citizens, Limestone School Board
Timeframe / status: 2013 – ongoing
Action: Community garden - Front and Days Road - Often see whole families there on a sat am - Days on Front Restaurant uses the food produced in the restaurant
Timeframe / status: Began ~ 2014
Action: Parham Fair

Leader / Key Players: Wendy Parliament and Carol Wagon (Co-presidents)
Timeframe / status: Every august → with year-round planning
Action: Development of off-grid wilderness retreat and education center
Leader / Key Players: Rena Upitis, Karen Smereka, Serena Mannon
Timeframe / status: Started 2007
Action: Starting a friends co-op garden. Local and Kingston
Leader / Key Players: Steven / Tracy Julie / Savy Ariel / Jesse
Timeframe / status: 2014
Action: Footbridge Replacement Arden Park
Leader / Key Players: County & FOA
Timeframe / status: 2014 / 2015
Action: Home Composting for a restaurant
Leader / Key Players: Danielle
Timeframe / status: Started in 2008
Action: Central Frontenac Railway Heritage Society continuing to develop Railway Heritage park
Leader / Key Players: CFRHS
Timeframe / status: 2008 – ongoing
Action: Plan for Sustainability of Frontenac Heritage Festival
Leader / Key Players: CF FHF Committee
Timeframe / status: 2007
Action: Fieldwork investigating land management plan for Blue Skies Music Festival
Leader / Key Players: Aileen and Gray Merriam & Blue Skies Board
Timeframe / status: Start tomorrow – plan for future festivals
Action: Life simplification – half the size of house, small lawn, short driveway, smaller car = more family time
Leader / Key Players: Pender Family
Timeframe / status: 2014 and fwd
Action: Seniors housing and nursing
Leader / Key Players: County + TWPS
Timeframe / status: Forever
Action: EMS involvement with the co-ordination of long-term care and stay-at-home efforts for the most frail seniors in our communities
Leader / Key Players: EMS / Local Medical Community / the Broader Kingston Area Health Community
Timeframe / status: 2014
Action: Cycle paths along all public surface treated roads to encourage active lifestyle
Leader / Key Players: Township of F.I.
Timeframe / status: 2004 – ongoing
Action: Building a house
Leader / Key Players: Daughter / son-in-law
Timeframe / status: Started May 2014 / ending December 2014
Action: Bellrock School-house theater productions
Action: Sharing a car
Leader / Key Players: My family (3 adults)
Timeframe / status: 2013 – ongoing
Action: Community Groups for revitalization of Hinchinbrooke Public School
Leader / Key Players: Susan Leslie
Timeframe / status: Has been developing over 2/3 years. Property only recently available
Action: Traffic study / accessibility study for Verona – Walking Community efforts

Leader / Key Players: Township of South Frontenac
Timeframe / status: Started 2013 / finish November 2014 – implementation to follow.
Action: Seminar Series stewardship & sustainability
Leader / Key Players: Front. Stewardship Foundation + Front. Sustainable advisory committee
Timeframe / status: 2014 →
Action: Owns and operate Marketing Business and employs local talent
Leader / Key Players: Tracy / Steven
Action: Co-operative consensus between south Frontenac township and Quinte Conservation to plan for flooding / drainage mitigation in the future
Leader / Key Players: Quinte Conservation / TSP. S.F.
Timeframe / status: Ongoing
Action: Wolfe Island Early Years Program to give both kids from 6 months to 4 years and their parents some day time activity
Leader / Key Players: Robin Hulton – supported by the Township and school boards
Timeframe / status: 2005 to current