



Spring 2013

The View from Foley Mountain *

News from the Friends of Foley Mountain

Box 244, Westport ON K0G 1X0

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Friends of Foley Mountain

ANNUAL GENERAL MEETING

Wednesday, May 15th, 2013

Silversides Outdoor Education Centre
Foley Mountain Conservation Area

6 PM GPS Demonstration

7 PM Annual General Meeting

Evening will include recognition of donors and a short Annual General Meeting followed by refreshments

ALL WELCOME!!



Foley Mountain Conservation Area Supervisor, Rebecca Whitman, delivers the snowshoe program to Mrs. Kenny's grade 5/6 class from St. Edward's Catholic Elementary School.

Friends of Foley Mountain Annual Dinner and Auction

Friday, August 9, 2013 has been set for this 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 this fund-raiser which is always an evening of fun, good dining and wonderful bargains.

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

Rob Struthers

Rebecca Whitman

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

www.friendsoffoleymountain.ca

Our email address is:

info@friendsoffoleymountain.ca

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

FOFM President's Report

Spring is a time of transition for the Board of Friends of Foley Mountain. We are closing out a successful 2012 year that saw our membership grow and the addition of some new Directors to our Board. We not only maintained our annual contributions to the Visitor and Interpretation programs run by the Rideau Valley Conservation Authority but we also raised significant project funding from donors such as **Northland Power**- which paid for the wiring and installation of a rooftop solar energy system for the new Silversides Outdoor Education Centre; and **Mountain Equipment Co-op** -which donated 20 GPS units, chargers and batteries for use in the Environmental Education Programs.

For the first time in 3 years, our membership sales, donations and fundraising activities allowed us to show a small operating surplus in 2012 which we are reinvesting in Foley Mountain programs.

We are now looking ahead. Keep an eye out for the new Friends of Foley Mountain brochure to help in the recruitment of new members.

In January, the Board of the Friends of Foley Mountain approved an operating budget for 2013 along with a commitment to five key objectives for the coming year:

1. **Deliver a successful auction fundraiser**
2. **Increase our membership base**
3. **Assist RVCA in phase 3- fit up of the Silversides Outdoor Education Centre**
4. **Recruit new Directors for the Board**
5. **Seek out new partnerships to support the Children's Environmental Education Program.**

To achieve these objectives, we need your support. There are a

number of ways you can help:

- **If you haven't done so, please renew your 2013 membership by completing the enclosed form**
- **Attend our Annual General Meeting at 7pm on May 15th at the Silversides Outdoor Education Centre at the Foley Mountain Conservation Area**
- **Donate auction items and/or participate in our biennial auction on August 9th -which is our major fundraiser for the year**
- **Join our Board of Directors- we are looking to recruit new members**
- **Volunteer a few hours of your time- this summer the Friends of Foley Mountain would like to staff the Visitor Centre on Saturdays to ensure it is open to visitors. (I'll be sending out**

an email invitation on this later)

- **Enjoy Foley Mountain- use the programs and facilities!**

The Friends of Foley Mountain enjoy strong support from the community including our membership base, the Westport business community, donors, and our partners- the Rideau Valley Conservation Authority. Together we are making a difference at Foley Mountain by preserving this unique environment and enriching the programs enjoyed by thousands of visitors and school groups. My thanks to all of you, especially the dedicated volunteer Board of Directors, for your continued support.

Mike Fay
President
Friends of Foley Mountain
613-273-8578

Friends of Foley Mountain Statement of Operating Account *For the period January 1, 2013 to February 28, 2013*

<u>Revenue:</u>	<u>Actual</u>	<u>Budget</u>
Memberships	\$ 1800	\$ 9000
Fundraiser (Auction)		6000
Grants & Donations		10350
Bank Interest		360
TOTAL	\$ 1800	\$ 25710
<u>Expenses:</u>		
Administration		\$ 200
Office Supplies		500
Animal Rentals		1000
Advertising & Promotion	\$ 134	600
Miscellaneous		300
Fundraiser		300
RVCA Donation		6000
Summer Student Top-up		2500
Special Projects		10350
TOTAL	\$ 134	\$ 21750

Nature Day Camp Adventures

With two successful seasons under our belts, the summer nature day camp program continues to grow! We will still be offering single day camps (July 9, 16, 30, August 6, 20) as well as two full week day camps (July 22 – 25, August 12 – 16). New this year will be a half-day “Kinders in the Woods” camp (August 1) for kids ages 4 – 6 and an “Outdoor Adventurers” camp (August 6) for kids aged 10 – 14. Registration is now open and the full summer calendar as well as registration forms can be found by visiting www.rvca.ca and following the Conservation Areas link to Foley Mountain.

Questions? Call 613-273-3255 or email rebecca.whitman@rvca.ca.

50 Things To Do In Your Conservation Area

Have you ever heard of the term “nature deficit disorder”? Author Richard Louv coined the term in his book “Last Child in the Woods” not as an official medical condition but more as a description of the growing disconnect between children and nature. With kids spending more and more time in front of screens, the importance of getting outside and experiencing the outdoors is becoming more and more pronounced. Based on initiatives by other Conservation Authorities, the Rideau Valley Conservation Authority has compiled a list of 50 things to do and experience in our conservation areas. Hold a snake, hunt for bugs, have a picnic, splash in a puddle and more with your family! The lists will be available at Foley Mountain this summer.

Family Nature Programs at Foley Mountain

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. Check out what lives in the pond, learn about navigation, build a shelter, cook bannock and explore Foley Mountain!

July 11, 10-11:30am at the Interpretive Centre

➔ *50 Things To Do In Your Conservation Area*

July 18, 10-11:30am at Group Camp

➔ *Orienteering and GPS*

August 8, 10-11:30am at Group Camp

➔ *Pond Life*

August 22, 10-11:30am at the Interpretive Centre

➔ *Outdoor Skills*

Programs are for all ages but children must be accompanied by an adult. For more information and the full 2013 summer calendar, visit www.rvca.ca, call 613-273-3255, or email rebecca.whitman@rvca.ca.

Life Under a Log

By: Rebecca Whitman, Foley Mountain Conservation Area Supervisor

A fallen log in the forest doesn't really look that exciting at first glance. Why would it? A piece of dead wood just sitting in the leaf litter doesn't move, make noise, or attract much attention. However, upon closer examination, a whole community of living things performing some very important jobs can be found!

The next time you come across such as log, take a minute and really have a good look at it. Start by examining the outside and looking for holes and tunneling in the wood. Wood boring beetles use these logs as a place for their young to develop. After burrowing into the rotting wood, the females lay eggs that

hatch into larvae. The larvae tunnel through the wood feeding on bacteria and fungus living there.

Next, take a look for various types of fungus. Although not often terribly exciting to look at, fungi are very important to the overall functioning of an ecosystem as they break down decaying matter like dead trees and cycle nutrients back into the soil for other plants and organisms to use.

Now for the best part of investigating a fallen log – FLIP IT OVER! Be prepared for the scurry of hundreds of little feet! Things that can be found hiding in this damp home are millipedes, centipedes, worms,

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Life Under a Log

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slugs, beetles, sowbugs, ants, grubs, caterpillars, spiders and even the occasional salamander.

Millipedes and centipedes are critters that are closely related to insects. You can tell the difference between them by looking at their body segments and legs. A centipede will only have one pair of legs per body segment whereas a millipede will have two pairs of legs per segment. This explains the difference in naming – *centi* meaning 100, *milli* meaning 1000 and *pedes* meaning feet. Millipedes eat mostly decaying plant life like leaves and wood and will often curl up in a ball when frightened. Pick one up and let it uncurl and crawl across your hand to feel the tickling of hundreds



of little feet. Centipedes are actually predators and hang out in rotting logs searching for prey like worms, slugs, and spiders. They are best observed and not handled as they may bite if frightened.

Sowbugs are actually not bugs at

all! They are terrestrial crustaceans and are related to things like lobsters and crabs. Look for a small oval shaped gray critter that is about 1.5 cm in length with seven pairs of legs and overlapping shells. They love to eat decaying matter and need damp conditions to survive. The females carry their egg sack until it hatches and then actually carry their young for six to eight weeks.

Salamanders are terrestrial am-

phibians that like to take shelter under rocks and logs because of the damp conditions and tasty treats. Amphibians breathe through their skin and must stay damp so that oxygen can enter their bodies. It is also convenient that they like to munch on many of the other animals that you see squirming and crawling around underneath decaying logs. Like other amphibians, salamanders return to bodies of water like ponds to lay their eggs where larvae develop similar to tadpoles. Once fully developed, the young salamanders return to the terrestrial environment. Common salamanders that can be found at Foley Mountain include blue spotted, yellow spotted, red backed, and red eft.

So next time you are taking a hike at Foley Mountain or even exploring in a city park or back yard, take a minute to flip over that log to see what interesting things are going on. Like any good naturalist, please make sure to take only memories and photographs and leave only footprints – make sure to put the log back when you are finished observing!

