

Our mission is: To engage the community through education and awareness to conserve a truly unique naturalized urban park.

**Legacy Bricks are Going Fast!
 Dedicate Yours Today! For more info see page 4**

SPRING BIRDING COURSE

Register Now for
 the Spring Birding
 Course Starting
 Monday, April 2, 2018



Increase your knowledge of fascinating bird species as they return from their wintering grounds and see them in their local habitats! Whether you are a beginner, intermediate or expert, the Spring Birding Course will help you to identify the newly arriving migrant birds, and allow you to become familiar with the valuable bird habitat near you. As a fundraiser for the Friends of Fish Creek, these courses will once again be conducted by dedicated lifelong naturalist Gus Yaki and other knowledgeable and experienced volunteer instructors. Each outing is approx. 2.5 hours in duration.

Registration Required. Course is being offered at eight different times per week:

Monday – Thursday at 9:15 am, Saturdays at 9:00 am, or Sundays at 7:30 am, 9:00 am or 1:15 pm

Fee for 12 outings: \$60 for Friends members and \$100 for non-members.

\$5 for youth 16 years of age or younger with a registered adult.

To register and for more information, please visit www.friendsoffishcreek.org/programs/birding-course

Eastern Kingbirds photo courtesy of Tony Leprieur



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Fish Creek Speaker Series

The Friends of Fish Creek Speaker Series presentations will take place at the Fish Creek Environmental Learning Centre at Shannon Terrace in Fish Creek Provincial Park (13931 Woodpath Rd. SW, access via 130 Ave. SW and 37 St. SW.) Refreshments are available on a first come, first served basis. Presentations are free to Friends members and \$5 for non-members. **Please park near washroom facility.**

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Do you have a blog or vlog? The Friends would like your help in raising awareness about programs, course and events in Fish Creek. For info chris@friendsof-fishcreek.org

Fantastic Fossils: Where, How, and Why to Find Them

Presented by Ben Borkovic, Palaeontologist with the Royal Tyrrell Museum Flood Mitigation Project

Thursday, March 22, 2018 7:00 pm – 8:00 pm

Palaeontology is alive and well in Alberta! Since the floods of June 2013 numerous dinosaur fossils have been discovered and collected as part of a dedicated effort to recover at-risk specimens. These, and other discoveries, are advancing our understanding of Cretaceous Alberta's dinosaur fauna and have resulted in new scientific publications. Come learn about some newly unearthed Alberta specimens, how they were found and collected, and why they matter for the future of palaeontology.

Photo courtesy of Ben Borkovic, skull of subadult hadrosaur (duck-billed dinosaur) dating back approx. 75 million years ago, recovered in 2014 from the Castle River area in southwestern Alberta.



ReWilding, a Story of Fish Creek Restoration

Presented by Drew McKibbin, Friends of Fish Creek Tour Guide

Thursday, April 19, 2018 7:00 pm - 8:00 pm

Fish Creek Provincial Park is a rare gem set within one of the most populous and fastest growing cities in Canada, but its nature must be managed within the urban setting and protected from a crush of users. Join Friends of Fish Creek Tour Guide Drew McKibbin for both an introduction and an update on one of the Friends' current and most important objectives: the restoration and preservation of the creek's ecosystem. ReWilding Through Restoration is a long-term program reaching back to 2012, when the biological integrity of the riparian land one kilometer upstream from the Bow River was studied. Defined by the creek's banks and active floodplains, that land was found to be threatened by recreational use and invasive plant species. ReWilding Through Restoration is preserving and restoring the creek's riparian health by helping park users understand this important issue, and by cultivating native plants. ReWilding Through Restoration is as much about you as it is about the park. For more info on how you can support ReWilding Through Restoration, see page 4.

Stay tuned to www.friendsoffishcreek.org/programs/speaker-series

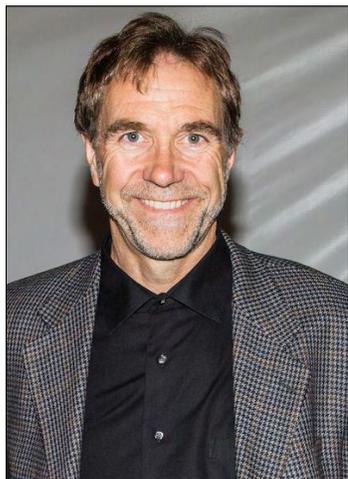


Quiz Question

In the 1990s a farmer in China found the fossilized remains of a dinosaur that shared many characteristics of modern day birds. What is the name of this dinosaur? *The correct answer will be announced in the next issue of Voice of the Friends.*

MESSAGE TO TOM JACKMAN, RESIGNING BOARD CHAIR

Bob Morrin, Chair of the Board of Directors, Friends of Fish Creek



Tom at the Friends Taste of Autumn - Wine & Beer Tasting and Silent Auction Fundraiser in 2015.

On October 11, 2017 Tom Jackman announced that he will be stepping down as Chair and Director of the Friends of Fish Creek Provincial Park Society (the Friends) after 13 years on the board, following the Annual General Meeting in January 2018. Tom became Director of the Friends in March 2005 when the Society was in a state of turmoil. The Friends were sailing in stormy waters and their future was in question. Fortunately, Tom did not abandon ship but instead grabbed the tiller and not only steered us towards calmer waters, but also set a course to avoid similar stormy seas.

In 2005, the Friends had approximately 100 members, with a budget of around \$50,000. Within 2 months of joining the board, Tom became the Chair and helped to re-build the Board of Directors. Tom and then board member, Bonnie Castle-Dixon, identified the need for an Executive Director to run the day to day operations. Bonnie took on that role and through their collaboration and hard work, a solid foundation was laid for the Friends to move forward. Tom's vision for the Friends of Fish Creek Provincial Park Society was one where the board was in the background, providing governance and guidance to the Executive Director. Tom provided the leadership for the Friends, guiding us through three changes in Executive Directors over the years. Each of the Executive Directors brought skills and experience to the Friends that supported our growth and developed the organization's maturity to continue to grow our programs and membership. As Tom leaves the Friends in 2018, we have over 770 members and an operating budget of over \$300,000.



Tom Jackman and Bonnie Castle-Dixon (right) receiving a cheque from the Rotary Club of Calgary in January, 2006.

I would like to thank Tom for his many hours in working behind the scenes to allow Nic and all the Friends' staff to



develop, oversee, and facilitate the many programs offered by the Friends with the help of many volunteers, members and partners. In recognition of Tom's work and dedication to the Friends over the last 13 years, he has been presented with a Lifetime Membership to the Society at the AGM in January. On behalf of the Friends members and staff, I would like to offer a sincere Thank You to Tom Jackman for everything he has done for the Friends of Fish Creek!



25TH ANNIVERSARY BRICK PATHWAY

Phase 1 Now Installed and Phase 2 Bricks are Selling Fast!

Thank you to everyone who dedicated a brick, we sincerely appreciate your support!

An anniversary brick would make an amazing gift for anyone you know who enjoys visiting Fish Creek or as a memorial to a loved one. Become part of history and show your support for this cherished natural area by dedicating a brick today. All funds raised through this program will help us to realize our vision of a sustainable Fish Creek Provincial Park that improves the lives of current and future generations. There are less than 150 anniversary bricks available to be installed in front of the Friends' office at the Cookhouse and we are planning to install them in early spring 2018. Bricks are only \$250 each and you will receive a tax receipt. **For more information contact the Friends or visit www.friendsoffishcreek.org/brick**



REWILDING THROUGH RESTORATION

ReWilding Through Restoration is a program that encourages the regeneration of natural ecosystems within Fish Creek Provincial Park, allowing current and future generations of Albertans to reconnect with, and wonder at, Alberta's natural beauty.

- ReWilding Through Restoration involves actions like the planting of poplars and other native vegetation along the banks of Fish Creek in areas that have become degraded by human activity.
- ReWilding Through Restoration serves to accelerate the natural processes along the creek, positively influencing the overall watershed health as vegetation quickly begins to grow and balance the system.
- Friends of Fish Creek volunteers take part in the planting, maintenance and monitoring of the ReWilding Through Restoration sites until the sites are fully established.
- ReWilding Through Restoration is only possible with the hands on support of volunteers and through donations that allow us to purchase the necessary supplies and equipment to make it happen.

Together, ReWilding is possible!

For more information and to support ReWilding Through Restoration, visit

www.friendsoffishcreek.org/rewild

Photo courtesy of Anne Elliott

WELLNESS IN FISH CREEK - 2018 SCHEDULE

There is no better venue for personal wellness than the natural surroundings of Fish Creek Provincial Park, and the Friends are thrilled to be working with our volunteers, instructors and supporters to offer our fifth season of wellness programming. Offerings such as outdoor yoga, meditation, Spring Forest Qi-Gong and plein-air painting all exist as different ways to slow down, engage with nature and focus on your physical, mental and/or spiritual well-being. Here's what we have in store!



Good Grief: Nature Walking Through Grief and Loss -

natural spaces can offer healing support to those experiencing grief and loss, as can spending time with people who share in this journey. Between May and June, the Friends will offer our Good Grief Program in partnership with Alberta Environment and Parks and Mount Royal University as a way of engaging the grieving in a supportive space, through guided walks in the park.

Wellness Program Kick-Off Event - feel the energy of the full moon as we begin our season of wellness through a special full moon meditation, from 7:00 - 8:30 pm on Thursday, June 28.

Yoga in the Park - these sessions will move to Tuesday nights (previously held on Wednesday evenings) between July 3 to August 28 from 7:00 - 8:30 pm. We are grateful to Naomi Parker and Gwen Draude for their continued commitment as instructors in this program over the past several years.

Spring Forest Qi-Gong - these sessions will move from their original Monday evening schedule to daytime this summer; dates are still to be determined but will be posted on our website soon. Join Diane Smith, in her third year as a Wellness Program instructor, for these beautifully energizing and balancing sessions.

Thursday Meditations - two special sessions held on July 26 and August 30 from 7:00 - 8:30 pm.

Painting in the Park - these outdoor (plein-air) painting workshops will be offered several times throughout the summer in different park locations. They are great opportunities to bring out your creative side, with the park as your inspiration. Details to come!



Our Wellness Program would not be possible without the support of many volunteers who take on the role of Wellness Program Assistants; if you're interested in becoming a volunteer in this program, [check out our website](#) for more information.

Full Wellness Program details will be announced soon, so please check our website at friendsoffishcreek.org/programs/wellness-clinics/ for more information.

PARK PROTECTORS NEEDED



"I choose to support the Friends of Fish Creek because I am in the park almost daily and utilize every corner of it. What I can tell you is we are blessed to have such a large, diverse and beautiful park in our city and I feel as a regular user that my monthly donation is a small price to pay to keep our park beautiful and to educate the public."

- Kim Cole, Park Protector

The Friends of Fish Creek invite you to become a Park Protector and help protect and preserve Fish Creek Provincial Park. As an alternative to annual membership renewals, the Park Protector program may suit your busy lifestyle a little better. As a Fish Creek Provincial Park Protector, you can make monthly donations to the Friends of Fish Creek, which are automatically withdrawn from your bank account, VISA or MasterCard account. A steady, reliable source of funding will enable the Friends to continue with ongoing field work, raising awareness about the park, and organizing and participating in community outreach activities. Park Protectors never have to worry about keeping donations or membership up to date and will receive one tax receipt a year.

Why become a Park Protector?

- Because monthly donations are one of the best ways to support the Friends of Fish Creek!
- It's flexible! You can increase or decrease your support, put it on hold for a few months or cancel at any time!
- You will receive monthly updates on Friends activities so you know how your donations are being used!

For more info visit www.friendsoffishcreek.org/park-protector-signup

BEBO GROVE EARLY SPRING WALK WITH WAYNE MEIKLE

Saturday, March 24, 2018 1:00 pm - 2:00 pm

Bebo Grove Day Use Area, Fish Creek Provincial Park (south end of 24 St. SW)

Join Friends of Fish Creek founding member, Wayne Meikle, on an early spring walk through Bebo Grove and learn some of the fascinating and little known history of Fish Creek Provincial Park. Tour guide Wayne Meikle was one of the founding members of the Friends of Fish Creek 25 years ago and continues to be one of our most dedicated volunteers. Experience the beauty of spring's beginning in the park with this treasured local expert as your guide.

Only \$5 per person. For more info or to register visit www.friendsoffishcreek.org/event/bebo



Get Involved!

VOLUNTEER OPPORTUNITIES FOR 2018!

Interested in volunteering in Fish Creek, but still looking for the right fit? The 2018 program season is just around the corner and we have many volunteer positions available – some new! Whether you are looking for an indoor assignment, an outdoor adventure or a quiet mindful task, we are offering diverse and unique volunteer opportunities:

We hope that something here piques your interest and inspires you to join the volunteer community. Click on the position title to visit the related webpage. On our website you can learn more about the position, create an account on our online volunteer system, MyVolunteerPage, and customize your volunteer interests so we can get in touch with you when opportunities arise. (If you've already created an account and see an opportunity that interests you, login to MyVolunteerPage and update your volunteer interests by clicking on "Additional Info" under the "Profile" menu.)

Position Specifics Codes

- T – training provided
- F – flexible, once trained you can schedule shifts to fit your schedule
- S – sign up for pre-scheduled shifts that work for you
- WD – weekday shifts only
- E&W – mostly evening and weekend shifts
- PIC – Police Information Check required
- PIC/VSC – Police Information Check and Vulnerable Sector Check required

Stewardship Crew Leader T, F

Lead small groups of adult volunteers on various stewardship outings, such as tree wrapping, weed pulling, restoration project maintenance and monitoring. Role involves loading equipment, walking on- and off-trail to sites, orientating volunteers, taking pictures and more.



Parks Day & Creekfest Volunteers Needed! T, S

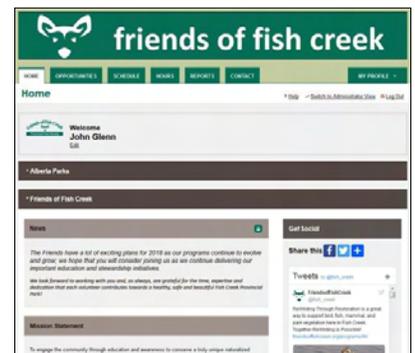
Save the Date! Parks Day & Creekfest 2018 will take place at the Bow Valley Ranch on Saturday, July 21 and we're looking for volunteers to help with various tasks leading up to and on the day of the event. (Pictured to the left, volunteer at the Friends table in 2017.)

Wellness Program Assistant T, S, E&W, PIC

Work with other volunteers to set up for wellness programs, greet & register participants and enjoy outdoor yoga, meditation and more in the park! We are in need of volunteers for our Good Grief program!

Volunteer Management Support T, F, WD

Help with volunteer shift coordination, logging hours and record-keeping using online *MyVolunteerPage* system (pictured to the right.) Shifts take place in the Friends office with staff support.



Community Outreach Volunteer T, S, E&W

Help to promote our upcoming events and programs by representing the Friends of Fish Creek at various community events. Meet new people, and have fun outdoors.

Cont'd on next page

NIGHT SKY WONDERS - NEW FOR 2018!

How often do we take a moment, look up into the night sky and think about what we see? Do we even know what we're looking at when we see it? For those who are interested in the stars and planets, you'll have the opportunity to learn some of the basics from local astronomer, Don Hladiuk.

Don has been looking up at the stars since he was a little boy; he is best known as the Starman on the CBC EyeOpener for the last 33 years. We are grateful to Don for his willingness to share his knowledge and contagious love of the night sky with us this year! Night Sky Wonders is a two hour program that includes an indoor classroom component during which you'll enjoy a presentation by Don about what you might see in the sky, followed by an outdoor viewing session (weather permitting) where you can put what you learned into practice. Complementary hot chocolate will be available in case there is a bit of a chill in the air.



Wednesday, April 11, 2018 7:00pm—9:00 pm [Registration details](#) are available on our website!

Photo courtesy of Don Hladiuk

Get Involved! - cont'd from prev page

[Native Garden Steward](#) T, F (pictured to the right)

Help tend the small native plant gardens located in front of the Friends' office. Learn to identify native plants while enjoying the great outdoors!



[Riparian Steward](#) T, S (pictured to the left)

Help to monitor and maintain streambank (riparian) restoration sites with other volunteers.

[Youth Nature Program Educator](#)

T, S, E&W, PIC/VSC

Co-host outdoor environmental education programs for youth groups with fellow volunteers. Greet groups, and deliver pre-designed interactive educational experiences in Fish Creek.

[Interpretive Tour Guide](#) T, F

Share the wonders of Fish Creek Provincial Park with park visitors by hosting walking and minibus tours on various topics such as archaeology, beavers, history and more.



[Park Watch Steward](#) T, F, PIC

Take an active role in helping to maintain a safe and beautiful park for all to enjoy. Walk or cycle the trails with a partner volunteer to record issues, answer visitor questions and more.

**For more information and links to apply to volunteer, visit <https://friendsoffishcreek.org/volunteering>
We look forward to working with you to bring the Friends' 2018 programs to life in Fish Creek!**

Watershed Public Awareness in Fish Creek



PARKS DAY & CREEKFEST

**Saturday, July 21, 2018
11:00 am - 4:00 pm**

**Bow Valley Ranch, Fish Creek Provincial Park
Free and Fun for the Whole Family!**

Join us in Fish Creek Provincial Park for the 8th annual Parks Day & Creekfest on Saturday, July 21! This free family celebration of nature is a component of the Friends' Watershed Public Awareness Campaign, designed to raise awareness in communities near the park about protecting our local waterways.

Enjoy an amazing performance and song-writing workshop from Peter Puffin's Whale Tales who will be returning to Parks Day & Creekfest for the eighth year! Learn about the importance of protecting our local watersheds and natural areas through interactive games and activities hosted by community-based organizations. All of the activities throughout the event are free, however the Friends of Fish Creek sincerely appreciate donations towards the cost of the event.



**EVENT
SPONSORSHIP
OPPORTUNITIES ARE
AVAILABLE! FOR
MORE INFO CONTACT
THE FRIENDS OF FISH
CREEK!**

Have you been to Parks Day & Creekfest?
Like us at www.facebook.com/CREEKFESTinFishCreek
and visit www.friendsoffishcreek.org/event/creekfest

Volunteers Needed to help in a variety of positions. See page 7 for more info!

FUNDRAISING FOR SUSTAINABILITY

Like all non-profit organizations, the Friends relies on a wide variety of funding sources, from project-based grants that finance specific and prescribed tasks and activities - such as allowing us to purchase supplies and equipment for our riparian restoration fieldwork - to corporate donations, memberships and program fees that can be used for all manner of expenses incurred throughout the year. Funding is never something we take for granted and is often difficult to find; it takes a concerted effort from our Board of Directors, staff and volunteers to ensure we have the dollars necessary to run our important programs and events each year.

In 2017, we decided to take a new approach to this and, with the help of two integral volunteers, created a new funding model that we hope will contribute to our long-term financial sustainability and further engage the public in our work. Friends' staff will customize



RBC Stewardship Group at Burnsmead in July.

stewardship outings based on a group's interests, the size of the group and the activity they'd like to take part in, such as pulling weeds, park clean-ups, tree wrapping or riparian restoration work.

Program fees for these outings will help to pay for the staff time necessary to organize and implement them, as well as supplies and equipment necessary to support the work.

In addition to stewardship opportunities, there is also the option of becoming a program or event sponsor if you'd like to be involved in our work but don't have a group of volunteers to lend a hand. This year we are looking for sponsors for our *Parks Day & Creekfest* event in July, *A Taste of Autumn* fundraiser in September and our *Park Watch Stewardship Program* (which runs from May 1 to October 31 each year.) If you are interested in becoming a program or event sponsor or would like to discuss organizing a group stewardship activity, please contact Shana Barbour, Program Coordinator at shana@friendsoffishcreek.org.

STAR NIGHT IN FISH CREEK

Free Family Event! View the Night Sky Like Never Before! Runs Regardless of Weather, Cloudy or Clear!

Saturday, April 21, 2018 7:00—10:00pm Fish Creek Environmental Learning Centre

Presented by Alberta Parks and Calgary Centre of the Royal Astronomical Society of Canada.

Enjoy viewing the night sky through telescopes, guided night walks, indoor activities and displays, and learn about local night creatures. For more info please visit www.friendsoffishcreek.org/star-night

WATER LITERACY SURVEY

Take part in Alberta Environment and Parks' Water Literacy Survey! Your input is extremely valuable in helping the Government of Alberta and its partners understand Albertans' current level of knowledge, attitudes and actions concerning water. The survey takes approximately 15 minutes.

Please visit <https://extranet.gov.ab.ca/opinio6/s?s=34882>

AUTUMN COLOUR, FISH CREEK PROVINCIAL PARK

Limited Edition 25th Anniversary Signature Painting by Jim Pescott



The Friends are pleased to announce that the very special #1 / 25 framed edition of Autumn Colour was recently purchased by Don Carruthers Den Hoed. Don is moving on from his position as East Kananaskis Area Manager after a 26 year career in Alberta Parks, and will be working with the Canadian Parks Council at Mount Royal University. We would like to thank Don for this generous contribution, and trust that this captivating painting will bring joy to all who gaze upon it for many years to come!

Each limited edition print is numbered and signed by Jim, and comes with a certificate of authenticity. There are only 21 of these very special limited edition prints of *Autumn Colour* available for purchase!

There are only 6 "open edition" prints available (not numbered or signed.)

For more information or to purchase *Autumn Colour, Fish Creek Provincial Park* please drop by the office or visit www.friendsoffishcreek.org/store

Nature Calgary Outings



These free Birding seminars will take you to various natural areas in and around Calgary where you can explore the bird species found in these diverse environments, increase your bird knowledge and have fun. Willing to share your knowledge with others? Call the Calgary Field Naturalists' Society - 403-243-2248 to specify a date and location. For a complete list of upcoming outings, visit naturecalgary.com

Birding at Griffith Woods Park, Saturday, February 24, 2018 9:00 am - 12:00 pm At 69 St SW and Glenmore Tr. turn into Discovery Ridge Blvd SW, continue past the traffic circle; at the bottom of the hill turn left on Discovery Ridge Link into the parking lot. Leader, Howard Heffler, 403-284-2961.

Thank You Supporters!

Bobcat Level:



TD Friends of the Environment Foundation

Birch Level:



QUIZ ANSWER - DEC / JAN ISSUE

Patrick Burns, rancher and meat packing giant was one of Calgary's Big 4, can you name the other 3 members of this historically significant group?

The other members of Calgary's Big 4 were AJ McLean, MLA and Manager of the CY Ranch; AE Cross, owner of the A7 Ranch and the Calgary Brewing & Malting Co; and George Lane, owner of the Bar U Ranch and horse breeder. It was in 1912 that Guy Weadick of New York state saw the potential to expand on Calgary's agriculture and ranching focused Exhibition by adding Wild West Style entertainment to the annual event. He borrowed funds from the Big 4 to set up the Calgary Exhibition and Stampede and bring in rodeo-style entertainers and trick riders from south of the border. The first Calgary Exhibition and Stampede took place Sep 2 - 5, 1912 and has been growing in scope and popularity every year since. It is also rumoured that the idea for the Calgary Stampede originated in Pat Burns' Bow Valley Ranch House long before Fish Creek became a park. calgarystampede.com

2018 Executive

Chair	Bob Morrin
Vice-Chair	David Mitchell
Treasurer	Phil Greer
Secretary	Lori Mainland
Governance Chair	Henry Villanueva
Founding Director	Wayne Meikle
Director at Large	Stewart Scott
Director at Large	Robert Bell
Director at Large	Kari Horn
Director at Large	Naomi Parker
Park Liaison	Julia Millen

Staff

Nic Blanchet, Executive Director
nic@friendsoffishcreek.org

Katie Bakken, Program Coordinator
katie@friendsoffishcreek.org

Shana Barbour, Program Coordinator
shana@friendsoffishcreek.org

Chris Lalonde, Communications Coordinator
chris@friendsoffishcreek.org

Membership Form -

The Friends of Fish Creek, PO Box 2780 Stn M Calgary, AB T2P 2M7
403-238-3841 info@friendsoffishcreek.org www.friendsoffishcreek.org

For info about the Park Protector program visit www.friendsoffishcreek.org/park-protector-signup

Name: _____ Phone: _____

email: _____ Address: _____

City and Province: _____ Postal Code: _____ Work place (optional): _____

Please send me information about leaving a gift in my will

Membership: Individual \$35.00 Family \$45.00

Senior (+60 years of age) Individual \$25.00 Family \$30.00

Donation: \$25 \$50 \$100 Other: \$ _____

Please Fill out: Membership \$ _____ Donation \$ _____ Total \$ _____

To pay online: www.friendsoffishcreek.org/membership or donate on CanadaHelps.org

(Charitable Registration #891199747 RR0001)

NEWSLETTER: email send paper copy

Signature of donor or member: _____

Applicants must be 18 years of age or older to become members. Tax receipts will be issued for donations of \$10.00 or more or if requested.