

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

www.friendsoffishcreek.org

PO Box 2780 Stn M Calgary, Alberta T2P 2M7 403-238-3841

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Feb / March 2017

Spring Birding Starts April 3! See page 4 for more info!



25TH ANNIVERSARY LEGACY BRICK PATHWAY

2017 sees us celebrate the 25th anniversary of the founding of the Friends of Fish Creek, and we will be replacing the pathway to the front door of the Cookhouse with a special brick pathway consisting of bricks bearing dedications or messages from donors.

This is a great opportunity to leave a legacy in the park for a loved one or to show support for the work the Friends do toward the sustainability and enjoyment of Fish Creek Provincial Park.

Only 248 bricks available. Get yours today!

\$250.00 / brick and you will receive a tax receipt.

For more information contact the Friends or visit www.friendsoffishcreek.org/brick

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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.**

Beaches, Birds, and the Boreal Forest: Lesser Slave Lake Provincial Park

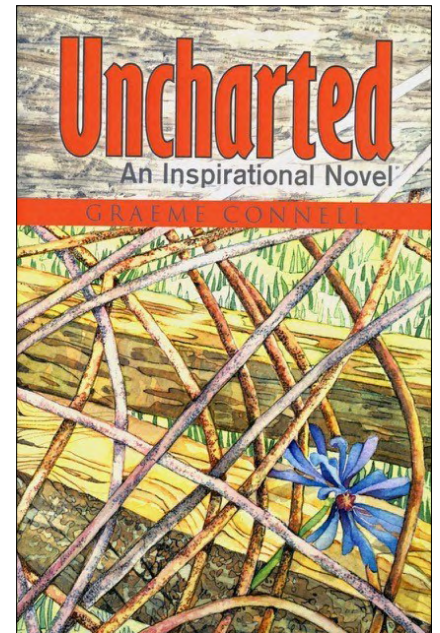
Thursday, February 23, 2017 7:00 pm – 8:00 pm
Presented by Ceiridwen Robbins, Visitor Services Coordinator,
Alberta Environment and Parks, Slave Lake District

Allow Ceiridwen Robbins of Alberta Parks to transport you to northwestern Alberta and explore the fascinating landscape and diversity of life in Lesser Slave Lake Provincial Park – all without leaving Calgary! Learn about the beaches, birds, and boreal plants that abound in this provincial park, including some rare and unusual species.

Uncharted: A Photographic Wildflower and Book Evening with Graeme Connell

Thursday, March 23, 2017 7:00 pm – 8:00 pm
Presented by Graeme and Lois Connell

Calgary author Graeme Connell's novel *Uncharted* centres on Fish Creek Provincial Park and the Rocky Mountains. In this novel, the main character, Brewster, has lost his wife and his reason to live – then, with help from a profoundly deaf woman and a family facing difficult times, his life finds new meaning through wildflowers and a botanical project in Fish Creek. It is a truly uplifting story for anyone who has experienced deep loss and found solace in nature. Join us on March 23 as Graeme reads from *Uncharted: An Inspirational Novel*, presents a show of dazzling wildflower photos from the Kananaskis region, including Fish Creek Provincial Park, and signs copies of his new book. *Uncharted recently won a Bronze Medal for general fiction at the Independent Publisher 2017 Illumination Awards!*



Discover Calgary's Best Walks with author Lori Beattie

Thursday, April 20, 2017 7:00 pm – 8:00 pm
Presented by Lori Beattie, author of *Calgary's Best Walks*

Join Lori for a visual presentation on the very best walks in Calgary and learn about Lori's Walk 150 initiative to celebrate Canada's 150th birthday and her partnership with Friends of Fish Creek to offer the Good Grief! - Walking through Grief and Loss walking program coming to Fish Creek Provincial Park in May.

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



Quiz Question

In 2016, which bird was declared Canada's National Bird by the Royal Canadian Geographic Society?
The correct answer will be announced in the next issue of Voice of the Friends.

WELCOME TO THE TEAM KUMIKO!



Hello, my name is Kumiko Kamiike. I may have met you last year when I was volunteering with the Friends of Fish Creek.

Ever since I moved to Calgary six years ago, I have wanted to volunteer

and spend time in Fish Creek Provincial Park, but without a vehicle, it was difficult for me to get to the park as much as I wanted. In 2015, that changed and I signed up for every volunteer opportunity that I could and in the process learned many things about the park and the Friends of Fish Creek.

Now I am very pleased to have the opportunity to be here as Program Assistant while Katie is on leave. When I started in December I was very excited and a little nervous, but everyone I have met so far, and all the messages I received, have been so friendly and heart-warming that my nervousness has melted away. I am so glad to be part of the Friends of Fish Creek team.

I was born in Hiroshima, Japan spent time in Tokyo and Nagasaki, and later attended Shimane University to study forest ecology and receive my master's degree. As a child, I loved animals and was always playing outdoors. I originally wanted to be a veterinarian, but then one day I thought, "If I were a vet, I would have to wait in a clinic until the animals got injured or sick. That's not what I want." It was a very serious thought for a young child to have, but it led to my career path. Even at a young age I knew what I wanted to do: I wanted to protect wild animals and their habitats.

After graduation, I worked as a field interpreter for tourists and worked in the field of wild bear management in Nagano, Japan. During my career, I led various tours, developed wild bear programs, and worked to help resolve conflicts between bear and human activities. I loved my job and the opportunity to work outdoors.

I moved to Calgary when my husband got a job here, and even though it was not my choice to live here, I have found that this city has many benefits and opportunities. We are so close to the mountains here and have Fish Creek Provincial Park right inside the city! In 2016, I volunteered for Friends of Fish Creek programs like Restoration, Wellness, Youth Nature, Fish Creek Speaker Series and many others, and was delighted to receive the New and Noteworthy Volunteer of the Year award last November. I am so glad to be working in this beautiful park and am looking forward to seeing and working with all of you!

ONLINE STORE NOW OPEN!

The Friends of Fish Creek have amazing original art by local artists posted on our website for purchase, as well as t-shirts and the new book *Uncharted: An Inspirational Novel* (see page 2 for more info.) Drop into our office to see beautiful framed photos by Robin Read and Ken Pride (pictured here,) a painting by Sheila Schaetzle, a cross-stitch by Wayne Meikle and even a beautiful handmade quilt by Marie Beth Cowie. For more information call 403-238-3841 or email info@friendsoffishcreek.org



Spring Birding Course



Increase Your Knowledge of Fascinating Bird Species as They Return from Their Wintering Grounds and See Them in Their Local Habitats!

Spring Birding Course Starts Monday, April 3

Whether you are a beginner, intermediate or expert, this course will help you to identify the newly arriving migrant birds, and allow you to become familiar with the valuable bird habitat near you. The course will take place outdoors in Fish Creek Provincial Park and other natural areas within Calgary. As a fundraiser for the Friends of Fish Creek, these courses will once again be conducted by volunteer instructor and lifelong naturalist Gus Yaki and other knowledgeable and experienced volunteer instructors.

Course offered at 9:15 am on Mondays, Tuesdays, Wednesdays or Thursdays;

Saturdays at 9:00 am, and Sundays at 7:30 am, 9:00 am or 1:15 pm

Choose to come 1 or 2 Days / Week. Each outing is approx. 2.5 - 3 hrs in duration.

Fees for Course: 1 day / week \$60 for Friends Members, \$100 for Non-Members,
\$5 for Youth with Registered Adult, 2 days / week \$100 for Friends members

Registration Required. To Register or for more info:

www.friendsoffishcreek.org/programs/birding-course (Eastern Kingbirds photo courtesy of Tony Leprieur)

THANK YOU CASINO VOLUNTEERS!

The Friends would like to thank the volunteers who helped at the Casino Fundraiser on January 19 and 20 at the Deerfoot Inn & Casino. This important fundraiser takes place every 18 months, and raises funds to support our daily operations and program delivery. We are sincerely grateful to all volunteers, many of whom worked two shifts and/or stayed late, and to the back-up volunteers. Thank you Sheila Carter, Jacqueline Deegan, Jim Donohue, Julie Figures, Barbara Frasc, Doreen Fulton, Kayla Giroux, Phil Greer, Darlene Halwas, Joanne Hatch, Bill Hiebert, Larry Hobson, Stanley Ingham, Carl and Elizabeth Johnson, Shelley MacLellan, Lori Mainland, Wayne Meikle, Steve Mulholland, Liz Nicolichuk, Pat Prevey, Neil Puffer and Joyce Crew, Sue Rahal, Rose Ratliffe, Rick Robb and Donna Leonard, Libby Roth, Bryan Simpson, Stuart Simpson and Jean Channon-Simpson, Jennifer Solem, Michelle Stager, Gene and Anne Swain, Leao Vermeylen, Wayne and Joan Walker, and Syl Zacher.

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

Saturday, February 25, 2017 9:00 am Birding at North Glenmore Park, Meet in parking lot C just west of Rowing Club. Can be accessed from south end of Crowchild Tr SW. Leader Penny Smith, 403-249-5997

THE OUTDOOR CLUB OF THE FAMILY LEISURE CENTRE SENIORS SUPPORT TD LEARNING NATURALLY

The Friends have enjoyed collaborating with the Outdoor Club of FLC Seniors in recent years. They have participated in guided walks of Fish Creek and have made generous donations. We would like to extend out sincere thanks to the Outdoor Club of the FLC Seniors for donating \$1,500 to the Friends of Fish Creek in support of TD Learning Naturally. These funds will help bring 150 students to Fish Creek and provide them with an unforgettable learning opportunity they otherwise may not have. The TD Learning Naturally project and the Outdoor Club share the same priorities of being outdoors, learning about outdoor activities, nature and the environment, and the importance of being physically and socially active. This contribution was one way the FLC Outdoor Club is celebrating the 150th anniversary of Canada and through this donation, this dedicated community group plans to inspire the next generation of park users and pass on their love and respect for nature and the outdoors. Thank you to the Outdoor Club for your most generous donation and we look forward to collaborating with you in the future!



Friends Executive Director, Nic DeGama-Blanchet (centre) accepting the cheque for TD Learning Naturally with members of the Outdoor Club of the FLC Seniors
Photo, The Outdoor Club of the FLC Seniors

Walking Tour in Fish Creek



WAYNE'S WONDERFUL WINTER WALK

Saturday, March 11 1:00 pm - 2:30 pm

Join dedicated volunteer, retired park planner, and founding member of the Friends of Fish Creek, Wayne Meikle for a wintry walk along the banks of Fish Creek. Wayne's Wonderful Winter Walk provides an amazing opportunity for families to visit the park in the winter and learn about the history of this area! To register or for more information visit www.friendsoffishcreek.org/programs/other-tours

Photo, Sue Deluca

Volunteers Needed!

NEW VOLUNTEER OPPORTUNITIES IN 2017

The Friends continue to grow and evolve in response to different influences around us; this means that every now and then, new programs pop up, along with new ways of getting involved. This year, we are looking for a few volunteers to help in two fairly new and critical areas.

As part of our public education efforts, we are hoping to recruit volunteers to act as tour guides in the delivery of public tours on a variety of topics, such as invasive plants, beaver management and park history. If you are interested in the nature, culture and history of Fish Creek Provincial Park and are comfortable presenting to a crowd, this may be the perfect opportunity for you!

This year we also have a volunteer role for someone who prefers more behind the scenes opportunities. Several of our programs are in need of give-aways that are used to build good will in the community – such as bike bells for Park Watch Stewards to hand out to encourage pathway etiquette and safety - as well as prizes for our Capture Nature Photo Contest. We are looking for one or two people to work together in sourcing products and prizes that support these programs. If either of these roles is of interest to you, we'd love to hear from you!

Contact Shana at shana@friendsoffishcreek.org to find out more.

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: A Wellness Experience pilot project as we assess the level of interest there is for our Wellness Program continuing throughout the year.



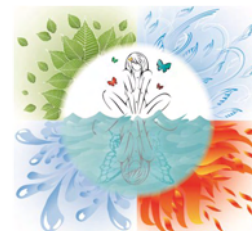
"Yo-Qi" is a combination of Yoga and Qi Gong – and each session will have a different wellness-focused theme. Sessions will be lead by Diane Smith, Spring Forest Qi Gong Certified Instructor, and Yoga and Guided Meditation Instructors Gwen Draude of Birds of a Feather and Naomi Parker of Elemental Wellness.

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

- 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 wintery 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



FREE PUBLIC INFORMATION SESSION - SATURDAY, MARCH 4, 2017



LEAVING A LEGACY FOR CHERISHED GREEN SPACES AND HEALTHY FAMILIES

**Free Public Information Session – Saturday, March 4, 2017
2:00 pm – 4:00 pm at the Fish Creek Environmental Learning Centre**

Your estate plan should reflect what is most important to you and your loved ones. Estate planning is having a say in what happens to your assets, and it protects your wealth for the enjoyment of your beneficiaries. With an estate plan in place and by taking a few basic steps to prepare, you can reduce the stress to family members and loss of estate value considerably. Do you have questions about planning your estate? Would you like to ensure the proper management and distribution of the funds you leave behind? Join Emma Hamilton, lawyer in the Wills & Estates group of McLeod Law LLP; Stuart Reid, Chief Development Officer Kids Cancer Care Foundation of Alberta; and Bob Morrin, Friends of Fish Creek Board Member to learn about the benefits of estate planning and leaving a legacy.

REGISTRATION REQUIRED. FOR MORE
INFORMATION OR TO REGISTER VISIT
WWW.FRIENDSOFFISHCREEK.ORG/ESTATE-2



Thank You Supporters!

Bobcat Level:

TD Friends of the
Environment
Foundation

Beaver Level:

**THE OUTDOOR
CLUB of the
FLC Seniors**

QUIZ ANSWER - DEC / JAN ISSUE

Shaw's Meadow in Fish Creek was named after the Shaw Family. In which year did the Shaws arrive in the area?

Samuel William Shaw and his wife Helen arrived in the spring of 1883 and settled along Fish Creek near current day Macleod Trail. They came from Kent, England to make a new life in the unsettled Canadian west. Together they established Alberta's first industry, a woolen mill that could manufacture up to 300 lbs of wool per day. Helen Shaw opened Midnapore Woolen Mills in downtown Calgary in the area currently known as Stephen Ave and sold skirts, blankets and other woolen products. Many Yukon Gold Rush prospectors also purchased clothing from the store. The south east neighbourhood of Shawnessy was named after this important family and Millrise was named after the Shaw's woolen mill. FCP Park Notes thedeepsouth.ca

2017 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
Director at Large	Linda Dudar
Director at Large	Lori Mainland
Director at Large	Robert Bell
Director at Large	Kari Horn
Park Liaison	Jennell Rempel

Staff

Nic DeGama-Blanchet, Executive Director
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Shana Barbour-Welsh, Program Coordinator
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Kumiko Kamiike, Program Assistant
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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!**