



The View from Foley Mountain *

News from the Friends of Foley Mountain

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Members make a difference. Thank you.

The Friends of Foley Mountain (FOFM) take great pride in supporting what nature and the Rideau Valley Conservation Authority (RVCA) have provided for us. The lovely view of our mountain can be seen from Upper Rideau Lake, Westport and beyond.

This beautiful greenspace is home to many species at risk: Gray Ratsnake (formerly known as the Black Ratsnake), Blandings Turtle, Eastern Whip-poor-will, Bald Eagle, Monarch Butterfly. It's an outdoor classroom for school groups as well as a four season destination for recreation: swimming, hiking, snowshoeing, and exploring.

Spy Rock with its stunning view of Westport is perched atop Foley Mountain. It has been named one of Ten Amazing Places within the Frontenac Arch Biosphere (<http://www.frontenacarchbiosphere.ca>). This reinforces our awareness of this treasure and will attract more visitors to our park.

The FOFM and RVCA take this opportunity to thank you as members for your continued support. Thank you to all members who have purchased their 2015 memberships. Without your support, we would not be able to continue the work that you have entrusted us to do. If you have not renewed to date, please do so as soon as possible. We are depending on you. The membership form is enclosed and is online for your convenience (www.rvca.ca/careas/friends_of_foley)

We were sorry to see Mary Loucks retire from our Board. She has been an outstanding member for 14 years. Fortunately she is helping us plan this year's auction... so in a way she is failing at retirement (a good thing). A special thanks to her for all she does.

We have welcomed a new member to our Board of Directors. If you are interested in volunteering to join our Board, give me a call at 613 273 6671. I urge you to come to meet your Board of Directors at our Spring AGM.

Mary Bowlby

President

Friends of Foley Mountain.

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

Friends of Foley Mountain
Annual General Meeting

Wednesday, May 20, 2015

7:00 pm

Silversides Outdoor Education Centre

Foley Mountain Conservation Area

Come meet your Board of Directors and discuss
the projects you would like the Board to pursue.

Annual General Meeting will be followed
by refreshments.

PLAN TO ATTEND.

ALL WELCOME !!

MARK YOUR CALENDAR

August 28:

The events of the evening of August 28th are ones that you won't want to miss. This is the night of our bi-annual Auction.

The auction will start at 7:00 pm. For those who wish to join us for dinner, it will be served at 5:30 pm for a cost of \$15. The event will take place at Branch 542 Royal Canadian Legion, Westport.

There will be items for auction that you can't live without including beautiful gift baskets and door prizes. All proceeds will go to support ongoing outdoor education programs and improved facilities at the park.

This is definitely a don't miss event. It has always proven to provide a most enjoyable evening. Make plans for you and your friends to attend and mark it on your calendar.

Month of August:

Foodsmiths Food Store in Perth has chosen to support the Friends of Foley Mountain by selecting us as the BYOB recipient for the month of August.

To encourage the re-use of grocery bags and to provide a source of funds for local charitable organizations, Foodsmiths have established their BYOB - Bring Your Own Bag Donation Program. For every bag a customer brings in that saves the use of a new plastic bag, Foodsmiths gives a 10¢ donation to charity. Each month a new local charity is selected, and the charity's name appears at the bottom of each customer's cash register receipt. It's a great way to save bags from ultimately ending up in landfill sites (or worse) and support a local charity, too! It's a win-win situation. FOFM appreciates Foodsmiths support.

Summer Fun at Foley Mountain

Family Nature Programs

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. Explore the forests of Foley Mountain, learn how to survive in the wilderness, and what creatures call the beaver pond home! Programs are for all ages but children must be accompanied by an adult. For a summer program schedule, visit www.rvca.ca, call 613-273-3255, or email rebecca.whitman@rvca.ca.

Nature Day Camp Adventures

Looking for a fun and unique summer experience for the children in your life? Foley Mountain offers a high quality nature day camp program where campers explore the ecosystems of Foley Mountain, play games, create art and craft projects, hike, visit the beach and make great memories! Our main programs are designed for children ages 6 – 12. We will be offering single day camps (July 15, 28, August 4, 18, 25) as well as two full week day camps (July 20 – 24, August 10 – 14). Half-day “Kinders in the Woods” camps will run July 17, 31 and August 21 for kids ages 4 – 6. For more information, visit www.rvca.ca and follow the Conservation Areas link to Foley Mountain. Questions? Call 613-273-3255 or email rebecca.whitman@rvca.ca.

Friends of Foley Mountain Statement of Operating Account For the period January 1, 2015 to February 24, 2015

<u>Revenue:</u>	<u>Actual</u>	<u>Budget</u>
Memberships	\$4,985	\$9,000
Grants and Donations		1,500
Bank interest		200
Auction		7,000
Total	\$4,985	\$17,700

<u>Expenses:</u>	
Donations to RVCA	\$6,000
Student Top-Up	2,500
Special Projects	6,800
Administration	200
Advertising	500
Fund Raising	350
Education (Animal Rentals)	850
Office Supplies	350
Miscellaneous	150
Total	\$17,700

Membership sales are the cornerstone for fund raising. If you haven't already done so, please renew your membership for 2015. Thank you.

A REMINDER FOR VISITORS WITH DOGS

The Rideau Valley Conservation Authority takes great pleasure in seeing its facilities, trails and walking paths being used and enjoyed by the public.

Foley Mountain is a fantastic conservation area to visit and appreciate what nature has to offer. Everyone is encouraged to take time from their busy schedules to walk in the park and enjoy the views and all that nature is.

We would just like to remind visitors that dogs are always welcome at Foley Mountain but, in order to ensure everyone's enjoyment of the surroundings, we request that they be kept on a leash at all times while at the park and that they are picked up after. Dogs are not allowed at the natural swimming area.

We ask visitors to respect these rules to ensure the safety of the dogs, the wildlife, and other visitors. Thank you for your cooperation!

The Secrets of Life in the Pond

Prepared by: Rebecca Whitman, Foley Mountain Area Supervisor

Frogs, turtles, ducks, geese, beavers, and muskrats – these are just a few of the creatures that you may see when you go for a walk past one of Foley Mountain's many beaver ponds. They are all interesting critters to observe but there is also a whole world under the water that remains unknown to many. There is a whole group of crazy critters who live close to or in the mud and muck at the bottom of the pond. Scientists call them benthic (meaning live on the bottom) macroinvertebrates (animals without backbones that can be seen without a microscope) and they make up a very important part of aquatic ecosystems.

You may be wondering how one might be able to observe this group of animals. You will need only a few tools but nothing too technical – grab a kitchen strainer, aquarium net or even a small fish net with small mesh, a bucket or basin, a magnifying glass, and maybe a few plastic food containers. A copy of the Golden Guide called Pond Life or a quick internet search for a free guide to freshwater invertebrates would also be handy.

The key to catching the really neat stuff is to find a place along the shore where you can reach your strainer or net down to the bottom of the pond. Give the mud a bit of a stir and try to scoop some into your net. Standing by, have your bucket or basin filled with clear pond water ready to host your crawly critters. Using your finger (or a twig if you are a bit squeamish!), pick through the mud and debris and you should start to see some squirming things. These are the animals that you want to pick out and place in your basin. Try and resist the temptation to just dump all of the muck into your water because this will make your water dirty and it will be tricky to observe the creatures. There are only a few animals that you probably don't want to touch with your fingers while collecting: leeches (or blood suckers!) are black worm like creatures who feed on blood, giant water bugs are large insects (they can be as large as about 3 inches!) that can sting when they bite, and water tigers (orange coloured beetle larvae with pinching jaws) who can also nip now and then.

So, you may be wondering what types of things you should expect to catch! The species can vary depending on the type of water body (for example pond versus stream) and the quality of water. Here is a list of some of the commonly observed invertebrates found in Foley Mountain's beaver ponds:

Dragonfly nymphs

Damselfly nymphs

Whirligig beetles

Diving beetles

Water tigers

Side swimmers

Leeches

Water scorpions

Giant water bugs

Back swimmers

Water boatman

Caddisfly larvae

Clams

Snails

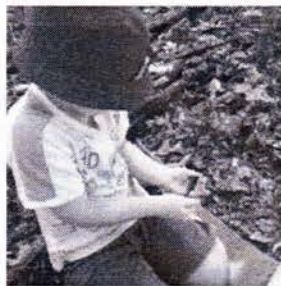
Water striders



Dragonfly nymphs are one of my favourite animals to catch at the pond. Most people don't realize that the dragonflies we see flying around in the forest actually start their lives in the water. The adult female dragonflies fly around the pond dipping the tips of their abdomens in the water laying eggs on aquatic plants. When the eggs hatch, the nymph emerges and starts swimming around the pond feeding on other invertebrates with its powerful fold out jaws. As the nymphs grow and develop over one to three years in the pond depending on the species, they crawl onto the shore, find a sheltered location and an adult dragonfly emerges leaving behind the exoskeleton of the nymph. Adult dragonflies are a great species of insect to have around as they can eat up to 200 mosquitoes in one day! The nymph stage also feeds on mosquitoes in their larval stage in the pond.

Another interesting invertebrate to observe is the caddisfly larvae. They are usually only found in locations with fairly good water quality and are often missed in nets and observation buckets because of their ability to camouflage. Sometimes, you will find something that may look like a small stick or a bundle of pine needles or aquatic plants that seems to be moving on its own. If you look closely, you will see a small head and six legs peeking out one end of the object and moving the twig through the water. This yellow and black striped larvae actually assembles a tube using objects around them and a glue produced by their bodies that they live inside in an attempt to hide from predators. As the larvae out grows their mobile home, they leave it behind and build another one. What an amazing adaptation from such a tiny animal!

Take some time this spring, summer, and fall to investigate the hidden world under the water. You'll be surprised what you find in a place you didn't expect. Take your favourite small person on an adventure, see what you catch, and do some research to find out interesting facts about the animals. Maybe you can make your very own field guide to life in the pond using pictures you take and things you learn. The possibilities are endless for fun, learning, and adventure!



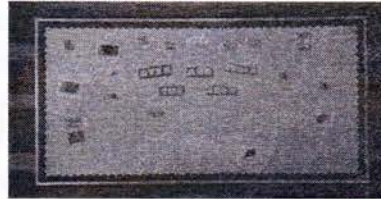
Thank you, Friends of Foley Mountain.

Foley Mountain Conservation Area is widely known as a jewel of the Rideau Valley watershed located in the heart of the Rideau Lakes. It is enjoyed by many including local residents, seasonal visitors, school groups and community groups and provides a natural space for people to connect with, learn about, and enjoy the natural world. In working towards our vision of a healthy watershed for all, the Rideau Valley Conservation Authority (RVCA) places a high value in maintaining such a special property as well as offering opportunities for recreation and learning. The Friends of Foley Mountain have been great supporters of the conservation area and have worked closely with both the RVCA and the Rideau Valley Conservation Foundation in supporting outdoor education programming through the purchasing of equipment and resources as well as supporting summer staff hiring. They have also been valued partners in various funding opportunities to support some of our larger projects.

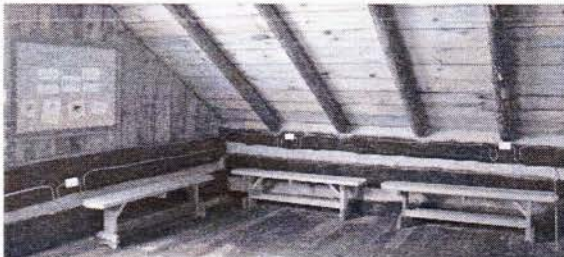
On behalf of the staff and board of directors of the RVCA, I would like to extend my thanks to the Friends of Foley Mountain members and the support they have provided over the years. It is not only the financial contributions that warrant recognition but also the connection that the group provides to the local community and the amount of volunteer hours put into events like fundraising auctions, canoe raffles and membership drives. We look forward to continuing our work together in sharing Foley Mountain with our visitors.

Sincerely,
Sommer Casgrain-Robertson
General Manager, Rideau Valley Conservation Authority

**CONTRIBUTIONS TO THE SILVERSIDES OUTDOOR EDUCATION CENTRE
FROM FRIENDS OF FOLEY MOUNTAIN
THROUGH YOUR MEMBERSHIP DOLLARS**



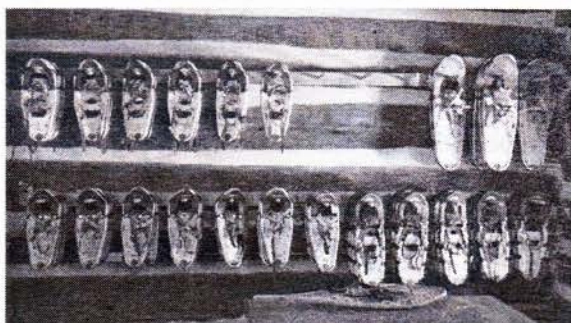
BULLETIN AND WHITE BOARDS



**BENCHES IN TEACHING LOFT
(PLUS ANOTHER BULLETIN BOARD)**



**CONSTRUCTION MATERIALS FOR
STORAGE BENCHES**



SNOWSHOES AND SNOWSHOE RACKS