

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

www.friendsoffishcreek.org

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Volume 21, Issue 6
Dec 2016 / Jan 2017

Season's Greetings from the Friends of Fish Creek!



On behalf of the Friends of Fish Creek staff and volunteer board of directors, I would like to express our thanks for the support and involvement of our members, donors, volunteers and partners throughout the year. We wish you a wonderful holiday season and we look forward to seeing you in Fish Creek Provincial Park in 2017! - Nic DeGama-Blanchet, Executive Director

(The Friends office will be closed from December 23 - January 1, re-opening January 2)

DONATE TO SUPPORT THE LONG TERM SUSTAINABILITY OF FISH CREEK!



Did you enjoy some the community-focused events and activities the Friends organized this year? We hope that you and your family discovered new and exciting ways to enjoy this breathtaking park. The need for long term and reliable community-focused program funding continues to increase and the Friends of Fish Creek need your support.

Now is the best time of year to get those year end donations in! Any contribution made before midnight on December 31 will help reduce your income tax, and assist the Friends in upholding our mission and vision of a sustainable Fish Creek Provincial Park.

If you are looking for a unique gift idea, you can also donate to the Friends of Fish Creek in honour of someone you know who enjoys this park as much as you do. The recipient will receive a certificate from the Friends and the donor will receive a tax receipt.

For more information contact the Friends of Fish Creek or visit www.friendsoffishcreek.org/ffc-donate

White-tailed deer, photo courtesy of Anne Elliott

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Fish Creek Speaker Series

The Friends of Fish Creek Speaker Series program has been combined with the Alberta Parks and Protected Areas Slideshow 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. Please park near washroom facility.

**NEW FRIENDS OF
FISH CREEK T-SHIRTS
NOW AVAILABLE!
FOR INFO, VISIT
FRIENDSOFFISHCREEK.ORG
CALL 403-238-3841
OR EMAIL INFO@
FRIENDSOFFISHCREEK.ORG**



Growing Up in Alberta's Eastern Parks

Thursday, January 26, 2017 7:00 pm – 8:00 pm
Presented by Alison Cole, Visitor Experience Coordinator for the East-Central Portion of Alberta Parks

What do Alberta's badlands, sand-covered toes and foot-long hot-dogs have in common? Nothing really, except that they have all played a part in Alison Cole's discovery of eastern Alberta's lesser-known provincial parks. Join Alison on a photographic tour of some of the most interesting protected areas in the east-central portion of the province, and explore countless opportunities for both nature and outdoor recreation enthusiasts.

Free for Friends of Fish Creek members and \$5 for non-members. For more information or to register visit www.friendsoffishcreek.org/event/east

The Narrows Provincial Recreation Area photo courtesy of Alison Cole



For more info stay tuned to
friendsoffishcreek.org/programs/speaker-series



ONLINE STORE COMING SOON!

The Friends of Fish Creek will soon have amazing original art by local artists posted on our website for purchase. Drop into our office for a sneak-peak of beautiful framed photos by Robin Read and Ken Pride (pictured here), paintings by Jim Pescott and Sheila Schaetzle, a cross-stitch by Wayne Meikle and even a handmade quilt by Marie Beth Cowie. For more information call 403-238-3841 or email info@friendsoffishcreek.org



Quiz Question

Shaw's Meadow in Fish Creek was named after the Shaw Family. In which year did the Shaws arrive in the area?
The correct answer will be announced in the next issue of Voice of the Friends.

FAREWELL VOLUNTEERS AND MEMBERS - SEE YOU IN THE AUTUMN!

Katie Bakken, Program Coordinator

As many of you already know, I've had a couple of exciting life changes this year. In June, my partner Jeremy and I exchanged wedding vows on Bluerock Mountain and are expecting the arrival of our first child in late December.

Although we're super excited to become parents, I will definitely miss working with all of you while on maternity leave. Your love of and commitment to Fish Creek Provincial Park inspires me daily. Shana, who has been with us since spring 2014, will be taking on the majority of my responsibilities, becoming our full-time Program Coordinator for the 2017 season. A part-time Programs Assistant will be hired to assist and provide program support.

But I'm not leaving for good! I'll be back in the office in late fall 2017. Between now and then, you just might catch me enjoying a walk in the park with our baby, introducing him or her to the wonders of Fish Creek!



AGM

FRIENDS OF FISH CREEK PROVINCIAL PARK SOCIETY ANNUAL GENERAL MEETING

Wednesday, January 25, 2017

Registration at 6:30 pm, Meeting starts at 7:00 pm

Fish Creek Environmental Learning Centre, Shannon Terrace, Fish Creek Provincial Park



It is because of our members, volunteers and donors that the Friends have accomplished so much. Come and have your voice heard and meet with other members, our board and staff at the Annual General Meeting. Enjoy a special presentation by Nic DeGama-Blanchet, Friends of Fish Creek Executive Director. Refreshments will be served. Only members who have paid their 2016—2017 Membership dues are eligible to vote.

To register for the AGM visit friendsoffishcreek.org/event/agm

CASINO VOLUNTEERS NEEDED!

The Friends' Casino fundraiser is scheduled for Thursday and Friday, January 19 and 20, 2017 at the Deerfoot Inn & Casino and we need your help! The Casino provides essential funds for us to continue delivering quality programs and events for the sustainability of Fish Creek Provincial Park. Daytime, evening and back up positions are needed for both days! Please contact Chris Lalonde, Communications Coordinator, at chris@friendsoffishcreek.org or 403-238-3841 to volunteer or for more information. Thank you for your support and involvement.

Thank You Donors

The Friends of Fish Creek would like to thank the individuals and organizations below for their generous donations! We are truly grateful for your support and look forward to another great year in Fish Creek!

Deer Level \$5,000 - \$14,999

John Brabazon Bannister

Beaver Level \$1,000 - \$4,999

Rick & Elaine Barnes, Keith Ferguson, Leslie Fillion, Tim Hopwood, Noela & David Moffit, Wayne & Joan Walker, Gus Yaki & Aileen Pelzer, Eon Foundation, Little Rock Printing, Spectra Energy, Stantec

Spruce Level \$750 - \$999

George Best, Peter Hoyer, David Mitchell, Robin Read, Sheila Schaetzle, John Stegeman

Aspen Level \$500 - \$749

Dan Arndt, Jeff Biggs, Sean Cowie, Chris Fisher, Janet Gill, Douglas McIntosh, Rick Robinson, Stewart & Janice Scott, Craig Senyk, Burke Settee, Jeff Tonge, Flescher Marble & Tile

Birch Level \$100 - \$499

Thomas Aherne, David & Norma Anderson, Tracy Anderson, Christina Arnold, Sheila Bannerman, Shana Barbour-Welsh, Deena Bell, Bob Bowman, Brent Boyd, Rob Brown, Lorna Coglon, Sylva & Barb Cyr, Nic DeGama-Blanchet, Linda Deminchuk, Bill & Elizabeth Dittmer, Lyne Dufresne, Nichole Ely, Kari Fairman, Maureen Farish, Kris Fernet, Miriam & Stephen Field, Chris Galas, Phil Greer, Genevieve Groulx, Gerald Halford, Barry Hertz, William Hiebert, Patricia Kisman, Michelle Kromplak & Michael Sine, Chris Lalonde, Bev Lane, Sandra Langford, Patricia Lee & Jim Zaback, Lisa Listgarten, Ches & Heather Maciorowski, Judy Maclachlan, Frank Matson, Bob & Louise Morrin, Lynda & Gordon Needham, Larry & Helen Newel, Keith & Cathie Newmarch, Tim Nicholl, Jackie Palmer, Naomi Parker, Ralph Parks, Katie Pearson, Jim Pescott, Jill Pollock-Ceh, Gerald Pulak & Elizabeth Churchill, Rose Ratliffe, Shannon Ryhorchuk, Linda Saunders, Rose Scollard, Douglas Sharp, Diane Stinson, Don Stiles, Carol Stokes, David Taylor, Leao & Leigh Vermeyley, Mark Wasylenko, Monique Withers, Debra Wood-Zybutz & Leonard Zybutz, Rob Worona, Cenovus Energy Foundation

Special Recognition

Barry Ashton, Benjamin Baragar, Ryan Barth, Jay Bradley, Robert Bridge, Dianne Bruce, Marg Burgart, Joanna Card, Donna & Bruce Carey, Susan Carter, Karen Chow, Mark Cooper, Patricia Coulson, Joan

Davies, Jacqueline & Walter Deegan, Larry Doucet, Anona Dowling, Deanna Downton, Linda Dudar, Anne Elliott, Bea Flood, Byron Frederick, Jacquie & Greg Halpen, Bob Harris, Eileen Herring, Michelle Hoarse, Nicola Hobson, Kathryn Hull, Deb Hymers, Tom Jackman, James & Rosalind Jefferson, Carl & Liz Johnson, Lynda Kiejko, Kathleen Kruger, Bryan & Elizabeth Leach, Lynn Leduc, Ryan Leopold, Lori Mainland, Lloyd & Earlene Manz, Wendy McCreadie, Maureen McKee, David McLellan, Paige Millhaem, Lindsey Moen, William Monohan, Carol & William Moore, Masao Nagao, Murielle & Chester Nagy, Dorainne Neal, Lynda & Arnold Nugent, Kristin O'Connell, Jennifer O'Leary, Ron Ostrander & Elena Schacherl, Kendall Palmer, Ian Parker, Bruce & Merle Peers, Stephen Phelps, Santisouk Phommachakr, Lori Pizante, Ron & Rochelle Platt, Robert & Patricia Platt, Robert Pollard, Rizwan Rasheed, Gord Rasmussen, Manoj & Daxa Raythatha, Lisa Richards, Sharon Richardson, Leon & Michele Roy, Bonnie Schwab & Robert Perrin, Ron & Judy Shandro, Kimberly Shartau, Alissa Shivji, Scott Simpson, Richard Slopek, Nancy Smyth, Jennifer Solem, Gaetanne Spoonheim, Stephen & Dorothy Spring, Marcy Stader, Robert Stanton, Carole Steeves & Joe Klassen, Don Stiles, Graham Sucha MLA, Joyce Szuch, Donald & Marilyn Talbot, Orawan Tan, James Thoms, Larry Wasyliv, Deborah White, Sigrid Wili, Ruth Zinck, Catalyst LLP, M Pak Plastics Inc, Dragon Pipeline Specialists Inc, Pricewaterhouse Coopers, TELUS, US Multiservices

Includes donors of in-kind goods and services. Thank you also to all donors who wish to remain anonymous.

THANK YOU 2016 OUTSTANDING VOLUNTEERS!

On November 8, we hosted our annual Volunteer Appreciation Dinner, at which we recognized a handful of our volunteers for going above-and-beyond in the ways they contribute to the Friends. It is always challenging to choose award winners as so many of our volunteers shine. Thank you to our event sponsors Alberta Environment and Parks Watershed Resiliency and Restoration Program, Land Stewardship Centre and Calgary Co-op Deer Valley. After much deliberation, here is the list of the 2016 Friends of Fish Creek Award Winners:

Volunteer of the Year – Helen & Larry Newel, for volunteering for so many years in Friends' programs, but also for consistently going the extra mile to support our work.

Trail Care – David Mills, for orchestrating the construction of the Fish Creek Mountain Bike Skills Park and for his ongoing dedication to the Single Track Trail Network.

Fish Creek Speaker Series – Jason Kang, for his long-term involvement in many different programs, from Fish Creek Speaker Series to Trail Care and for sharing his photographic skills with us as well.

Behind the Scenes – Lynda & Gordon Needham, for spending countless hours promoting our events and happily helping out wherever needed at special events.

Weed Whackers – The Venturers Society, for their support of Weed Whackers and other stewardship programs.

Restoration & Stewardship – Rose Ratliffe, for enthusiastically guiding other volunteers in our restoration and stewardship programs! And our 2nd award winner, Caroline Jasper, for spearheading our new restoration monitoring program and designing a monitoring system for restoration project sites.

Youth Nature Programs – Dave Reid, for designing a new program which successfully turned a potentially dry topic into an engaging program that the kids truly enjoy and learn from experientially.

IT Genius – Benjamin Baragar, for his long-term and critical dedication to the Friends IT network in the office.



Park Watch – Bill Skinner and Bryan Simpson, (pictured here) for responding to a paddler trapped on an island in the Bow and getting him the help he needed to get to safety.

Birding—Gus Yaki and all the volunteer Birding Course instructors, for their hard work and dedication.

Wellness – Gail Goldsmith, for the energy and enthusiasm she brings to our Wellness Programs and for always bringing a smile and a positive attitude.

Creekfest – David Arnott, for putting in over 100 hours on critical tasks leading up to *Parks Day & Creekfest*.

Minibus Driver – Carl Johnson, for bringing up great ideas to improve program efficiency, such as installing a keypad lock on the red barn – and for installing it!

Capture Nature – Rob Bell, for his team spirit and attention to detail he brought to the 2nd annual Capture Nature Photography Contest.

Social Enterprise Leader – Diane Smith, for jumping into our Wellness Programs with both feet, hosting Qi Gong programs and collaborating with other Instructors to offer combination classes in the park.

New & Noteworthy Award – Kumiko Kamiike, for exhibiting such great interest and capacity to help out and the ability to reliably follow through, logging well over 100 hours across eight programs.

Educator of the Year – Wayne Meikle, for continuing his work as founder of the Friends of Fish Creek by offering tours on diverse topics that are always a hit.

Board Award – David Mitchell, for his consistent dedication to the Board but also to the Friends Birding program and for photo-documenting a wide variety of our programs!

12 WEEK WINTER BIRDING COURSE STARTS MONDAY, JANUARY 9, 2017



Learn about the variety of bird species in Fish Creek Provincial Park and other natural areas within Calgary through the Friends of Fish Creek Provincial Park Society's Winter Birding Course. In the winter months, birds are much easier to see since the deciduous trees have shed their leaves, there are fewer species present and they often occur in flocks. "In fact, there may well be more individual birds within Calgary during the winter than in the summer months," said lifelong naturalist Gus Yaki, who, along with other experienced birding instructors, conducts these outings as a fundraiser for the Friends of Fish Creek.

Choose to come on Mondays, Tuesdays, Wednesdays or Thursdays at 9:15am, Saturdays at 9:00am, or on Sundays at 9:00am or 1:15pm.

Fee for once a week outings: Friends of Fish Creek Members - \$60.00; Non-Members - \$100.00

Twice a week outings - \$100.00, Youth 16 years of age or younger with registered adult - \$5.00

For more info or to register visit www.friendsoffishcreek.org/programs/birding-course

Black-Capped Chickadee, photo courtesy of Anne Elliott

SUCCESSFUL PARK WATCH EDUCATION AND OUTREACH TO DOG OWNERS

Article by Park Watch Stewards Carl and Liz Johnson

One of the issues that has occurred in Fish Creek Provincial Park over the years is the "doggie bags" left by a few dog walkers. Although most will get picked up by Park Watch teams and caring visitors to the park, it has been a constant source of frustration to volunteers and visitors. We have found these little "gems" left beside the trail, thrown into the trees off the trail and even tied to branches.

Last spring, we initiated a pilot trial in Shannon Terrace and approached Tim Horton's in Braeside to provide coupons for a free hot drink to the Friends of Fish Creek Park Watch Program. They gave us 60 coupons to start with. These coupons were handed out to any dog walker that picked up after their pet and disposed of it properly. Over the summer approximately 40 coupons were given out and generated a lot of positive discussions between Park Watchers and the responsible dog owners. Hopefully the word will spread and eventually the abandoned doggie bags will disappear. The dinosaurs did, so this should be a small feat.

Tim Horton's deserves a huge thank you for their support and although during our shifts this year the doggie bags were fewer than last year, we cannot correlate back to this initiative – yet. With the help of Tim Horton's, we plan to continue the program next year and perhaps try to expand to other areas of the park.

The Friends staff would also like to express our thanks to Carl and Liz for suggesting and spearheading this great new addition to the program this year!



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

Sunday, January 1, 2017, 8:30am to noon: 25th Annual Fish Creek Provincial Park New Year's Day Bird Count.
Meet at Bebo Grove, to cover the mid-western end of the park.

INTRODUCING YO-QI: A WELLNESS EXPERIENCE

The Friends' staff take every opportunity to improve our programs based on the ideas and feedback we receive from the public and our volunteers. When we were approached by our Wellness Program instructors about the possibility of extending their yoga and Qi Gong sessions into the winter, we jumped at the chance!

We are excited to announce that 2017 will bring people an opportunity to participate in our Yo-Qi Wellness Experience pilot project as we assess the level of interest there is for our Wellness Program continuing throughout the year.



"Yo-Qi" is a combination of Yoga and Qi Gong – and each session will have a different wellness-focused theme. Sessions will be lead by Dianne Smith, Spring Forest Qi Gong Certified Instructor, and Yoga and Guided Meditation Instructors Gwen Draude of Birds of a Feather and Naomi Parker of Elemental Wellness.

Sessions will be held indoors at the Environmental Learning Centre at Shannon Terrace from 7:00 - 8:00 pm on Thursday evenings:

- January 26** – Boost Your Immunity
- February 23** – Heart Opening
- March 23** – Spring Cleaning and Detox
- April 20** – Connecting to Earth
- May 18** – Gratitude for Mother (your own or Mother Earth!)

And for a little extra winter fun, join us on February 11 from 12:30-2:30 pm for our first ever "Snow-Qi" class! We'll snowshoe to a peaceful spot and try some poses and meditation with the park as our wintry backdrop. All participants will be required to supply their own snowshoes for this excursion.

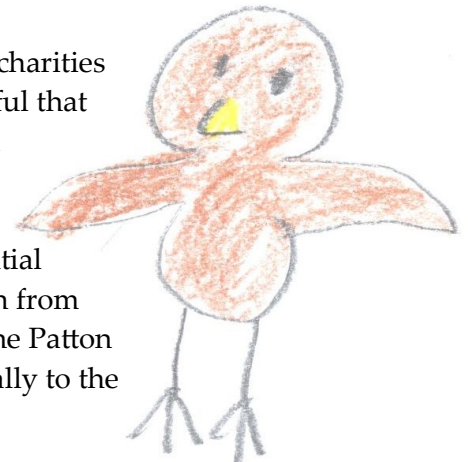


To register and for more information visit www.friendsoffishcreek.org/programs/wellness-clinics

Birdies for Kids Update

SCORING AN ACE FOR CALGARY KIDS AT THE SHAW CHARITY CLASSIC

The Shaw Birdies for Kids presented by AltaLink program helps support local charities with a focus on youth in and around Calgary. This year the Friends were grateful that Learning Naturally was chosen for the second year to be part of this wonderful program held in conjunction with the Shaw Charity Classic Golf Tournament from Aug 30 – Sep 4. Through the matching donation program, \$1000.00 was raised to support Learning Naturally in Fish Creek that will help fund an essential and unforgettable day of learning in Fish Creek Provincial Park for 100 children from Calgary schools who otherwise may not have this opportunity. Thank you to the Patton Group, Shaw Communications, AltaLink, the Shaw Charity Classic and especially to the generous donors for helping support outdoor education in Fish Creek through Birdies for Kids!



Thank You Supporters! Without your contributions our Programs and Events would not be possible!

Bobcat Level:



**TD Friends of the
Environment
Foundation**

Deer Level:



QUIZ ANSWER - OCT / NOV ISSUE

In March of this year, which member of the park's wildlife community was found wandering in the Shawnessy area?

On the morning of March 30, City Police received a call about a moose in the Shawnessy Superstore parking lot. The area was fenced off from nearby Macleod Trail, which helped protect morning commuters as well as the young female moose. Wildlife like moose will sometimes enter neighbourhoods surrounding green spaces like Fish Creek Provincial Park to feed on ornamental shrubs in peoples' yards. Alberta Fish and Wildlife Officers managed to tranquilize the animal just before 9am and she was safely relocated to Kananaskis Country. If you see a moose in your neighborhood in a dangerous situation, please call 911. For non-emergency moose sightings please call Alberta Fish and Wildlife at 1-800-642-3800 . (cbc.ca calgaryherald.com calgary.ca)

2016 Executive

Chairman	Tom Jackman
Vice-Chairman	David Mitchell
Treasurer	Phil Greer
Secretary	Stewart Scott
Director at Large	Bob Morrin
Director at Large	Richard Link
Director at Large	Henry Villanueva
Park Liaison	Jennell Rempel

Staff

Nic DeGama-Blanchet, Executive Director
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The Friends of Fish Creek

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Name: _____ **Phone:** _____

email: _____ **Address:** _____

City and Province: _____ **Postal Code:** _____

Work place (optional): _____

☐ Membership Renewal ☐ New Member ☐ I would like to make a donation

☐ Park Protector Monthly Donor Plan:

Monthly Contribution ☐ \$10.00 ☐ \$30.00 ☐ \$50.00

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/friends-of-fish-creek-membership-signup or donate on CanadaHelps.org

(Charitable Registration #891199747 RR0001)

NEWSLETTER: ☐ email ☐ send paper copy

Signature of donor or member: _____

Tax receipts will be issued for donations of \$10.00 or more or if requested.

**FRIENDS OF
FISH CREEK
MEMBERSHIP
MAKES A
GREAT GIFT!**