



Fall 2018

The View from Foley Mountain *

News from the Friends of Foley Mountain

Box 5, Westport, ON, K0G 1X0

www.friendsoffoleymountain.ca

President's Report

It seems like just yesterday that I was preparing my input for our Spring Newsletter and now it is time for the Fall issue. I hope everyone had a pleasant summer and had a chance to visit and explore our beautiful Foley Mountain Conservation Area.

I know that I have commented on it before in past newsletters, but it deserves repeating – the Westport and area communities are extremely generous and deserve our repeated thanks. This year's Tapas fundraising dinner in July held at the Scheuermann Vineyard and Winery in Westport was a great success. Thanks to the 170 people who bought tickets, to those who participated in the 50/50 draw, to all those businesses in the area who supported us and to all those who donated to the silent auction, we were able to raise a little over \$6600. It couldn't have been done without our Members support. Due to the success of the dinner over the last two years, we have decided to make it an annual event – hope to see you next year at the dinner.

I would also like to thank Sheila Sim for donating the proceeds from her Celebrate the Garden event held in September at her Hobbit Hill Studio to FoFM. Many garden enthusiasts came out in the heat to view the gardens and the works of nine artists. Sheila was able to donate approximately \$400.

The monies raised will be used to help Rideau Valley Conservation Authority continue with their outdoor education programs at Foley Mountain. In addition to our customary yearly contributions which support the Outdoor Environmental Education Program (donation, teacher top – up and animal rentals), our Board decided to provide monetary support to some new programs that RVCA is offering – namely the Free Forest Play Family Drop- In and the Forest Kindergarten. Rebecca Whitman's article on page 3 will give you the details on these programs.

On behalf of all the FoFM Board members, I would also like to thank two of our Directors who have retired this year. Angela Archambault retired from the Board after 8 years. For those years she was the driving force behind our fund-raising auctions. Over the last two years, Tony Cote was responsible for developing the Friends of Foley Mountain FaceBook page and for our electronic correspondence. These retirements leave big gaps in the Board's workings. Please consider joining your Board and helping out. Meetings are held once a month in Westport and it would be your opportunity to take part in the planning of programs and to influence the direction your organization takes in the future. If you need more information or have questions about the Board's role and responsibilities, please contact me at the email address on page 2..

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

Membership in the The Friends of Foley Mountain has generally declined over the last few years so I encourage everyone to renew their membership. Perhaps once you have taken a few minutes to renew your membership you could encourage a friend, neighbour or family member to join us. Memberships start as low as \$25 a year or, for a real bargain, go for the \$50 membership. Not only does the \$50 level give us extra funds, it includes free parking for two cars and entry at any RVCA conservation area. The licence numbers will be entered into the RVCA system and you don't need to phone or pay anyone when you visit one of the conservation areas.

In closing I wish everyone all the best and a healthy and happy end to 2018.

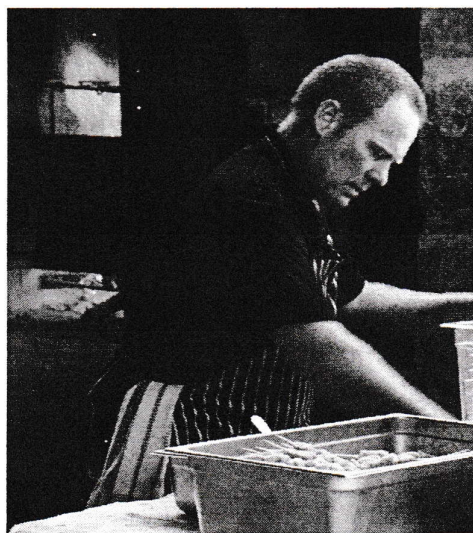
Rob Struthers
(r.a.struthers@live.com)



Tapas 2018: View across Sand Lake from Scheuermann Winery

Tapas Fundraiser 2018

Our second annual event was held on July 13 at Scheuermann Winery overlooking beautiful Sand Lake. One hundred and seventy guests enjoyed an evening of music and wine with tapas prepared by Chef Francois. Please look for details of our 2019 Tapas Night in a future newsletter.



Report from Rebecca Whitman – Foley Mountain Area Supervisor

Nature Day Camp at Foley Mountain

After some tweaking of our summer nature day camp schedule, RVCA staff are happy to report a very successful 2018 day camp season! Three full weeks of day camp were offered this year – Nature Explorers, Junior Naturalists, and Outdoor Adventurers. Children aged 6 – 12 participated in hands-on, nature-based programming that focussed on getting outdoors, connecting with nature, being active, and having fun! Our experienced staff are certified teachers with many years of experience in outdoor education and FOFM helps to make this possible. We look forward to another great season in 2019 – watch for dates and registration information early in the new year.

For more information about day camp programming, visit <https://www.rvca.ca/outdoor-education/foley-mountain-ca/day-camps> or contact Rebecca at rebecca.whitman@rvca.ca or 613-273-3255.

Free Forest Play Family Drop-in Programs

Thanks to a grant from the Healthy Kids Community Challenge Power Off and Play! Initiative, as well as support from Friends of Foley Mountain and Country Roads Community Health Centre, RVCA education staff were able to offer a series of 12 free forest play family drop-in programs this spring and summer at Foley Mountain. Over 300 parents, children, friends and family members joined us for a morning of exploring the forest while being active and building coordination, confidence, creativity, resilience, and a life-long connection to the natural world. Our adventures had us creating in the mud kitchen, hunting for salamanders in the forest, scooping creatures at the beaver pond, building shelters, following maps, listening to stories, matching colours, looking for shapes, making patterns, talking about letters, and more!

Join us this fall for three more free programs being offered in conjunction with Country Roads Community Health Centre. All programs are drop-in (no pre-registration required) and all ages of children are welcome. Children must be accompanied by an adult. Meet RVCA staff at the Education and Group Camping Area September 24, October 22, and November 26 from 10-11:30am. Hope to see you there!

Forest Kindergarten

With the generous support for the Friends of Foley Mountain, RVCA is pleased to announce our new Forest Kindergarten program! This new program is being offered this fall for 12 weeks for children aged 3-6, Monday and Wednesdays from 9am-12pm. Foley Mountain Forest School offers an alternative education in which children spend most of their time outside, learning through experiential, hands-on opportunities that promote curiosity in an active and authentic learning environment. Students will receive the benefits of repeated and regular visits to a natural area, in a play and inquiry-based education setting. Fundraising efforts from FOFM have helped directly in the program planning and policy development stages necessary to get this new program off the ground – thank you! The RVCA would also like to thank our community partner Country Roads Community Health Centre who have provided staff support in planning, promotion, and partnership building. With the success of the fall session, we hope to also offer a session in the winter and spring seasons. Registration for the winter session will be available soon! For more information about the forest kindergarten program, visit our website at www.rvca.ca/foley-forest-school or contact Rebecca at rebecca.whitman@rvca.ca or 613-273-3255.

Foley Mountain Transportation Subsidy Program

The outdoor environmental education programs offered by the Rideau Valley Conservation Authority (RVCA) provide school and community groups with experiential curriculum-based outdoor experiences that connect students with the natural world. Approximately 20 programs are offered at Foley Mountain Conservation Areas for all ages with topics including beaver pond ecology, forest habitats, animal adaptations, orienteering, and snowshoeing. Although Foley Mountain is in one of the most diverse natural areas in Ontario, they are also surrounded by some of the most rural communities. The schools are often small and quite separated from one another. This makes funding, bussing, travelling and the whole idea of field trips a challenge. Teachers and Principals would love to travel for outdoor education but quite often fall short when it comes to paying for the program as well as transportation. It has become apparent that if a portion of the cost for travel became available it would help remove this barrier and enable more groups to attend outdoor environmental programs at Foley Mountain.

Over the past several years, granting programs such as the North Face Explore Fund and TD Friends of the Environment Fund as well as the Friends of Foley Mountain have generously provided grants to make transportation subsidies available for schools. This year, FOFM has doubled their contribution allowing for 20 subsidies for area schools. So far, this has allowed close to 600 students more affordable access to programming at Foley Mountain with the fall season still ahead of us. Thank you FOFM for helping to get more children outdoors, being active, connecting with nature, learning, and having fun! This goes a long way to building a generation of future stewards of the natural world.

For more information about transportation subsidies, contact Rebecca at rebecca.whitman@rvca.ca or 613-273-3255.



Tapas 2018: Happy campers

Friends of Foley Mountain

Statement of Operating Account

For the period January 1, 2018 to September 30, 2018

	<u>Actual</u>	<u>Budget</u>
Revenue:		
Memberships	\$5,097	\$10,000
Grants & Donations	1,400	2,000
Fund Raising	11,595	8,000
Total	\$18,092	\$20,000
Expenses:		
Advertising	\$368	\$500
Office Supplies	236	550
Fundraising	4,695	3,500
Miscellaneous	122	100
RVCA Donations*		8,500
Special Projects*		7,700
Total	\$5,421	\$20,850

Membership sales are the cornerstone for fund raising. It's through your support that we are able to continue to fund the programs at Foley Mountain Park. Please renew your membership when your current membership expires in 2018. Thank you.



Tapas 2018:

Musical entertainment



FRIENDS OF FOLEY MOUNTAIN MEMBERSHIP FORM

Name		Phone Number
Address		
City	Province	Postal Code
Email Address		
Would you like to receive information about Foley Mountain related events? Yes <input type="checkbox"/> No <input type="checkbox"/>		
Would you like to receive this information by Mail <input type="checkbox"/> Email <input type="checkbox"/>		

- Membership in the Friends of Foley Mountain does not include free entrance to Foley Mountain Conservation Area. However, the Rideau Valley Conservation Authority will issue a complimentary annual pass to each member of the Friends of Foley Mountain who purchases a membership with a value of \$50 or more.

→	<u>SIGNIFICANT & IMPORTANT CHANGE:</u>	←
<u>The pass will be valid for one year starting at the date membership becomes effective.</u>		
<u>Each pass will cover up to 2 licence plates. PLEASE FILL IN 1 or 2 NUMBERS HERE:</u>		

- Patron's names (unless otherwise requested) are placed on our Patron's Board at the Spy Rock Parking Lot.
- All members receive tax receipts and at least two newsletters each year.
- Cheques or Money Orders are made payable to: **Friends of Foley Mountain.**

Please select membership level:

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

Please send your form and payment to: **Friends of Foley Mountain**
P.O. Box 5
Westport, ON. K0G 1X0