

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

PARKS DAY & CREEKFEST



**SATURDAY,
JULY 15, 2017
11 AM - 4 PM
BOW VALLEY
RANCH
FISH CREEK
PROVINCIAL PARK**



FREE AND FUN FOR THE WHOLE FAMILY!

Celebrate Canada 150 and the 25th anniversary of the Friends of Fish Creek at Parks Day & Creekefest! Enjoy

performances by Juno-award winning Peter Puffin's Whale Tales, local musician Jennie Harluk, Alberta Parks' "Riddle of the Wetlands," and a presentation by the Calgary Wildlife Rehabilitation Society.

Take part in an interactive Yo-Qi Wellness Experience, and guided walks of wetlands, beaver habitat and the new ATCO native grassland area. Enjoy hands-on activities and educational experiences hosted by community organizations. Food will be available for purchase and there will be exciting draws for amazing prizes!

www.friendsoffishcreek.org/event/creekefest www.facebook.com/creekefestinfishcreek



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CANADA 150

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.**

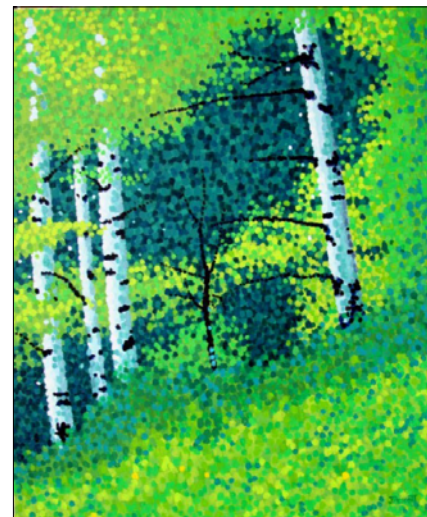
Art in the Park -

Art Exhibit, Meet and Greet and Special Presentations with Local Artists

Thursday, June 22, 2017 7:00 pm – 8:00 pm

Presented by Jim Pescott, Yasmin Irani and Gerry Mulhall

Join us for an evening celebration of art and nature in Fish Creek Provincial Park. This event unites the Fish Creek Speaker Series program with the Friends of Fish Creek Wellness suite of programs and will help launch the summer wellness season! Meet with local artists Jim Pescott, Yasmin Irani and Gerry Mulhall, view their work and discuss their art and techniques. Join us for the unveiling of the 25th Anniversary Friends of Fish Creek Legacy Signature Piece by internationally recognized and award-winning pointillism artist Jim Pescott! A limited number of prints will be available for sale. Pictured here, A Familiar Place by Jim Pescott



See page 6 for more info on painting courses taking place this summer

Fish Creek Speaker Series will return in September!

For more info stay tuned to

friendsoffishcreek.org/programs/speaker-series



MARSHALL SPRINGS WALKING TOUR WITH WAYNE MEIKLE

Tuesday, August 8, 7:00 - 9:00 pm

Join Friends founding member and volunteer extraordinaire, Wayne Meikle, to learn about the history of Marshall Springs and how Fish Creek Provincial Park came to exist. Learn about what the park used to look like and how it has changed over time. From beaver dams to trails that are no longer used, to exploring areas with vegetation that is unique to this part of

the park, you will come away with a greater appreciation and understanding as to the need to conserve and protect this special place. Wayne Meikle worked for Provincial Parks in Alberta for 35 years until he retired as an Urban Park Planner. This is a great family event to explore this beautiful area of the park! Admission is only \$5.00. To register or for more info **www.friendsoffishcreek.org/programs/other-tours**

Quiz Question

What are some ways that beavers help to improve water quality and increase biodiversity?

The correct answer will be announced in the next issue of Voice of the Friends.

Anniversary Bricks are Going Fast!



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

REWILD FISH CREEK PROVINCIAL PARK!

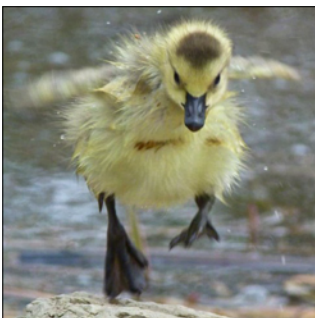


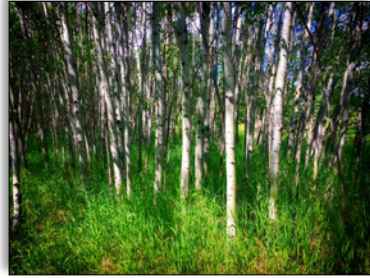
Photo courtesy of Anne Elliott

Rewild: to return to a natural and wild state. Rewilding Fish Creek Provincial Park will encourage the regeneration of natural, wild ecosystems within our park, allowing current and future generations of Albertans to reconnect with, and wonder at, Alberta’s natural beauty. Part of the rewilding process will be planting native streambank vegetation along the banks of Fish Creek. New trees and other vegetation will be planted to build riverside forests and habitat for wildlife, with the help of volunteers and donations. Together it will be possible to rewild and revitalize Fish Creek, and make the provincial park a true reflection of our native Alberta. Stay tuned for more information on how you can support this project and rewild Fish Creek Provincial Park.



CAPTURE NATURE

3RD ANNUAL FRIENDS OF FISH CREEK PHOTOGRAPHY CONTEST RUNS UNTIL JULY 31, 2017



Show us your best park pics for a chance to win amazing prizes from Vistek! A maximum of 10 photo images can be submitted by each participant, across four different categories:

- Wildlife: any wild animal will do
- Black and White: for a different perspective!
- Landscape: water, trees, sunset, fields of flowers, the whole park is a beautiful landscape!
- Macro: close up shots of anything you like

All photos must be taken in Fish Creek Provincial Park.

For more information or to register visit friendsoffishcreek.org/programs/capturenature

Photos: squirrel and Woodpecker, Larry Doucet; forest, Rick Robinson; dragonfly, Finlay Jones



Minibus Photography Course

INTRODUCTION TO PHOTOGRAPHY WITH BOB BAKKER

Do you need help or ideas with photographic composition and camera operation? Instructor Bob Bakker is a film and photography enthusiast who has completed the photography certificate program at SAIT. The class will tour the park in the open-air minibus, and we'll make a few stops along the way so that you can take photos, try some techniques, and ask questions. Bring your camera, camera manual, and enthusiasm. Tripod optional. All tours leave from the Bow Valley Ranch.

Fee is \$20 per person.

Registration required and space is limited to 8 participants.

Upcoming courses:

- June 13, 9:00 - 11:00 am; June 20, 6:30 - 8:30 pm
- July 11, 9:00 - 11:00 am
- Aug. 8, 6:30 - 8:30 pm; Aug. 12, 9:00 - 11:00 am
- Sep. 7, 9:00 - 11:00 am; Sep. 14, 6:30 - 8:30 pm;
- Sep. 23, 9:00 - 11:00 am

For more information or to register visit www.friendsoffishcreek.org/programs/minibus



Wellness in Fish Creek

ENGAGING COMMUNITY MEMBERS AND FOSTERING OVERALL WELLNESS

Don't we all simply feel better when we are outside? There are many health benefits associated with spending time in the outdoors, and Fish Creek Provincial Park is a perfect venue to take part in activities that support a balanced, healthy lifestyle. All Wellness sessions cost only \$10 each and take place at the Bow Valley Ranch in Fish Creek.



WELLNESS SCHEDULE

Wellness Season Program Kickoff! Wednesday, June 21, 7:00 - 8:30 pm

Join us as we launch our Wellness Program this year with a fun night of yoga, meditation and Spring Forest Qi-Gong on the evening of the summer solstice! Following your practice, you can stay to mingle, meet with the instructors, and enjoy tea and light treats.

Yoga in the Park

Wednesdays from 7:00 - 8:30 pm June 28 - August 30, and from 7:00 - 8:00 pm September 13 and 20

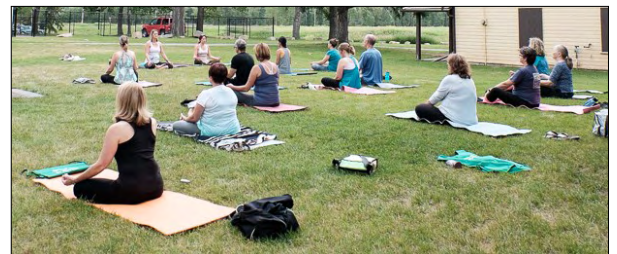
Naomi Parker and Gwen Draude team up again for their fifth season of yoga in the park! They focus on a form of practice known as Raja or "Royal" yoga, which emphasizes the connection between body, energy, and mind through postures, meditation, and breathing techniques. Find your balance with Naomi and Gwen in beautiful Fish Creek Provincial Park and connect with true bliss – if only for an hour and a half at a time!



Full Moon Meditation

7:00 - 8:30 pm on Sunday, July 9; Monday, August 7; Wednesday, September 6

Our Wellness instructors will each take a turn in offering guided meditation sessions on full moon evenings throughout the summer. Join in on the amazing full moon energy!



Spring Forest Qi-Gong

Mondays from 7:00 - 8:00 pm June 26 - August 28

This meditative practice is based on the ancient wisdom and belief that we all have the power and ability to heal ourselves. Spring Forest Qi-Gong incorporates simple moving meditations to help open your heart, mind and physical self. Side effects – more happiness, improved mobility and health! Join instructor Diane Smith on a journey towards balanced and flowing energy this summer!

For more information or to register visit www.friendsoffishcreek.org/programs/wellness-clinics

See next page for more Wellness Opportunities

PAINTING IN THE PARK

Join the Friends as we venture into all things artistic with a few fun and creative outdoor painting workshops!

Paint Out!

6:30 - 8:30 pm on June 23 and August 11, Instructed by Gerry Mulhall

What better way to connect with nature than to immerse yourself and try to capture it in paint? This course is perfect for those with a bit of experience, and you can paint in any medium (oil, acrylic or watercolour.) Many of Gerry's paintings reflect his love of nature and Alberta landscapes, and he is an experienced instructor and member of the Leighton Art Centre and Calgary Sketch Club.



Plein Air -

Beginners Water Colour Painting

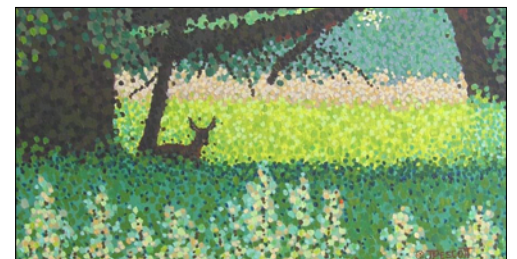
10:00 am – 2:00 pm on August 10 and 17, Instructed by Yasmin Irani

Yasmin Irani graduated with honors with a Bachelor of Fine Arts Degree, from The College of Art, New Delhi, and painted in a variety of continents over the course of many years. Her painting style is impressionist whether in acrylics, oils, pastels, inks or watercolours.

Painting Among the Trees

12:00 - 4:00 pm on August 15, Instructed by Jim Pescott

Allow the scene to speak to you and share what you see on the canvas. This "Plein Air" (outdoor) painting workshop will have you experiment with a unique painting style called "pointillism" where images are created through the use of many tiny, colorful dots. Perfect for any skill level of painter, from beginner to experienced. Course will be instructed by internationally recognized and award-winning pointillism artist Jim Pescott!



Registration required and space is limited. For more info or to register visit www.friendsoffishcreek.org/programs/wellness-clinics

For Painting in the Park classes, please print your ticket and bring to Kensington Art Supply & Instruction for a 15% discount on supplies (120, 6999 - 11 Street SE, Calgary, AB T2H 2S1 403-283-2288 www.kensingtonartsupply.com)

KENSINGTON[®]
ART SUPPLY and
INSTRUCTION[®]

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, June 24, 2017 8:00 am Birding at Brown-Lowery Provincial Park, Meet at the first parking lot in the Glennfield area of Fish Creek, via Bannister Rd. Bring lunch. Leader Andrew Hart, 403-279-5209

TD Learning Naturally Needs Your Support!



PRESENTED BY 

**HELP PROVIDE UNFORGETTABLE
OUTDOOR LEARNING EXPERIENCES
FOR KIDS IN FISH CREEK!
BIRDIES FOR KIDS**



**PRESENTED BY ALTALINK WILL
MATCH YOUR DONATION UP TO 50%!**

Birdies for Kids presented by AltaLink provides a truly remarkable opportunity for the Friends of Fish Creek to support the TD Learning Naturally program, but we need your help!

Many of the students who visit the park through their TD Learning Naturally field trip experience the wonders of this cherished natural area for the first time. It costs only \$10 to provide one unforgettable day of learning in Fish Creek for a student who otherwise may not have the opportunity. Help us reach our goal of raising \$10,000 to bring 1000 elementary school students to Fish Creek Provincial Park.

The Friends are truly grateful to the Patron Group,

Shaw Communications, AltaLink and the Shaw Charity Classic foundation for welcoming TD Learning Naturally as one of 124 local youth focused charities to participate in Birdies for Kids for the third year in a row. This program has immense potential and we encourage you to donate and speak to your employer about making a tax-deductible donation.

Birdies for Kids is just one aspect of the Shaw Charity Classic Golf Tournament held every year at the Canyon Meadows Golf and Country Club. The Friends of Fish Creek thank you in advance for generously supporting this essential program. For more information, please contact the Friends of Fish Creek or visit www.friendsoffishcreek.org/birdies

**Great Canadian
GIVING
CHALLENGE**



CANADA 150

Donate from June 1 – 30 to Support Fish Creek and Help the Friends Win \$10,000 for TD Learning Naturally! Every Donation Made in June through the Great Canadian Giving Challenge will Enter Your Name for a Chance to Win 2 Tickets to the Shaw Charity Classic Golf Tournament, Aug 30 – Sep 3!

The TD Learning Naturally program builds curriculum connections that enable students to experience first hand what they learn in the classroom as it relates to nature and environmental preservation. Your donation will help foster community involvement and

engagement with Fish Creek Provincial Park, promote responsible usage of this amazing natural space, encourage children to enjoy the park through recreational activities, and help teach future generations about the wonders of Fish Creek and the natural world. For more information visit www.friendsoffishcreek.org/give



Canada 150 Wildlife Quiz

Celebrating 150 Years of Canadian Wildlife!



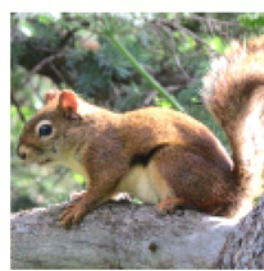
Who Am I?

Nibble gnaw, nibble gnaw,
My teeth are like a busy saw.
Chewing wood to make a dam,
I'm hard at work, I am, I am!
Push and pull, push and pull,
My working day is very full.
The family lodge is nearly done
Because I'm always on the run!

I've oily fur to keep me dry,
A scaly tail for swimming by.
My coat's a handsome chestnut brown,
I waddle when I walk around.
Along the bank's a wooden dome,
That wooden dome's my river home.
I think you'd notice if you saw it,
It's not easy to ig-gnaw it!



Muskrat



Red Squirrel



Beaver

Did you guess right?



COYOTES IN FISH CREEK

You may have seen coyotes in Fish Creek Provincial Park but did you know that these highly adaptable animals can be found throughout the city of Calgary, from the remote edges to the bustling urban centre? Coyotes benefit from living in urban areas due to the shelter of buildings, abundant food sources and lack of predators.

The Blackfoot people called the coyote, *aapi'si* and this animal plays an important part in their folklore. In Blackfoot culture coyotes are frequently depicted as clever and helpful.

Normally coyote and human conflict is not an issue here in Fish Creek, although coyotes do have their eye open for small off leash dogs and house cats that wander into the park. A recent human/coyote conflict in a north west Calgary greenspace has brought attention to the issue of coyotes' potential for aggression here in the city. Over the years, there have been numerous coyote/human interactions, many of which took place in the US, involved small children and were non-lethal.

This member of the park's wildlife community is territorial and will inhabit and rear their young in one particular area. They can have 5 – 7 pups per year and

have substantial food requirements for feeding their young. Coyotes can be seen during any season at any time of day in Fish Creek, although they are most active during early spring while searching for food for their young. Coyotes will protect their area from other wildlife, and may act aggressively towards people if they feel that their young are threatened. During the summer coyotes are more likely to be seen on their own whereas in the winter, they can be seen in larger groups searching for food.

If you see a coyote in the park, give the animal plenty of space. Do not feed it or approach it. If you feel threatened by a coyote there are several things you can do: 1) Do not run 2) Pick up your dog or hold the leash very tight 3) Stomp your feet and shout loudly at the coyote 4) Raise your arms to appear larger.

As the city grows and more people use the park, coyote/human interactions will become more common. Always respect the coyote and all park wildlife. Remember Fish Creek Provincial Park is their home, and we are the visitors.

Source: aep.alberta.ca, cbc.ca/news/canada/Calgary
fish-creek.org, dictionary.blackfoot.atlas-ling.ca
wikipedia.com Photo courtesy of Ken Pride

Thank You Supporters!

Bobcat Level: **Deer Level:**




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

QUIZ ANSWER - APRIL / MAY ISSUE

Where was the Friends of Fish Creek’s home base in 1992 when this group was originally formed?

The Friends of Fish Creek’s base of operations in 1992 was the Fish Creek Environmental Learning Centre at Shannon Terrace. During the 1980s and 90s the park began to face the affects of increased use. In 1992, park staff members Wayne Meikle and Val Street began collaborating with a small group of citizens to raise awareness about preserving this park, and the Friends of Fish Creek was born. The Friends of Fish Creek became a registered charity in 1994, and supporters from the surrounding communities joined the Society as members and volunteers. In the late 1990s, the Friends moved into our current location in the Cookhouse at the Bow Valley Ranch. The Learning Centre was established in 1983 and in 2008 underwent an extensive renovation to turn it into a state of the art educational facility and event centre.

Staff

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403-238-3841 info@friendsoffishcreek.org www.friendsoffishcreek.org

Name: _____ Phone: _____
 email: _____ Address: _____
 City and Province: _____ Postal Code: _____
 Work place (optional): _____



- Membership Renewal New Member I would like to make a donation
- Please send me information about leaving a gift in my will
- 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.