

# **The View from Foley Mountain \***

**News from the Friends of Foley Mountain**

Box 5, Westport, ON, K0G 1X0

Fall 2023

[www.friendsoffoley.ca](http://www.friendsoffoley.ca)



Photo credit: Mike Fay

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

## President's Message

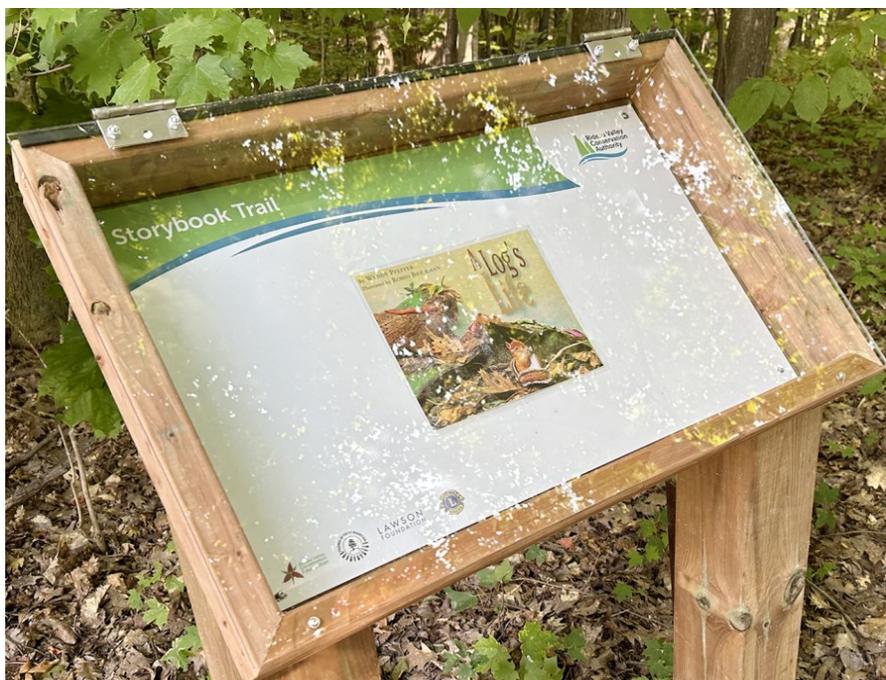
It seems like just last week that we produced the Spring Newsletter, yet here we are in October and getting ready for winter. It certainly was a great summer and beautiful fall – perfect getting out-doors weather.

I am sure you that you know that 2023 is the 50th Anniversary of establishment of the Foley Mountain Conservation Area. It is also appropriate to note that the Friends of Foley Mountain have been supporting Rideau Valley Conservation Authority's programming at the park for the last 24 years. FoFM was incorporated as a non-profit volunteer organization in 1999 to assist in the development and operation of educational programs and facilities in the park. It was created by a grassroots group of local citizens who were concerned that government cutbacks at the time would severely curtail use of the park and possibly lead to its closure. The Friends work closely with the RVCA and their local site manager to identify projects and specific needs and have been very successful in providing the assistance requested. RVCA is very appreciative of our help. For more information on the Friends of Foley Mountain, visit our website. [friendsofoley.ca](http://friendsofoley.ca)

The Friends joined RVCA in celebrating the 50th anniversary. RVCA's Annual Board of Directors Tour was held in June at the Mountain and as your President, I was asked to make a speech about the Friends – I told the participants about the background of the Friends and advised them of the work we do and of the other forms of assistance we provide – annual stipend to teachers, support of the Forest School including tuition subsidies, busing subsidies and purchases of equipment as examples. The participants were impressed with our efforts.

In September, RVCA held a 50th Anniversary celebration on site. Included in the festivities was the official opening of the story book trail which includes a series of permanent, weather-proof displays installed along the Jack Herbert Mobility Trail. Each stop displays a new page of the featured book so families can read along as they follow the 400-metre accessible path – various books will be featured during the year. Funding for the story book trail was provided by Friends of Foley Mountain, the Lawson Foundation, the Westport Lions Club, and the Rideau Valley Conservation Foundation.

Photo credit: RVCA



We set up an information table at the celebration event and played a video that FoFM had produced – “That’s What Friends Do” – view it at <https://youtube/sj5c5WoYyw0>

I understand that people may have had quality related issues with the jigsaw puzzle that was created both as a fund raiser and in recognition of the 50th anniversary. We certainly regret this. We are planning to produce another puzzle and are searching for another supplier that will produce a better quality product. I would like to thank Neil Kudrinko for his donation to the costs of producing the puzzle, Paul Thorp for providing a stall at the Westport Labour Day Country Market, and Lower Mountain Mercantile, Village Green and Rosie Yumski for selling the puzzles in their stores.

Since membership fees are critical to our continued operation, I would especially like to thank all of you who have renewed their membership and let you know that we will be contacting local businesses in the coming weeks to offer them a chance to become corporate members.

Wishing you a very joyful upcoming holiday season.

Rob Struthers  
President



Photo credit: John Fenik The Review Mirror

**Rob Struthers, Friends of Foley Mountain, Mark Mortimer, RVCA, Rebecca Whitman RVCA Foley Mountain Area Supervisor, Allison Gibbons, RVCA Conservation Foundation, Tim and Nancy Gardiner, Lawson Foundation**

# Foley Mountain Fall Update – 2023

By: Rebecca Whitman

We hope you have all had a fantastic spring, summer, and fall enjoying all that Foley Mountain has to offer! As you no doubt have noticed on your travels through the park, things have been busy over the last several months. Here are some of the highlights:

- There continues to be many people getting out into nature and enjoying the trails, picnic areas, lookout, and natural swimming area. Although Thanksgiving weekend was a bit on the damp side, visitation has still been high with folks taking in the fall colours.
- Many yellow school busses have been travelling in and out of the park delivering excited classes from local schools to engage in outdoor, hands-on, nature-based programs. The final numbers aren't in yet but thanks to funding from the Rideau Valley Conservation Foundation and Bogs, this fall might have been one of the busiest yet!
- The spring and fall forest school programs have seen great attendance with children playing, exploring, and learning in the forests of Foley Mountain. We launched a new program this fall called Family Forest School where children aged 2-5 stay with a caregiver on Tuesday mornings. Registration is open for both the winter and spring sessions. Check out [www.rvca.ca](http://www.rvca.ca) and click on Outdoor Education for more information.
- Our 2023 day camp season flew by with four sold out weeks! We increased the number of spaces available during each week to allow more children to get out into the great outdoors.
- The facility rentals program has been very busy with many Girl Guides, Scouts, and community groups making great use of the Interpretive Centre and Group Camping areas for their spring and fall camps.
- We celebrated our 50th anniversary with a fabulous event on September 22nd. RVCA staff and board members (past and present), Friends of Foley Mountain, dignitaries, and community members joined us for speeches, the opening of the new story book trail, a screening of the new Friends of Foley Mountain video and opportunity to purchase a Foley Mountain puzzle, tasty snacks, a toast, and delicious cake!

Coming up this winter:

- Look for a new winter themed book to be installed on the brand-new story book trail. You can find this installed along the Jack Herbert Mobility Trail beside the Foley Mountain Interpretive Centre.
- Registration for the winter session of the Foley Mountain Forest School is open!
- Check out free Forest School Family Drop-in Programs thanks to the Township of Rideau Lakes on November 18, December 16, January 20, February 17, and March 16 from 10-11:30am. Come play, explore, and learn in the forest! Children of all ages are welcome accompanied by a parent, guardian, or caregiver. Pre-registration is required. Please visit <https://www.rvca.ca/outdoor-education/foley-mountain-ca/foley-mountain-forest-school> for registration information.
- Education programs are available year-round! Schools and groups can book programs like Snowshoeing, Winter Wonderland, Outdoor Survival Skills, and more for a winter forest adventure.
- We still have availability for winter facility rentals at both the Interpretive Centre and group camping areas. For more information, availability, and booking information, visit <https://www.rvca.ca/conservation-areas/rent-a-facility/foley-mountain-ca>.
- Foley Mountain Conservation Area is open year-round! The trails are well travelled and great for walking and snowshoeing. Although outhouses are closed for winter, washrooms are available at the Education and Group Camping area and Interpretive Centre throughout the winter months. You may also sometimes find the gate closed at the fork leading down to the Interpretive Centre when conditions on the big hill are slippery. There is no better way to beat the winter blues than to get out and enjoy the outdoors!

## Thank you!

RVCA would like to say a big thank you to the following groups and people for their generous support of Foley Mountain Conservation Area:

- The Friends of Foley Mountain for sponsoring forest school tuition subsidies to help make our programs more accessible for all families.
- The Westport Lion's Club, Friends of Foley Mountain, Rideau Valley Conservation Foundation, and the Lawson Foundation for providing funding to help install the story book trail signs.
- The Township of Rideau Lakes for sponsoring forest school drop-in programs.
- The Rideau Valley Conservation Foundation, Bogs, North Face Explore Fund, and Starbucks for providing funding to help schools pay for bussing and programming at Foley Mountain.
- The Friends of Foley Mountain board of directors for their continued hard work and dedication.
- YOU! By purchasing a membership to the Friends of Foley Mountain, you are supporting outdoor education programs and projects that both connect and teach people about the natural world.

For more information about Foley Mountain Conservation Area, feel free to contact [rebecca.whitman@rvca.ca](mailto:rebecca.whitman@rvca.ca) or 613-273-3255. You can also visit us on Facebook for park updates.

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## Friends of Foley Mountain

### Statement of Operating Account For the period Jan. 1, 2023 to October 25, 2023

<b>Revenue:</b>	<b>Actual</b>	<b>Budget (Annual)</b>
Memberships	\$5,200	\$10,000
Grants and Donations	2,183	2,000
EcoFest	100	0
Bank interest	66	0
<b>Total</b>	<b>\$7,549</b>	<b>\$12,000</b>
<b>Expenses:</b>		
Advertising		\$500
Office Supplies (Stamps)	\$208	300
Miscellaneous		100
Church Hall Donation	150	0
RVCA Donations		8,500
Special Projects		2,500
Bank Charges	57	0
<b>Total</b>	<b>\$415</b>	<b>\$11,900</b>
Operating Bank Account	\$29,394	

Memberships are the cornerstone for fund raising. It's through your support that we can continue to fund the programs and projects that meet our objects and purposes at Foley Mountain Park. We are hopeful that you will renew your membership when it expires. Thankyou for your support.

Some photos from the 50<sup>th</sup> Anniversary Celebration for the Foley Mountain Conservation Area



Photo credit: Laurel Rudd

Some of the critters that make their home in the Conservation Area were well represented at the Celebration:



Photos courtesy of Mel Shaw