



Fall 2013

The View from Foley Mountain *

News from the Friends of Foley Mountain

Box 244, Westport ON K0G 1X0

2013 ~ 2014 Friends of Foley Mountain Board of Directors



Back row: Mike Fay (Secretary), Pete Stothart, Rebecca Whitman (Foley Mountain Area Supervisor), Joe McNally

Front row: Don Goodfellow, Mary Loucks, Mary Bowlby (President), Wendy Briggs-Jude, Marilyn Crawford, Rob Struthers (Vice-President)

Absent: Angela Archambault, Sandy Cameron (Treasurer), Ruth Pedherney



2013 FOFM Dinner and Auction

The 2013 Annual Dinner and Auction evening was a greater success than ever thanks to the combined efforts of the Board and the generosity of the donors. Once again the Westport Legion was kind enough to loan their Hall and members of the Westport United Church provided a wonderful meal to kick off the festivities. Terry Cowan donated his talent, time and energy as Auctioneer and there was a sell out crowd to make it all worthwhile. The 63 auction items, plus 29 silent auction goodies produced more than \$7000 which will go towards the funding of the Phase 3 fit-up of the Silversides Outdoor Education Centre as well as helping to support the children's environmental programmes. As always the Friends of Foley Mountain Board are grateful for the support given by the local businesses to all our efforts.

Mary Loucks



We're on the Web!

Find information about the Friends of Foley Mountain and updates at:

www.rvca.ca/careas/friends_of_foley

* 'The View From Foley Mountain', is used with permission of Peri McQuay, the author of the original book: 'The View From Foley Mountain.'

FOFM President's Report

The breathtaking fall colours are a reminder that change is constant. After 3 years of leadership Mike Fay has stepped down as president of this exciting volunteer organization.

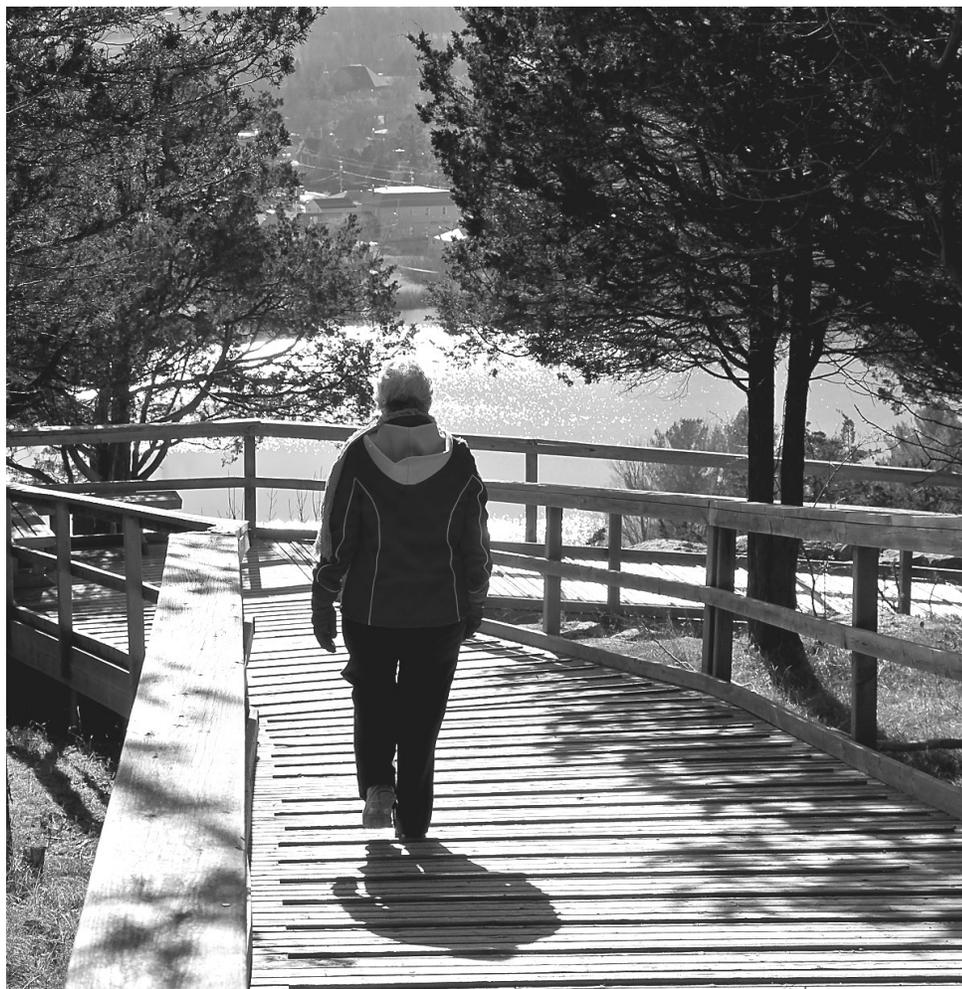
To honour Mike and his accomplishments a special presentation was made at our Annual General Meeting in August by Kristy Giles from The Rideau Valley Conservation Authority (RVCA). Representatives from Rideau Lakes Township as well as members of the board applauded the work done at Foley Mountain under Mike's guidance.

As your new president I plan to carry on with the goals we have set for this year. Priorities will include increasing our membership sales and recruiting new board members as well as supporting RVCA education initiatives. Fall is also a time to give thanks, particularly for the commitment and dedication of our board members and our partners from RVCA (especially Rebecca Whitman and Kristy Giles). Together we keep the Friends of Foley Mountain moving forward.

Our major fundraiser this year was a community auction. Our guests and families were in a generous mood. The final tally was \$7,030. Such a positive outcome can only come from an efficiently run event and tremendous teamwork.

So, stay tuned. We encourage you to participate in any or all of our activities throughout the year.

Mary Bowlby
President
Friends of Foley Mountain
(613) 273-6671



Friends of Foley Mountain Statement of Operating Account For the period January 1, 2013 to September 30, 2013

<u>Revenue:</u>	Actual	Budget
Memberships	\$ 6466	\$ 9000
Fundraiser (Auction)	7030	6000
Grants & Donations	350	10350
Bank Interest	114	360
TOTAL	\$ 13960	\$ 25710
<u>Expenses:</u>		
Administration		\$ 200
Office Supplies	\$ 72	500
Educational (Animal Rentals)	865	1000
Advertising & Promotion	539	600
Miscellaneous	42	500
Fund Raiser	1160	300
RVCA Contribution (Accrued)	6500	6500
Summer Student Top-up (Accrued)	2500	2500
Special Projects (Snow Shoe Racks)	851	10350
TOTAL	\$ 12529	\$ 21750

Whiling Away the Winter

We aren't the only ones who dread the colder weather and fluffy white flakes that come calling each year. Winter is a very stressful season for many wild animals. Unfortunately for them, wild animals cannot cozy up in front a woodstove with a hot mug of tea and watch the storm from inside. They have had to come up with more creative solutions for surviving this unforgiving season. In general, wild animals employ one of three strategies for dealing with winter conditions: migration, hibernation, and adaptation.



Migration

Birds immediately jump to mind when many people think of migration. It is not the balmy temperature of their southerly overwintering grounds that attract migratory bird species but rather the availability of food. Birds such as hummingbirds that rely on nectar as a food source, warblers who eat insects, or waterfowl that eat aquatic plants cannot survive Canadian winters as their

food sources are unable to survive these conditions. Having said that, with increasing temperatures, some birds such as the Canada Goose, are able to stay around longer as open water remains for a longer period of time.

The most famous insect migrator is the Monarch butterfly. These amazing animals travel a total of approximately 3000 km without ever having traveled the route before. It takes 4 generations of monarchs to return to Ontario from Mexico each year with the final Ontario generation migrating back to overwintering areas in September and October.

Hibernation

Although many people think of the black bear as Canada's quintessential hibernator, black bears do not actually fit into the definition of true hi-

bernation. In order for an animal to be in true hibernation, its body temperature and breathing must drop significantly. Although a bear's breathing rate will decrease, its body temperature stays relatively stable during its winter sleep and it is easily woken. In fact, a mother bear wakes to give birth to cubs. She then goes back to sleep while they nurse! The only true hibernating mammals in Ontario are the chipmunk, the groundhog and the little brown bat.

Other types of animals such as frogs, turtles, and snakes enter a period of dormancy when temperatures drop as they are exothermic (cold blooded) and cannot maintain a stable internal temperature. Turtles and frogs will bury themselves in the mud at the bottom of a pond or lake until conditions warm up. Snakes will move to a hibernaculum that is often found in an abandoned animal den or hollow tree to wait out the winter winds.



Summer on the Mountain

It is hard to believe that another summer season of nature day camps and family nature programs has come and gone. The expanding nature day camp program had another successful year with an additional full week of camp as well as a new "Outdoor Adventurers" camp and a half day "Kinders in the Woods" program. Back by popular demand were day camp programs like "Art in the Park" and "Ways of the Woods". Four family nature programs were offered including a new "Outdoor Survival Skills" program as well as a morning of Orienteering and GPS activities. The new GPS programming was made possible thanks to Mountain Equipment Co-op and their donation of 20 GPS units to the Foley Mountain Outdoor Environmental Education Programs!

*Rebecca Whitman
Foley Mountain Conservation Area
Supervisor*



Enjoying the Winter Wonderland

The outdoors provides countless ways to be healthy, happy, and connected with nature. Although the winter is sometimes unpleasant, you can make the most of it by trying out a recreational pastime such as snowshoeing, skiing, walking or playing in the snow with your favourite little person. Regardless of your chosen winter pursuit, there are a few things to keep in mind when it comes to being safe while enjoying the winter weather:

- Wear several light layers so that you can easily add or remove a layer depending on your activity level. Becoming over heated and sweating can lead to a chilly feeling when you stop moving!
- Avoid fabrics like cotton that trap moisture close to the body. Stick to fabrics like polypro, fleece, wool, and silk to stay warm as they wick moisture away from the skin.
- Always be prepared with lots of water. Dehydration is very common in the winter. A good rule of thumb is to keep sipping even if you don't feel thirsty!
- Carry a snack. If you are starting to feel tired and cold, a handful of GORP (Good Old Raisins and Peanuts), a granola bar or a piece of fruit will kick start your metabolism and generate some heat.

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Adaptation

The last group of wild animals includes those who decide to tough out winter conditions. The snowshoe hare has a white winter coat to help it camouflage with the snow. Beavers store food in the mud outside the entrance to their lodge that they collect daily for sustenance. Their fur has a special insulating layer as well as an outer water proof layer to keep them warm while swimming in frigid waters. Birds such as the cardinal, blue jay, and chickadee have bills that are well adapted to taking advantage of nuts, seeds, and berries that remain available throughout the winter season. The chickadee also stores seeds throughout the winter and studies have shown that the memory centre of their brain increases in size each year to help them remember the locations of their food caches!

When you start to consider these strategies for winter survival, it seems as though humans may not

be so different than wild animals after all! Do you know someone who finds a warmer place to be during the winter? Can you recall a friend or family member who prefers to stay indoors and sleep away the dark winter nights? Maybe you have grown a garden and preserved food for the winter months?

Regardless of the strategies employed for survival, winter can be a stressful time for all living things. However, it is amazing to think about how well nature has learned to cope. We travel the winter woods and enjoy seeing a deer nibbling at a branch or a pileated wood pecker tapping at a tree. We live through the cold and are able to look forward to seeing our first red-winged black bird and the first chipmunk peak up out of a den. Maybe winter isn't so bad after all!

*Rebecca Whitman
Foley Mountain Conservation Area
Supervisor*