



Spring 2012

# The View from Foley Mountain \*

## News from the Friends of Foley Mountain

Box 244, Westport ON K0G 1X0

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## FOLEY MOUNTAIN -

### A GREAT PLACE TO VISIT IN ALL SEASONS!

Foley Mountain understandably gets most of its visitors in the summer and during the fall colour season when the changing leaves are at their peak, the bugs are gone, and the temperatures are great for hiking. But more people are now discovering the park in the winter, walking the trails and enjoying some of the best snowshoeing trails in the region. The Rideau Valley Conservation Authority is putting more emphasis on winter programs for children and adults and their snowshoeing clinics led by Rebecca Whitman are growing in popularity. The historic Silversides Log Barn that has been relocated to Foley Mountain is being developed as an Environmental Education Centre and will be a great base for winter programs. Foley Mountain is truly a great place to enjoy the outdoors and scenery in all seasons.

A big thank you to all those of you who have purchased your 2012 Friends of Foley Mountain memberships. Funds raised through membership sales account for about 60% of our revenues in most years and are absolutely critical to our ability to support programs and improvements at Foley Mountain. If you haven't signed up for your 2012 membership yet, please fill out the

enclosed membership form. Your support is greatly appreciated.

You will soon see the smiling Friends of Foley Mountain volunteers selling raffle tickets in front of the Westport LCBO. Once again we have a great prize package consisting of the winner's choice of a high end Swift Kayak or Canoe as well as the carry cart, roof racks, paddles, and lifejackets. This raffle is becoming a Westport tradition, and along with the Community auction held in alternate years, a key part of our fundraising strategy.

It is also my pleasure to invite you to our Annual General Meeting being held on Wednesday, May 23<sup>rd</sup>. Once again we are planning on making this a fun family event featuring a guided hike along with a barbecue. The RVCA will also officially open the new Outdoor Environmental Education Centre and recognize all the partners who helped bring this great facility to Foley Mountain. Please come and join us and see this beautiful historic log building- the festivities start at 5:30pm when we will gather at the Group Camping area for the short guided hike. See you then!

Mike Fay,  
President

## Reminder

### Annual General Meeting

Wednesday, May 23

5:30

at

Silversides Log Barn

Be sure to watch for raffle tickets being sold in front of the Westport LCBO this summer.

The prize is the winner's choice of a Swift Kayak or Canoe with carry-cart, roof-rack, paddles, and lifejackets.

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

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

Our email address is:

[info@friendsoffoleymountain.ca](mailto:info@friendsoffoleymountain.ca)

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

# Winter Adventures

Although it was not the snowiest winter on record, that didn't stop the winter adventures on Foley Mountain. Plenty of park visitors, local children, and community groups enjoyed the trails on foot, in sleds, on snowshoes, and on cross country skis!



The Rideau Valley Conservation Authority's new Active Outdoor Life series had a great first year with a successful series of winter programs. During the "Conquer Foley Mountain" six week snowshoeing course participants not only traveled all of the trails on snowshoes but also learned about how to dress and prepare for winter activities, how to navigate using maps, compasses, and GPS units as well as how to cook bannock over the fire. The "Family Snowshoe Adventure" provided an opportunity for people to come out and try the new style of snowshoe equipment, learn basic snowshoe skills, as well as explore the trails. Finally, the new "Winter Adventurers Day Camp" offered on a PA day for local school boards was a huge success with all spaces sold out. 20 campers enjoyed a day of snowshoeing, shelter building, survival skills, fire building and outdoor cooking. A big thank you also goes out to an anonymous local resident who donated the funds to pay for two children to attend this camp. If you are interested in finding out more about the RVCA's Active Outdoor Life series, contact Rebecca at 613-273-3255 or [rebecca.whitman@rvca.ca](mailto:rebecca.whitman@rvca.ca).

## Friends of Foley Mountain Statement of Operating Account

*For the period January 1, 2012 to February 29, 2012*

<u>Revenue:</u>	<u>Actual</u>	<u>Budget</u>
Memberships	\$ 2315	\$ 9000
Fundraiser (Kayak Raffle)		4550
Grants & Donations	30	1000
Bank Interest		300
<b>TOTAL</b>	<b>\$ 2345</b>	<b>\$ 14850</b>

<u>Expenses:</u>		
Administration	\$ 69	\$ 200
Office Supplies		500
Education		1400
Advertising & Promotion		1200
Miscellaneous		100
Fundraiser	1950	1950
RVCA Contribution		6000
Summer Student Top-up		2500
Special Projects		1000
<b>TOTAL</b>	<b>\$ 2019</b>	<b>\$ 14850</b>

Membership sales are the cornerstone for fund raising. If you haven't already done so, please renew your membership for 2012.

Your support is most appreciated.  
Sandy Cameron,  
Treasurer

## Summer Fun at Foley Mountain

There will again be a full slate of summer programs happening at Foley Mountain:

- Family Nature Program series for kids of all ages will run every Thursday morning from 10-11:30am from July 12, 2012 through August 23, 2012 except July 26, 2012. These programs are provided free of charge with the purchase of a day or annual pass.
- Full day programs for children aged 6 through 12 run from 9am to 4pm on most Tuesdays (July 10, 17, 31, August 7, 14, 21) and include themed nature activities, crafts, games, and time at the beach. The cost is \$35 per child.
- NEW – Foley Mountain Full Day Nature Camp will run every day from 9am to 4pm the week of July 23-27, 2012 for children aged 6 through 12. The cost per child for the week will be \$175.
- Volunteer opportunities – RVCA staff will also be accepting volunteers and leaders-in-training to assist with our full day programming.
- The Interpretive Centre and Children's Nature Discovery Centre will be open Tuesday through Saturday or by chance from 10am – 4pm.

For more, contact Rebecca at 613-273-3255 or [rebecca.whitman@rvca.ca](mailto:rebecca.whitman@rvca.ca).



# Spring Fling!



Spring is upon us and what better way to enjoy the warm days than to take a trip to Foley Mountain!

Here are some things that you and your family could do on your visit:

- Go on a spring scavenger hunt to look for signs of the season. Visit [familyfun.go.com](http://familyfun.go.com) and search for “spring scavenger” hunt or make your own!
- Take a bucket and small net to the pond and do a few scoops to see what is swimming. As early as April, water boatmen, backswimmers, dragonfly nymphs and many more critters are out and active!
- Take your camera on your hike and snap pictures of all things spring. Mark the locations of your pictures on a Foley Mountain trail map and make a fun scrapbook page or poster when you get home!
- Pack some paper, crayons, and pencil crayons along on your walk. When you find something with an interesting texture (for example, the bark of different trees, leaves, rocks, etc), lay your paper flat over the object and use a crayon or pencil crayon to make a rubbing. When you get home, cut shapes out of your rubbings and make a collage.
- Spring is a great time to observe animal tracks in the mud! With a few inexpensive supplies (Plaster of Paris, water, stir stick, old plastic container or cardboard, mixing container, newspaper), you can bring a record of the tracks you see home. When you find an animal's track in the mud, use the cardboard or an old plastic container with the bottom cut off to surround the track. Mix the Plaster of Paris according to the directions and pour it over the track. Let it set for about 20 – 30 minutes and carefully remove to a piece of newspaper allowing to set overnight. Write the date, animal, and location on your cast!



## Signs of Spring in the Woods



Not everything in the forest takes a nap during the long winter months. There are many plant and animal signs that signal the awakening of the spring season. Buds on trees and flowers, animals returning from migration, colour changes of fur and feathers, and the emergence of animals from various forms of winter dormancy are all indicators that the warm summer months are upon us.

### *Spring Wildflowers*

These so called “spring ephemerals” are a series of wildflowers that grow, bloom, and die off all before the forest canopy fills in and the amount of sunlight available is greatly decreased. Examples of these types of flowers that can be seen decorating the rocky slopes of Foley Mountain include trilliums, trout lilies (or dog-toothed violets), Dutchmen’s breeches, bloodroot, hepatica, and Jack-in-the-pulpit. They are often very short lived and flower for a very short amount of time. Bloodroot flowers for just one day and can only be detected by their leaves afterwards.

### *The True Bird of Spring*

Many people associate the return of the American Robin as the first sign that spring has arrived. However, especially in more southern parts of the province and with current warming trends, many robins are actually sticking around and taking their chances with the Canadian winter. A more accurate indicator of the start of spring is the appearance of the red-winged blackbird. The male red-winged blackbirds, with their mostly black feathers and bright orange and yellow wing bars, can be heard in tree tops, ponds, and marshes calling “spring of the year” and marking their summer mating territories.

### *The Chorus from the Pond*

One of the earliest spring sounds from the ponds and marshes of Ontario has to be the spring peepers. Spring peepers are small tree frogs (no more than 3cm in size) with big voices. They are often difficult to spot but if you do find one, you will see a tan to grey frog with toes that look like pads and a dark X marking on its back. As their name implies, their breeding call is made up of single loud peeps repeated over and over resulting in a stunning spring chorus!

### *A Change of Wardrobe*

With a new season comes a new look to the forest. The white snow disappears, trees are leafing out, and grasses sprout green. For some animals, this signals that it is time to change looks for the season! For example, the snowshoe hare will shed its winter white coat for a better camouflaged brown and deer will lose their grey winter coat for a sleek summer coat of tan. The approach of the summer breeding season also calls for some birds to go for something new. The male goldfinch spends the winter with duller grey feathers but molts in the spring to reveal the bright yellow feathers needed to attract a mate for the summer.

So get out there and see what signs of spring you can see during your next visit to Foley Mountain!

For more, contact Rebecca at 613-273-3255 or [rebecca.whitman@rvca.ca](mailto:rebecca.whitman@rvca.ca).





# FRIENDS OF FOLEY MOUNTAIN

## 2012

### *MEMBERSHIP FORM*

Name		Phone Number	
Address			
City	Province	Postal Code	
Email Address		Prefer Email <input type="radio"/> Yes	

**Please select membership level:**

- |  |   |
|--|---|
| <input type="radio"/> Annual Member:            (\$25)<br><input type="radio"/> Contributing Member:       (\$50)<br><input type="radio"/> Supporting Member:       (\$75)<br><input type="radio"/> Sustaining Member:       (\$100)<br><input type="radio"/> Patron:                        (\$200) | <input type="radio"/> Corporate Member:       (\$50)<br><input type="radio"/> Corporate Sponsor:       (\$100)<br><input type="radio"/> Corporate Patron:       (\$200) |
|--|---|

**PLEASE NOTE:** Membership does not include entrance to Foley Mountain Conservation Area.  
 To purchase a 2012 Parking Pass please add \$30 to your membership fee (the regular price is \$45).

Vehicle Licence #1	Vehicle Licence #2	Vehicle Licence #3
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(3 vehicles maximum)

**This pass allows entry to all Rideau Valley Conservation Authority properties.**

- All members receive a tax receipt and at least two newsletters per year.
- Patrons' names (unless otherwise requested) are placed on our Patrons Board at the Spy Rock Parking Lot.
- Corporate Sponsors and Corporate Patrons receive framed membership certificates with annual seals to show renewal.

*Cheque or Money Order payable to:*

**Friends of Foley Mountain**

*Please send your form and payment to:*

**Friends of Foley Mountain  
 P.O. Box 244  
 Westport, ON K0G 1X0**