



Fall 2012

# The View from Foley Mountain \*

## News from the Friends of Foley Mountain

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Friends of Foley Mountain President Mike Fay with Deb Holmes, 2012 kayak package raffle winner. Photo by Margaret Brand.

### Friends of Foley Mountain Annual Dinner and Auction

Friday, August 9, 2013 has been set for next year's Friends of Foley Mountain Dinner and Auction. As always, it will be held at the Westport Legion Hall and the ticket price will include a dinner supplied and served by members of Westport United Church. Donations for the auction will be gratefully accepted before the end of June by any member of the Board who will also have tickets available for purchase. Mark your calendars for our biggest fundraiser which is always an evening of fun, good dining and wonderful bargains.

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### 2012 / 2013 FoFM Board of Directors

**President** Mike Fay  
**Vice-President** Ruth Pedherney  
**Treasurer** Sandy Cameron  
**Secretary** Mary Bowlby  
**Directors** Angela Archambault  
Marilyn Crawford  
Don Goodfellow  
Mary Loucks  
Margo MacLeod  
Joe McNally  
Pete Stothart  
Rebecca Whitman

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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)

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



## Active Outdoor Life 2013

Last winter, the Rideau Valley Conservation Authority launched the Active Outdoor Life Program. This program was a series of outdoor winter adventures that encouraged people to get out, active, and healthy during the cold winter months. Using the snowshoes donated by the Friends of Foley Mountain and YakTrax purchased thanks to the Rideau Lakes Environmental Foundation, there were day camp programs, family snowshoe adventures, and multi-session snowshoe workshops. Given the positive feedback received, the program will run again in the winter of 2013. So if you are looking to keep active and feel great this winter, check out [www.rvca.ca](http://www.rvca.ca) for all of the details!

## Eastern Ontario Children's Water Festival 2012

Foley Mountain was the host of Rideau Valley Conservation Authority's Eastern Ontario Children's Water Festival for 2012. On September 27<sup>th</sup>, almost 140 students in grades three to five arrived for this free program on the mountain to learn all about the importance of water resources. With 15 different water discovery stations, there was lots to learn and loads of fun to be had. A big thanks goes out to the members of the Friends of Foley Mountain board who helped run stations! If you are interested in this event, more information can be found at [www.rvca.ca](http://www.rvca.ca).

## 2013 Friends of Foley Mountain Membership Structure

The Board of Directors of the Friends of Foley Mountain (FOFM) have made some changes to the membership fee structure for 2013 to bring us into compliance with Revenue Canada Policies on the issuance of charitable tax receipts.

All members of the FOFM will continue to receive a charitable tax receipt equivalent to the dollar amount of the membership category they select. The FOFM will no longer be involved in the issuance of Rideau Valley Conservation Authority (RVCA) annual passes.

The purchase of an RVCA Annual pass which allows access to Foley Mountain and other Conservation Area properties will now be the sole responsibility of the RVCA. However the RVCA has volunteered to provide a free annual pass directly to all members of the Friends of Foley Mountain who purchase a membership with a value of \$50 or more.

Please see the attached 2013 FOFM application form for a listing of the membership categories and benefits.

We appreciate your prompt renewal of your membership for 2013. Membership fees are critical to continuation programs supported by the Friends of Foley Mountain.

### Friends of Foley Mountain Statement of Operating Account

*For the period January 1, 2012 to September 30, 2012*

<b><u>Revenue:</u></b>	<b>Actual</b>	<b>Budget</b>
Memberships	\$ 6570	\$ 9000
Fundraiser (Kayak Raffle)	5110	4400
Grants & Donations	75	1000
Bank Interest	361	300
<b>TOTAL</b>	<b>\$ 12116</b>	<b>\$ 14700</b>

<b><u>Expenses:</u></b>		
Administration	\$ 119	\$ 200
Office Supplies	251	500
Education (Animal Rentals)	961	1400
Advertising & Promotion	286	1200
Miscellaneous	331	100
Fundraiser	2099	1950
RVCA Contribution (Accrued)	6000	6000
Summer Student Top-up	2500	2500
Special Projects		1000
<b>TOTAL</b>	<b>\$ 12547</b>	<b>\$ 14850</b>

# FOFM President's Report

## ***Things are happening at Foley Mountain!***

Your Board of Directors has been very active in 2012 and is already planning events for 2013. Our Annual General meeting was held in May to coincide with official opening of the new Outdoor Learning Centre based at the Silversides Log Barn. This gorgeous historic building had been dismantled and relocated to the group camping area at Foley Mountain and is now being fitted up with services and furnishings. The event provided a great opportunity to thank all those who contributed to making this project a reality- the RVCA staff, the contractors, the donors and sponsors and especially to Jack Herbert who provided \$12,000 to the Friends of Foley Mountain to go towards the barn restoration. The weather was perfect for this event which allowed Rebecca Whitman to lead a nature hike to the Beaver Pond lookout followed by a barbecue hosted by your Board that was open to all. Once again the Friends of Foley Mountain held its canoe/kayak auction which was our main fundraiser for 2012 ,raising \$3000 for our projects. This year we printed 3000 tickets - up from 2500 in previous years- and still managed to sell out all the tickets by mid-August. The draw was held on Sept 1<sup>st</sup> and the lucky winner of the kayak was Deb Holmes of Grand Valley Ontario. Thank you to all the residents and visitors who purchased tickets and supported the Friends of Foley Mountain. A special thank you to Mountain Equipment Co-op for donating the paddling lifejackets; to Trailhead in Kingston for donating the canoe cart; and to

Swift Canoe for providing the kayak at wholesale cost.

The Board is now planning its main 2013 fundraiser which will again feature the fun filled Community Auction. So please circle Friday August 9<sup>th</sup> on your calendars for this great event.

We are also working with the Rideau Valley Conservation Authority in fitting up the Silversides Outdoor Learning Centre to allow it to be used by visitors and school groups.

The Friends of Foley Mountain are very pleased to announce that we have received a \$23,000 donation from Northland Power to wire the log barn and install a solar panel and inverter/battery system to provide an environmentally friendly energy source for the building. Northland Power is a natural partner for this project as they are developing a number of solar farms in the Township of Rideau Lakes and are pleased to be able to contribute to Foley Mountain as new corporate citizens in our region. The solar system is being installed in November of this year to allow additional use of the building in the late fall and winter seasons.

FOFM is also working with the RVCA to seek sponsors and partners for the purchase of equipment and teaching aids for the environmental education programs that will be based at the site. To that end, a



Students make good use of one of the 20 new nets donated by the Clermont Group/Canadian Tire-Kingston for the Pond Study interpretive program at Foley Mountain.

\$5,000 commitment has been received from Kudrinko's Grocer towards the development of Outdoor Learning Centre facilities. A big thank you to these sponsors- their generous donations allow us to improve the facilities and children's environmental education programs at Foley Mountain.

All members of the Friends of Foley Mountain help us towards these goals by taking out a membership and supporting our efforts. Please renew your membership by filling in the attached form and mailing it back to us. If you have any suggestions, or would like to volunteer or serve on our Board of Directors, please feel free to give me a call at 613-273-8578. I'd like to hear from you.

Mike Fay  
President  
Friends of Foley Mountain

# Summer Fun at Foley Mountain

*By: Rebecca Whitman, Foley Mountain Conservation Area Supervisor*

## **Nature Day Camp**

This was an exciting summer at Foley Mountain with the expansion of our summer day camp program for children aged 6 through 12. We offered a series of six single day camp programs on Tuesdays throughout the summer as well as a full week day camp at the end of July. All of the programs were well attended considering that this program is still very new. The day camp program will continue in 2013 with a few small scheduling changes but still loads of fun. So, if you have children or grandchildren who like to have fun and explore the outdoors, stay tuned for the 2013 summer program schedule!

## **Family Nature Programs**

Our annual family nature programs were again a success with six programs offered over the course of the summer. Topics included pond studies, nature detective skills, bugs and slugs and more!

A big thank you goes out to the Friends of Foley Mountain for sponsoring the funding application for our summer outdoor education interpreter as well as contributing to the remainder of the salary for this position. Leila Stafford was a great addition to the program with her knowledge and expertise as well as her amazing way with children and visitors!

## **Fun Things to do with Fall Colours**

- Pick out your favourite brightly colour leaves and press them between the pages of heavy books. Laminate them to hang in windows or make placemats with your favourite little person!
- Take your family out for a fall hike and take pictures of the best views you can find. Use them with a Foley Mountain trail map to create a great page in a scrap-book.
- Bring along crayons, pastels, or markers and create a fall inspired piece of art.
- Create sculptures in the outdoors using natural objects. Take pictures to enjoy your art later on or make a scrap-book of your creations.

# Autumn Adventures

*By: Rebecca Whitman, Foley Mountain Conservation Area Supervisor*

The cool temperatures and sunny weather brought on by autumn make for the perfect conditions to visit Foley Mountain for a hike in the woods and a stop at the Spy Rock lookout. With the picturesque Village of Westport nestled at the base of the hill and the mixed Eastern Ontario forests covering the rolling hills and bordering surrounding lakes, the views are spectacular.

Have you ever wondered why there is such a beautiful show of fall colours? It all has to do with how trees go about their daily business of being producers as well as how they prepare for winter. Producers are the only living things that can convert the energy of the sun into food energy using carbon dioxide and water. This process is called photosynthesis and occurs thanks to a pigment called chlorophyll which colours leaves and other plants green. During the spring and summer months, photosynthesis hap-

pens at full force with excess sugars being stored in the tree for later use. The strong green pigments that allow this to happen mask any other colours contained in the leaves. As the days shorten and temperatures start to dip, these food factories start to shut down and the green of the chlorophyll fades. The fading green gives way to colours like brown, orange, and red that are also contained in the leaves.

With the extended drought this summer, many people were worried that the colour show would be less than spectacular. However, the best fall colours seem to stem from water shortages towards the end of summer combined with sunny days and cool evenings in the early fall. The equation must have been just right in 2012 as the forests were certainly alight with brilliant reds, oranges, and yellows over the Thanksgiving weekend!

Deciduous tree like maples, oaks, and beech drop their leaves in the winter to help prevent water loss. Coniferous trees like pine trees have needles that stay on during the whole season but are specially designed to minimize water loss during periods of water scarcity. They have a small surface area and a thick waxy outer layer to hold water in during the cold winter weather. Believe it or not, this is a very similar design to a plant like a cactus that relies on water conservation as a means of survival in the dry and often cold desert ecosystem. Photosynthesis can still happen in needles during the winter with enough sunlight but the rate of reaction will be far less due to colder temperatures.

So next time you are out on Spy Rock during a beautiful fall day, you can appreciate all the hard work that has gone into producing such a beautiful show!