



Spring 2009

The View from Foley Mountain

News from the Friends of Foley Mountain

Box 244, Westport ON K0G 1X0

www.friendsoffoleymountain.ca

info@friendsoffoleymountain.ca

Thanks to our Friends

The Board of Directors would like to welcome new members and to thank all members for your support. Your contribution enables the improvement of the Park's educational programs and infrastructure in a way that minimizes impact on its flora, fauna and tranquility – the very reasons for its existence in the first place.

The opportunity for public enjoyment of the Park will increase this spring with the addition of signs and benches along the Mobility Trail. This improvement was made possible through a generous gift from an anonymous donor and Friend of Foley Mountain.

Once again, the Friends will provide funding for a summer student who will deliver education programs and help to maintain the park's natural environment. The contribution that this person makes helps to enrich the experience of visitors to the Park.



As you read this newsletter you will see other activities and facilities that are benefiting through your membership.

Once again, thank you for your contribution and for your ongoing support.

Sandy Cameron

Chair

May 13th - Save the Date!

Please keep in mind that our Annual General Meeting will be held on Wednesday, May 13th, 2009, at 6:00 p.m at the Interpretation Centre, Foley Mountain Park.

On that occasion we will officially open the newly completed interpretive signs and benches on the Mobility Trail, enjoy hot dogs and pop, hold a brief Annual meeting, followed by a presentation by the Park Supervisor. The evening will conclude with a presentation of the results of the 2009 Foley Mountain Conservation Area master plan review.

All are welcome to attend. It would be helpful, if you plan to attend, if you could contact us at (Pat) 613-273-2472 or Rebecca at Foley Mtn. Park 613-273-3255 to confirm. We look forward to visiting with you.

Friends of Foley Mountain

Auction

August 14

We're on the Web!

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

www.friendsoffoleymountain.ca

Our new e-mail address is:

info@friendsoffoleymountain.ca

A Look Ahead

From the Friends of Foley Mountain Planning Committee

Our sights have been set on 4 priorities for the coming two years.

First, we are focusing on enriching the programming at Foley Mountain by funding the purchase of a field microscope and communications equipment that will help the park supervisor deliver her programs. We will again pay for the rental of reptiles for the Children's Discovery Centre and subsidize the hiring of a summer interpreter. We are also meeting with the regional school boards to determine how best to promote additional school visits to Foley Mountain Conservation Area.

Our second priority is encouraging greater community involvement with Foley Mountain Conservation Area. We are exploring partnerships with the Frontenac

Arch Biosphere Reserve and are planning a 2009 program series entitled "**Wednesday Night at Foley Mountain**" that will deliver educational and entertainment events for local residents.

Our third priority is helping to improve facilities at Foley Moun-

tain. The main project over the past winter has been securing funding to help the Rideau Valley Conservation Area staff design and construct interpretive panels and benches for the Mobility Trail. We also expect we will assist park staff complete some trail improvements over the coming year.

Last but not least, we are planning a fund raising auction this year- so jot down August 14th, 2009 on your calendars as opportunity to have fun and show your support for Friends of Foley Mountain and the work we do on your behalf.



Thanks, Jim

FOFM Director Jim Attack stepped down as Treasurer and Board member on December 31, 2008. Jim joined the Board when the Friends of Foley Mountain was formed in 1996. Over the years he made significant contributions towards achieving the Boards mandate. We wish to thank Jim for his commitment and many contributions over the past 12 years.

We welcome Brin Jones as Treasurer.

Friends of Foley Mountain Statement of Revenue & Expenses *as at February 28, 2009*

Revenue:

Memberships	\$825
Donations	755
TOTAL	\$1580

Expenses:

Administration	\$451
Promotional	131
Miscellaneous	100
TOTAL	\$682

2009 Memberships

Sold in November & December 2008	\$1000
Sold in January & February 2009	825
TOTAL	\$1825

News From the Rideau Valley Conservation Authority

Although the winter winds were blowing and the days were shorter, there has still been lots going on up on the mountain! Winter programs, review of the Foley Mountain Management Plan, the Spring Water Awareness Program, and preparations for the upcoming spring and summer season have all been priority projects.

This winter marked the second season of use for the snowshoes purchased for the education program with funding provided by the Friends of Foley Mountain. In addition to providing an easier way to access the forest, snowshoeing is also a great way to get some exercise during our cold Canadian winters. Winter cooperated very nicely by providing a fairly reliable base of snow for local students and members of the public to get out and enjoy Foley Mountain on snowshoes. Two public snowshoeing clinics were offered throughout February and both were received very well with at least 20 participants at each.

As many of you are aware, the Rideau Valley Conservation Authority (RVCA) has been working

on a review of the Foley Mountain Management Plan. Although the last plan was completed in 1986,

be presented at the Friends of Foley Mountain Annual General Meeting on May 13th.



RVCA staff found that the governing principals for the conservation area have not changed greatly. However, the new plan will be presented in a more current format and will include public input gathered through a survey and new projects and initiatives for the future. A draft of the plan will

In the spring of 2008, RVCA initiated a Spring Water Awareness Program (SWAP) for the junior divisions (grades four through six) of schools in the Rideau Valley watershed. SWAP is a free, in-school safety program to teach students about staying safe around dangerous spring water. As the warmer spring weather approaches, snow and ice begin to melt and waterways begin to fill up with cold, fast moving water. These areas can be tempting for children to play around but are extremely unsafe. Through an interactive presentation that includes demonstrations, games, and discussion, SWAP teaches students:

- Why spring water and ice are dangerous
- To stay away from waterways, especially in the spring
- To know what to do if a water or ice-related accident occurs
- To tell their family and friends about what they have learned

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FRIENDS OF FOLEY MOUNTAIN 2009 MEMBERSHIP FORM

(Please complete in ink)

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

Name: _____

Mailing Address: _____

Postal Code: _____

Phone: () _____

Email Address: _____

Prefer Email ☐

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.

PLEASE NOTE: Membership does not include free access to Foley Mountain Conservation Area.

To purchase an RVCA Conservation Area 2009 Annual Pass please add \$25 to your membership fee.

Write your vehicle licence number(s) here:

This pass allows access to all five RVCA Conservation Areas.

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

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RVCA Educators delivered this program to close to 2000 students in 16 different schools in 2008. The program was very well received by students, teachers, and principals. This successful public safety program is available for three weeks in March and early April. This program was partly funded in 2009 by the community-minded people at Ontario Power Generation to whom the RVCA offer their sincere thanks.

As winter draws to a close, preparations are well under way for the busy spring and summer season. Hiring for seasonal staff, work on the final stages of the Mobility Trail project, and program planning are just a few components of the planning process. The spring education programs will start up in mid-May with the help of a student Outdoor Education Interpreter, sponsored by the Friends of Foley Mountain. July and August will bring the Family Nature Program series most Thursday and Saturday mornings at 10:00 am and the Interpretive Centre will be open for visitors most Saturdays and Sundays from 10:00 am to 4:00 pm.

If you would like more information or have any questions about Foley Mountain Conservation Area, contact Rebecca Whitman at 613-273-3255 or rebecca.whitman@rvca.ca.

Join the Friends of Foley Mountain !

Your membership in the Friends of Foley Mountain is important to us and to the many families who enjoy and explore Foley Mountain Conservation Area each year. Through your donation to FOFM and membership with the Rideau Valley Conservation Authority, you are contributing to improving the activities and programs offered to the public.

As a member and donor, you:

- are a member of the **Friends of Foley Mountain** for one year.
- will receive a bi-annual **FOFM** "A View from the Mountain" newsletter, usually Spring and Fall.
- will be invited to attend activities the **FOFM** hold throughout the year – watch the RVCA website and for posters throughout Westport and the community
- enjoy hiking, walking, snowshoeing through the Park
- support conservation activities, promote the protection of endangered species of plants and animals
- support the Children's Nature Discovery Centre.
- support programs for school children visiting the park to participate in educational conservation programs

To learn more about Membership in the Friends of Foley Mountain contact: Jocelyn Jones @ 613-273-8333 (Membership Chair)