



Spring 2016

# The View from Foley Mountain \*

## News from the Friends of Foley Mountain

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### Barry McQuay (January 8, 1946 – January 10, 2016)

An informal gathering to Celebrate Barry's Life will be held on Saturday, May 14<sup>th</sup>, 2:00 – 4:00 at the Foley Mountain Interpretive Centre. All are welcome.

Barry was the Foley Mountain supervisor for 31 years, raising his family at Foley Mountain with his wife Peri. He cared for the conservation area, developed and built the high quality education programs that still exist today and fostered a strong connection with the local community. Barry was a very special person who had a magical presence and an amazing way of passing along his passion for the natural world to both children and adults. Through his work he inspired many children to cherish nature and care for our environment. He was an important part of the RVCA team and a strong supporter of the Friends of Foley Mountain.

#### Message from the Chair

Foley Mountain has become one of my favourite places to visit. This past year I watched children discover art on a school outing. They made sculptures with twigs and other found objects from nature. They also made an "egg carton palate" by finding all sorts of colourful petals and tucking them into their container. Watching children study bugs with wide-eyed concentration after catching them is delightful.

The conservation area appeals to all ages. It is a great destination for nature photography. One weekend, we greeted tourist busses from a Great Lakes cruise boat. These folks were rejuvenated as they scampered over Spy Rock, took in the magnificent view, and looked for mushrooms.

Each of the four seasons offers new adventures. The trails have been widened and clearly marked. (Go to [rvca.ca](http://rvca.ca) for trail maps.)

This is the present state of the Foley Mountain Barry McQuay knew and loved. He will always be remembered there as a passionate outdoor education teacher.

So what have we been up to?

We hosted a successful auction in August and raised close to \$5,500. Thank you to all who came to enjoy the auction and to those who made such generous donations. I would like to give a special shout out to Terry Cowan for his great job as auctioneer and to Mary for her bids.

The Friends of Foley Mountain have contributed to the educational experience for students, members, and guests alike.

Last summer we manned the Interpretive Centre so that it could stay open on the weekends. We have allocated funds for The Rideau Valley Conservation Authority (RVCA) to finance the replacement of the flooring upstairs at the Interpretive Centre. This will benefit the well-being of visitors by eliminating trip hazards and improving air quality and cleanliness.

I would like to extend a big thank you to all of those members who have purchased their 2016 memberships.

Please note the AGM is scheduled for Wednesday, May 25th at 7 p.m. Please come out and meet your directors and fellow members.

FOFM Chair: Mary Bowlby

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



### Spring Environmental Education Programs

The Rideau Valley Conservation Authority is excited to be wrapping up another school year of outdoor environmental education programs with the busy spring season approaching! Although programs are offered all year round, May and June prove to be our busiest months with classes taking advantage of the weather to learn about and connect with the natural world. Our high quality staff, one of a kind facilities, and 830 acres of natural area set the perfect stage for our approximately 20 curriculum connected program options. From pond studies to orienteering, outdoor skills to soil studies, art to GPS, we are proud to provide students with an opportunity to learn and have fun! For more information about programs, visit [www.rvca.ca](http://www.rvca.ca), call 613-273-3255, or email [rebecca.whitman@rvca.ca](mailto:rebecca.whitman@rvca.ca).

### 2016 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.

July 7, 10-11:30am	Survival in the Woods	Would you know what to do if you found yourself lost in the woods? Learn how to build a shelter, start a fire, and cook outdoors. <b>(Group Camp)</b>
August 4, 10-11:30am	Pond Life	Ponds are more than just ducks, beavers, and turtles! Come and investigate some of the interesting pond critters that you may have never known existed. <b>(Group Camp)</b>
August 25, 10-11:30am	Finding your way	Get some hands on experience with map and compass and GPS! <b>(Group Camp)</b>

For a full summer program schedule, visit [www.rvca.ca](http://www.rvca.ca), call 613-273-3255 or email [rebecca.whitman@rvca.ca](mailto:rebecca.whitman@rvca.ca).

#### 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 the following programs:

Program	Date/Time	Cost
Art in the Park: 6-12 yrs	July 12, 9am-4pm	\$35/camper, \$30 for additional family members
Nature's Super Heroes: 6-12 yrs	July 18 – 22, 9am-4pm	\$175/camper, \$150 for additional family members
Nature's Playground: 6-12 yrs	July 26, 9am-4pm	\$35/camper, \$30 for additional family members
Incredible Invertebrates: 6-12 yrs	Aug 2, 9am-4pm	* \$35/camper, \$30 for additional family members
Nature Explorers: 6-12 yrs	Aug 8-12, 9am-4pm	\$175/camper, \$150 for additional family members
Nature's Playground: 6-12 yrs	Aug 16, 9am-4pm	\$35/camper, \$30 for additional family members
Foley's Forest Detectives: 6-12 yrs	Aug 23, 9am-4pm	\$35/camper, \$30 for additional family members

For more information, visit [www.rvca.ca](http://www.rvca.ca) and follow the Conservation Areas' link to Foley Mountain. Questions? Call 613-273-3255 or email [rebecca.whitman@rvca.ca](mailto:rebecca.whitman@rvca.ca).



By Noah Cole

Christmas Bird Counts are a great way to explore the province and get to know your community while collecting important data. On December 14<sup>th</sup>, I joined the Westport Christmas Bird Count hosted by the Kingston Field Naturalists.

The Westport Area Christmas Bird Count participants totaled sixteen counters, divided into smaller groups to cover specific locations. Our team of three counters, including Rebecca, the conservation area supervisor, and Sandra, a contributor to both additions of The Atlas of the Breeding Birds of Ontario, and myself met at Silversides Outdoor Learning Center at Foley Mountain Conservation Area. Our plan was to start the count at Foley Mountain, head into the village of Westport, poke along the shores, return to Foley Mountain for lunch, then travel the country roads and finish along the trails of Foley Mountain.

The morning of the count was overcast with a high of 8°C. The afternoon was forecast to have sunny and cloudy periods with a peak of 12°C. Mild weather for a Christmas Bird Count!

I witnessed beautiful panoramic views of the Upper Rideau and Sand Lakes from the Spy Rock lookout on top of Foley Mountain. As we headed through the park, Sandra's keen eye saw a barred owl flying through the forest.

Rebecca and Sandra told me that ponds and lakes are often frozen at this time of year but, because of recent warm temperatures, ice had not yet formed. We saw Canada geese at Westport Harbour and mallards and bufflehead ducks on Upper Rideau Lake. At Sand Lake, we saw more than 180 goldeneye ducks feeding on the open lake. The goldeneyes were likely eating the zebra mussels that inundate many of these waterways. We then went to check out trees nearby the gas station where a flock of waxwings was seen last year. We saw a large mixed flock of cedar and Bohemian waxwings feeding on tree buds and berries, as well as a tree sparrow and a Junco nearby.

We headed back to the conservation area to explore the trails near Spy Rock and along Beaver Pond Trail before lunch. We passed a highbush cranberry, the berries of which, after being frozen, apparently taste great but smell like dirty socks when cooked. Nearby were some winterberry shrubs. Foley Mountain Conservation Area is a great place to visit. The Spy Rock and Beaver Pond trails lead visitors through forests populated by white pine, red cedar, white oaks, red oaks, sugar maples, and red maples. Salamanders as well as wood ducks can be found in many of its pools. The Rideau Trail also passes through the conservation area.

In the afternoon, we headed to the back roads and looked for birds in the woods. We saw three ruffed grouse, many chickadees, several nuthatches, a hairy woodpecker, numerous blue jays, at least a dozen geese, eight mallards, and a raven. We even saw an unexpected mosquito in the truck. Seeing all of those birds was very exciting, as was the camaraderie that had developed between Sandra, Rebecca, and me.

The count finished at 3:45 p.m. At the conservation area, those who were able to continued on to the potluck supper that the count coordinators and other community members had prepared.

Before I left for home, I checked the feeder at Foley Mountain one more time. Along with black-capped chickadees and white-breasted nuthatches, I counted two red-breasted nuthatches. This brought our bird count to more than 500 individuals and 22 species!





## Friends of Foley Mountain

### Annual General Meeting

Wednesday, May 25, 2016, 7:00 pm

Silversides Outdoor Education Centre

Foley Mountain Conservation Area

Come meet your Board of Directors  
and discuss the projects you would  
like the Board to pursue.

Annual General Meeting will be  
followed by refreshments.

**PLAN TO ATTEND.**

**ALL WELCOME!!**

## Friends of Foley Mountain

### Statement of Operating Account

For the period Jan. 1, 2016 to Mar. 31, 2016

<u>Revenue:</u>	<u>Actual</u>	<u>Budget</u>
Memberships	\$1,825	\$9,000
Grants & Donations	922	1,600
Bank Interest		70
Fundraising (Lottery)		11,000
Total	\$2,747	21,670
<u>Expenses:</u>		
Administration		100
Advertising	150	300
Office Supplies	96	500
Fundraising (Lottery)		3,500
Miscellaneous	150	200
RVCA Donations		9,500
Special Projects		6,300
Total	396	20,400

Membership sales are the cornerstone for fund raising. If you haven't already done so, please renew your membership for 2016. Thank you.



### THIS YEAR'S FUND-RAISER

First prize: a paddle board package (value = \$2,260): includes 1 paddle board,  
1 paddle, and a \$250 gift certificate from Mountain Equipment Co-op.

Second prize: \$1000.00 cash

Third prize: \$500.00 cash

Tickets are \$5.00 each or 3 for \$10.00 and will be sold by any of the directors of the FOFM as well as in Westport every weekend starting on the first weekend in May. The draw will take place at the Cove Country Inn in Westport on Labour Day Monday - September 5, 2016.