



Spring 2014

The View from Foley Mountain *

News from the Friends of Foley Mountain

Box 244, Westport ON K0G 1X0

Canoe/Kayak Raffle

Be sure to watch for the raffle tickets being sold this summer. The prize is the winner's choice of a Swift Kayak or Canoe with carry-cart, roof-rack, paddles, safety kit and lifejacket.

2014 -2015 FoFM Board of Directors

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Rebecca Whitman

Friends of Foley Mountain
ANNUAL GENERAL MEETING

Wednesday, May 21, 2014
7:00 pm

Silversides Outdoor Education Centre
Foley Mountain Conservation Area

Evening will include
recognition of donors and
Annual General Meeting
followed by refreshments

ALL WELCOME!!



We're on the Web!

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

[www.rvca.ca/careas/
friends_of_foley](http://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 Message

Did you know you can access targeted information as well as past newsletters and membership information for The Friends of Foley Mountain (FOFM) online? Just "Google" -Friends of Foley Mountain- and you will be at the Rideau Valley Conservation Authority (RVCA) website pages for The Friends of Foley Mountain. The gems there include our status as a non-profit charitable organization and our mission statement.

What do we do?

Volunteer activities include staffing the Visitor Centre on Summer weekends, helping at the biannual water festival and reaching out to the community to heighten awareness about FOFM programs and services.

Our main activity is fundraising to support ongoing outdoor education programs and improved facilities at the park. This year we will be selling raffle tickets for a Kayak or Canoe all summer long. The money raised will support children's environmental education programmes which reaches about 4000 children and families each year. We also provide a yearly contribution to help fund a student interpreter and the rental of reptiles for the Children's Discovery Centre located in the basement of the Visitor Centre.

The Foley Mountain Conservation Area, which is owned and managed by Rideau Valley Conservation Authority, strives to support the goals of RVCA. As a result the FOFM mount fundraising campaigns to raise money for specific projects. Our present challenge is to

formulate a plan to improve the flooring at our Interpretive Centre.

What's Next?

Spring and Summer will be upon us soon. Do check the website from time to time. Our supervisor will be busy getting the park ready for summer visitors. Check the RVCA website for specific information. (www.rvca.ca)

The FOFM Annual General Meeting will take place this May 21. I look forward to meeting you then.

Mary Bowlby
President
Friends of Foley Mountain

Nature Day Camp Adventures

Looking for a fun and unique summer experience for the children in your life? Foley Mountain offers a high quality nature day camp program where campers explore the ecosystems of Foley Mountain, play games, create art and craft projects, hike, visit the beach and make great memories! Our main programs are designed for children ages 6-12. We will be offering single day camps (July 15, 29, August 5, 19) as well as two full week day camps (July 21 – 25, August 11 – 15). Half-day "Kinders in the Woods" camps will run July 18 and August 1 for kids ages 4 – 6. For more information, visit www.rvca.ca and follow the Conservation Areas link to Foley Mountain. Questions? Call 613-273-3255 or email rebecca.whitman@rvca.ca.

Friends of Foley Mountain Statement of Operating Account

For the period January 1, 2014—February 28, 2014

<u>Revenue:</u>	Actual	Budget
Memberships	\$ 3 250	\$ 9 000
Fundraiser (Auction)		6 000
Grants & Donations	648	2 648
Bank Interest		250
TOTAL	\$ 3 898	\$ 17 898
<u>Expenses:</u>		
Administration		\$ 100
Office Supplies		300
Fund Raiser		2 600
Educational (Animal Rentals)		865
Advertising & Promotion	\$ 134	700
Miscellaneous		300
RVCA Donation		6 000
Summer Student Top-up		2 500
Special Projects (Snow Shoe Racks)		4 533
TOTAL	\$ 134	\$ 17 898

Memberships are the cornerstone for fund raising. If you haven't already done so, please renew your membership for 2014.

Your Support is most appreciated.

Sandy Cameron, Treasurer

Foley Mountain Interpreter Wins “WIN Award”

Rebecca Whitman, Foley Mountain Interpreter and Site Supervisor, was recently honoured with the 2013 Watershed Interpreters' Network (WIN) Award. On December 5 at the “Rekindle the Spark” conference held in Orangeville Ontario, educators from Ontario's 32 Conservation Authorities gathered at a gala event to recognize Mrs. Whitman's dedication to helping teachers and students access exceptional outdoor education programs.

Rebecca is incredibly enthusiastic and creative when it comes to her outdoor education programs,” says Kristy Giles, RVCA Conservation Lands Manager. “We are very proud of her creative solutions that overcome barriers and provide high quality programs.”

Mrs. Whitman takes her role as an outdoor educator very seriously and is always looking for ways to improve the Foley Mountain experience for students as well as teachers. If there's a challenge,

she looks for a solution. When dollars were tight for smaller rural schools to get busing to Foley Mountain, she pursued special funding that helped secure the transportation costs to get them there. When more space was needed, Rebecca assisted in an initiative that helped relocate a heritage barn to serve as a new, solar-powered outdoor learning centre that is now the envy of Eastern Ontario. When the old programming needed a new approach, she sought funding for GPS units, snowshoes, interpretive signs and more to improve the outdoor experience. When phone bookings became cumbersome and difficult for clients, Rebecca turned to a quick and efficient online booking option — helping teachers connect



with Foley Mountain services with the click of a mouse!

“Just recently, Rebecca has integrated tablets into her programming. This high technology woos students outdoors to take advantage of low technology experiences like snowshoeing, track identification and outdoor survival skills,” says Giles. “Rebecca firmly believes that when the fun comes first, the learning comes naturally. Anyone who has experienced time with her knows this for certain.”

On average Foley Mountain welcomes approximately 17,000 guests annually to the site, 4,000 are students participating in full and half day education programs and camps.

Mrs. Whitman grew up in Metcalfe Ontario and obtained her teaching degree at Lakehead University. She is a busy mother of two young children and lives with her husband, Jeff, on Foley Mountain.

New Facilities at Foley Mountain

A building currently under construction at Foley Mountain Conservation Area will soon provide a new experience for visitors to the park. This building will house a four-unit washroom which will be in marked contrast to the existing privy facilities. It will have flush toilets, hot and cold running water, electric lighting and will be heated. The building will be located next to the Silversides Outdoor Learning Centre and as

both facilities are off-grid, renewable and environmentally- friendly power will be provided by the solar panel arrangement which was previously installed on the Silversides building. A submersible pump installed in an adjacent well will provide water. This building will be available year round and will be fully accessible. It will be especially appreciated by those using the group campground, seniors, school groups

and anyone who doesn't appreciate sitting on a cold toilet seat at -15C.

Funding for this project was obtained through the Federal government's Enabling Accessibility Fund, a previous grant from Northland Power, the RVCA Foundation, the Friends of Foley Mountain and a generous donation from Neil and Martha Kudrinko.

Taking Technology Outside

By: Rebecca Whitman, Foley Mountain Conservation Area Supervisor



We all know that technology is increasingly present in our daily lives and it can sometimes be difficult to unplug and disconnect. Children are especially susceptible to spending too much time in front of screens and not enough time in the outdoors playing, learning, and developing healthy living habits. Although too much technology can be a problem, it can also be used as a way to help reconnect children and adults alike to nature and the benefits it has to offer. Author Richard Louv has written eight books about the importance of nature. In his most recent book "The Nature Principle: Human Restoration and the End of Nature Deficit Disorder", he says that "Utilizing both technology and nature experience will increase our intelligence, creative thinking, and productivity, giving birth to the hybrid mind." (pg 5).

So, how can you use technology as a way to connect with our natural world?

- Load up your smart phone or tablet with applications to help you learn about what you are seeing around you. There are amazing programs to help identify just about anything including birds,

insects, animal tracks, and plants. For example, "Leaf Snap" is a free app for iPad that allows you to take a picture of leaf and the program helps identify it for you.

- Use your tablet, smart phone or GPS unit and start exploring the wonderful world of geocaching! In this worldwide treasure hunt, geocachers hide treasure boxes and post the locations on the internet. See how many you can find, sign the logbooks, and swap a trade item for a bit of fun! For more information check out www.geocaching.com.
- Get involved in citizen science and help ecologists track what is going on in your local ecosystem. The Federation of Ontario Naturalists' Reptile and Amphibian Atlas program allows you to download an app to help track your sightings and submit your data. For more details, visit www.ontarionature.org.
- Work with your little friends to take pictures and videos of the great things that you find on your outdoor adventures. When you get home, you could create a scrapbook page or even do more research about your observations. Over several visits to an area, you could create your very own field guide! Apps like Project Noah allow you to document your adventures as well as connect with a global community to help you identify your sightings.

Let's get back to nature and connect with our natural world! Not only will it improve our mental and physical health but it will also help build a future generation of environmental stewards.

Summer Fun At Foley Mountain

Family Nature Programs

Join the Rideau Valley Conservation Authority Outdoor Education team for this series of family oriented programs that are FREE with the purchase of a park pass. Explore the forests of Foley Mountain, learn how to use GPS technology, and more! Programs are for all ages but children must be accompanied by an adult. For a summer program schedule, visit www.rvca.ca, call 613-273-3255 or email rebecca.whitman@rvca.ca.

Healthy Hikes

Conservation Ontario is challenging everyone to get out, get active, and get healthy in Ontario's more than 270 conservation areas from May 1st – October 31st, 2014. You could win some great prizes just by tracking your progress.!

Many studies are showing that nature is a powerful tool to improve both mental and physical health. Did you know one trip to a conservation area is equal to a visit to:

- an oxygen bar
- massage therapist
- detox program
- personal trainer
- stress management counselor
- and a naturopath....

All with the added benefit of healthy doses of vitamin D, minerals and without any side effects, high costs, overdoses, waiting times or adverse reactions.

Stay tuned for yoga sessions, bird walks, and boots camps throughout the summer at Foley Mountain!

For more, visit www.healthyhikes.ca, call 613-273-3255, or email rebecca.whitman@rvca.ca.