

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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VOLUNTEERS NEEDED!



GET INVOLVED WITH THE FRIENDS OF FISH CREEK!

Whether you are looking for an indoor assignment, an outdoor adventure or a quiet mindful task, we have many volunteer positions available and would love to work with you.

For more information on Volunteer Opportunities see page 11, drop by the Cookhouse at the Bow Valley Ranch in Fish Creek Provincial Park or visit

www.friendsoffishcreek.org/volunteering



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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.) Presentations are free to Friends of Fish Creek members and \$5 for non-members. Refreshments are available on a first come, first served basis. **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

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 zone one kilometer upstream from the Bow

River was studied. Defined by the creek's banks and active floodplains, it 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 6. Pelican photo courtesy of Maddy Misfeldt.

Grizzly Bears in Kananaskis Country - Tools for Managing Grizzlies and Bear Populations

Presented by John Paczkowski, Park Ecologist with Alberta Environment and Parks

Thursday, May 24, 2018 7:00 pm - 8:00 pm

Park Ecologist John Paczkowski will first present on the latest grizzly bear population census work for the grizzly bear management area which includes Kananaskis Country down to the Crowsnest Pass. There will also be a discussion about the aversive conditioning program in Kananaskis Country. For almost 20 years, this program has aimed to reduce bear-human incidents by monitoring and conditioning grizzly bears in the region. Join us on May 24 to enter the unique and fascinating world of grizzly bears!

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



Quiz Question

Fish Creek Speaker Series presentations currently take place at the Environmental Learning Centre at Shannon Terrace. Do you know where we held these talks in 2006?

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

Volunteer In Profile

BRUCE MITCHELL

DEDICATED TO A SUSTAINABLE FISH CREEK PROVINCIAL PARK



In 2017, Bruce Mitchell volunteered for a wide array of programs, including the 25th Anniversary Cookhouse Improvement projects and the ReWilding Through Restoration program. Two of the most visible additions to the

Friends' workspace are a storage cabinet in the front entrance, and a counter, drawers and cabinet, all of which were custom-built by Bruce. In addition to the Cookhouse Improvement project Bruce has helped in many other programs and events. He volunteered for Watershed Stewardship activities like Riparian Restoration, Flood Debris Mapping, ATCO Heritage Grassland management, willow and poplar watering, beaver activity and tree damage assessment, and tree-wrapping. He was instrumental in helping large scale events like Parks Day & Creekfest and A Taste of Autumn run smoothly. Bruce was awarded the New and Noteworthy Award at last year's Volunteer Appreciation Dinner.

Bruce and his wife moved to Calgary from Oakville, Ontario when Shell Canada transferred their head office here in 1984. "Our decision to buy our home was very much influenced by its proximity to Fish Creek Provincial Park. Our children were young at the time and the park represented an ideal place for adventure. Both my wife and I grew up close to open spaces, and the park provided the same potential for our kids," Bruce said, "Our family enjoyed Fish Creek for many years, and when I retired I decided it was time to give back to the park after having received so much enjoyment from it."

"Our home is located near the Bow Valley Ranch which makes the east area of the park special to us. Over the years, as our interests changed and our family grew and eventually moved away, other areas of the park became favourites as well. Mostly, we enjoy the quiet open

spaces found right in the middle of a large city," he added. Over the past 34 years, Bruce has seen many changes to the city and Fish Creek Provincial Park. While the city has since grown around the park, he cites the engineered wetlands as one of the most significant developments and an ideal way for this area to manage the increased number of users.

"While the construction of the wetlands will have a long term benefit on the park, one of the more immediate benefits is the attraction of wildlife to these ponds, which has greatly enhanced our experience as users," Bruce said, "Fortunately our experiences in the park have not been impacted by the amount of development around the park. It seems that construction around the park, and the increased human activity over the years, has not had a negative impact on the wildlife. We are now seeing wildlife species that were not as evident in the past, like the Jays, Kingbirds, Pheasant, Hummingbirds and even a Turkey. I look forward to new arrivals that see the park as a place to call home."

The park's diverse wildlife community is certainly one reason people visit the park, and wildlife encounters are frequently unexpected and enjoyable. "Perhaps my most interesting wildlife encounter came one evening when I was running along the pathway," Bruce said, "I came around a bend and was suddenly almost face to face with a grazing deer. Neither the deer nor I saw each other until we were right beside each other. Startled and surprised, we both jumped about 3 feet in the air!"

"Most of the significant changes that occurred over the years in Fish Creek, combined with the good work the Friends of Fish Creek do to bring about a heightened awareness of the park, have made a good thing even better." Bruce added, "Going forward the issue will be how to manage all of this activity without changing the basic nature of the park to help ensure that future generations can enjoy it as we do today."

Save the Date!

THE FRIENDS OF FISH CREEK PRESENTS

A TASTE OF AUTUMN

**WINE & BEER TASTING AND SILENT AUCTION FUNDRAISER**

Friday, September 28, 2018 6:30 - 9:30 pm

Canyon Meadows Golf & Country Club, 12501 14 Street SW
Overlooking the beautiful Votier's Flats area and Fish Creek Valley

Featuring Keynote Speaker Harry Sanders, Calgary based Historian, Historical Consultant,
Freelance Writer, Public Speaker, and former Calgary Historian Laureate

A Taste of Autumn tickets on sale at www.friendsoffishcreek.org/event/autumn18

Tickets only \$75 and you will receive a tax receipt for \$35.



Get your WestJet Gift of Flight Raffle tickets for a chance to win one roundtrip flight for two guests to any regularly scheduled and marketed WestJet destination*!

(*Maximum potential retail value: \$2,900. No cash value. Black out dates and restrictions apply.)



Field Stone
FRUIT WINES



CASINO VOLUNTEERS NEEDED!

The next Casino is coming up on Saturday and Sunday, July 14 and 15, and the Friends are in need of volunteers to help out at this important fundraiser. The Casino fundraiser takes place every 18 months and provides essential funding so we can uphold our mission and work towards a sustainable Fish Creek Provincial Park that improves the quality of life for current and future generations. The Casino will be at the Deerfoot Inn & Casino (11500 35 St SE #1000, Calgary, AB T2Z 3W4).

We are in need of volunteers to help during the evening shifts as General Managers, Count Room Supervisors, Count Room Staff and Chip Runners, and no experience is necessary. It can be especially challenging to recruit volunteers for evening positions, and we are also in need of back-up volunteers for all positions. Meals and refreshments will be provided. If you can volunteer on July 14 and/or 15, or would like more information please contact Chris Lalonde, Communications Coordinator (chris@friendsoffishcreek.org or 403-238-3841).

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!**

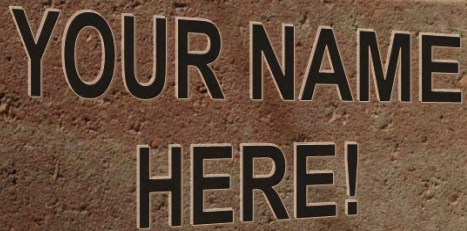
Join us in Fish Creek Provincial Park for the 8th annual Parks Day & Creekfest on Saturday, July 21! This free family celebration of nature is a component of the Friends' Watershed Public Awareness Campaign, designed to raise awareness in communities near the park about protecting our local waterways.

Peter Puffin's Whale Tales, who will be returning to Parks Day & Creekfest for the eighth year, will perform and lead a song-writing workshop! Alberta Parks Interpretive Theatre will present a lively and interactive performance and Michelle and Peter, The Juggling Clowns will teach kids and families how to juggle. 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.

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

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

Volunteers Needed to help in a variety of positions. See page 11 for more info!



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

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. Bricks are only \$250 each and you will receive a tax receipt. **For more information contact the Friends or visit www.friendsoffishcreek.org/brick**

A close-up photograph of a young, fluffy yellow duckling standing in shallow, rippling water. The duckling has a dark, slightly upturned bill and dark webbed feet. Its feathers are bright yellow and very downy. The background is a soft-focus view of the water and some distant greenery.

- 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.

For more information and to support ReWilding Through Restoration, visit

Photo courtesy of Anne Elliott

25th Anniversary Update

FRIENDS' OFFICE RECEIVES MAJOR IMPROVEMENTS WHILE SURVEY RESULTS HELP PLAN FOR 2018 AND BEYOND

Cookhouse Renovations – Almost There!



Volunteers working on Cookhouse renovation projects in February.

Work continues in earnest as our steadfast crew of volunteers focus their efforts on completing our Cookhouse renovations in the coming weeks. What started out as a simple idea to increase

storage and make our front entrance more welcoming turned out to be much more significant and involved, as so many renovation projects do. Thanks to the generous support of Alberta Environment and Parks in 2017, we were able to create a “wish list” of things needed to make the Cookhouse more functional; this is what we have accomplished so far:

- A much needed electrical assessment along with the addition of an outdoor motion sensor light, new entrance lighting and new circuits that will allow us to boil the kettle and use the microwave at the same time! Yes, this was previously a challenge!
- New roller blinds throughout the building
- A complete facelift to Chris' office (new paint and shelving)
- Painting of doors, trim and wainscoting in the kitchen, along with the first stages of new cupboard installation (cupboards courtesy of the talented and generous volunteer, Bruce Mitchell, who has worked over the past two months on these at his home!) *See page 3 for an interview with Bruce.*

At a time of year when we don't usually see a lot of our volunteers, we have loved sharing our space with those who have made this project possible and appreciate the energy, skill and expertise they have contributed.

Our goal is to have the work completed by mid-April; this will also include a few tweaks to our main meeting

room if we have the time before program season starts. We encourage you to stop by and see our progress, enjoy a cup of tea with us and hear about our program plans for the year!

Community Research Project

The Friends wrapped up our 25th Anniversary Community Research Project at our AGM in January with a presentation on our research findings by lead volunteer, Michelle Mueller. This project was a collaborative effort between the Friends and Data for Good, a local volunteer group that supports non-profit organizations in need of data specialists. The goal of our research was to delve into peoples' perspectives and attitudes about the Friends and Alberta Environment and Parks (AEP,) allowing us to tease out how people feel about our programming and about Fish Creek Provincial Park in general. Our hope was to use this information to find ways to improve and expand our programming so we remain current and relevant as the primary programmer in Fish Creek Provincial Park.

The results were clear; overall, members and volunteers seem to be happy with what the Friends offer but would like to see more of it – more education programs, more volunteer opportunities and more choice of program and volunteer activities and times. It was also clear that people would like to see more of some things (garbage cans and overall enforcement by AEP) and less of others (cyclists travelling at fast speeds and dogs off leash). The research also revealed how important it is for us to clearly communicate clearly what roles the Friends and AEP play.

These research findings were used in March as an important part of a strategic planning session with both Friends' staff and our Board of Directors. Incorporating the research into this high-level planning will help ensure that we are being responsive to the needs of the community as we create a plan for the next several years.

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!

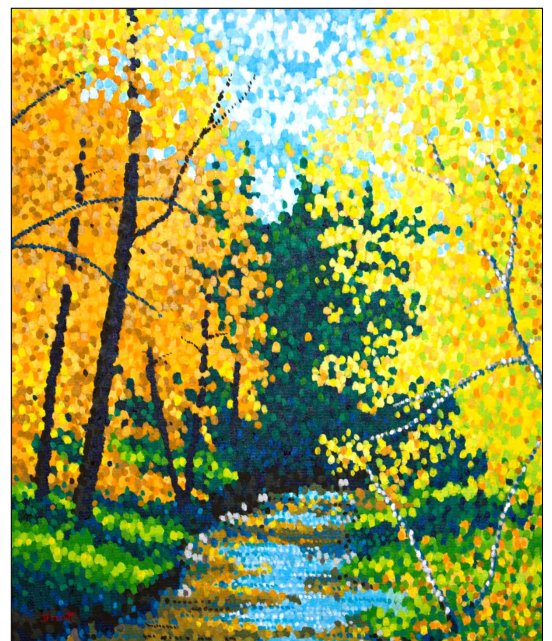
For more info visit www.friendsoffishcreek.org/park-protector-signup

AUTUMN COLOUR, FISH CREEK PROVINCIAL PARK

Limited Edition 25th Anniversary
Signature Painting by Jim Pescott

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



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](http://friendsoffishcreek.org) for more information.

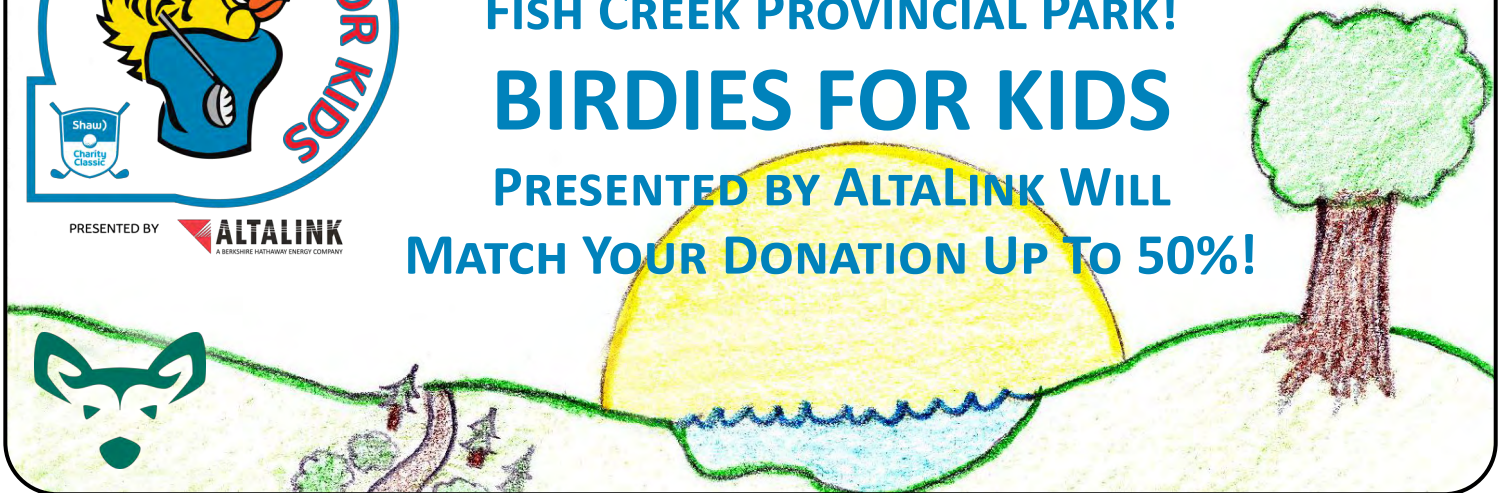
Full Wellness Program details will be announced soon, so please check our website at friendsoffishcreek.org/programs/wellness-clinics/ for more information.

TD Learning Naturally



PRESENTED BY **ALTALINK**
A BC HYDRO POWERED ENERGY COMPANY

**SUPPORT UNFORGETTABLE OUTDOOR
LEARNING EXPERIENCES FOR KIDS IN
FISH CREEK PROVINCIAL PARK!
BIRDIES FOR KIDS
PRESENTED BY ALTALINK WILL
MATCH YOUR DONATION UP TO 50%!**



BIRDIES FOR KIDS RUNS UNTIL MONDAY, SEPTEMBER 3

The Friends of Fish Creek are pleased to announce that the TD Learning Naturally program has once again been chosen as one of more than 120 local charities to participate in the Birdies for Kids presented by AltaLink program! TD Learning Naturally supports students between grades K – 6 from Calgary elementary schools located in economically disadvantaged neighborhoods and 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. This essential and long-running program has never received government funding and its continuation relies on support from individuals and organizations.

It costs only \$10 to provide one unforgettable day of learning in Fish Creek for a student who otherwise may not have this opportunity. Last year, thanks to the generosity of donors and Birdies for Kids, we surpassed our goal to raise over \$10,000. This year, we would like to raise \$20,000 in order to bring 2,000 children to Fish Creek but we need your help! From now until the end of the Shaw Charity Classic, which runs August 29 – September 2 at the Canyon Meadows Golf & Country Club, every dollar donated through BFK will be matched up to 50% by the Shaw Charity Classic foundation and partnering organizations. Special thanks to the Patron Group, Shaw Communications, AltaLink and the Shaw Charity Classic foundation for once again welcoming TD Learning Naturally into this amazing program.

For more information on how you can support TD Learning Naturally in Fish Creek please contact the Friends or visit www.friendsoffishcreek.org/birdies-for-kids



Photo of 2017 Shaw Charity Classic courtesy of Shaw Charity Classic Foundation

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. 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.)

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.)

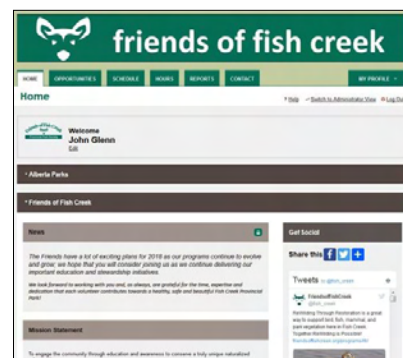
Shifts take place in the Friends office with staff support.

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.

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



Cont'd on next page

GOOD GRIEF - SUPPORTIVE HEALING IN NATURE

Being outdoors provides many healing benefits; it allows us to breathe, reflect and connect with our natural surroundings, and while we may not even be aware of it in the moment, the benefits are there. In fact, research has shown the healing benefits of nature for people experiencing significant loss or transitions in life. As a way of supporting people who may be on this journey, the Friends have created *Good Grief: Nature Walking Through Grief and Loss*. *Good Grief* is an 8-week series of gentle walks that brings together people moving through the shared experience of loss with the intent that they will find support from each other and their time in nature. *Good Grief* will be run on Tuesday evenings and Thursday mornings in May and June; Visit www.friendsoffishcreek.org/event/goodgrief for more details and to register.



Thank you to Sonya Jakubec (Mount Royal University), Jennell Rempel and Julia Millen (Alberta Environment and Parks) for providing the foundation, guidance and support to make this program happen. *Good Grief* is a perfect example of the power of partnerships and nature. Photo courtesy of pixabay.com

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!**



BOW VALLEY RANCH VISITOR CENTRE RECEIVES NEW TIPI



The Bow Valley Ranch Visitor Centre has been closed this year because of broken pipes and a resulting flood in the interpretive area. The flood, which occurred in early January, unfortunately damaged the tipi, which stood proudly in the centre of the museum area for close to twenty years. As March arrived and the centre prepared to re-open, a new tipi was unveiled.

On March 5, Bruce Starlight, an Elder from the Tsuu T'ina Nation led a tipi blessing ceremony to dedicate the new tipi to Fish Creek Provincial Park. The Friends and the Park are very grateful to Bruce and his family for building this new tipi for the Bow Valley Ranch Visitor Centre. Thank you to Bruce for conducting the ceremony and for providing the following story of the Fish Creek Tipi to explain the meaning behind its images.

Stories of pictographs

The wolves represent what the Tsuut'ina call Wolf Creek, present day Fish Creek. The Tsuut'ina were camped just west of here and told the children not to play on the other side of the creek. The children did not listen and subsequently some children lost their lives. Hence the name Wolf Creek.

The blue and red figures to the right of the door represents the friendship of the Tsuut'ina and Calgary.

The next tells the story of the differences of the two cultures. The Tsuut'ina remained with the pipe and refused to be baptized. The whiteman continued to try to change the Tsuut'ina using many methods to convert the Tsuut'ina.

The next one tells about the archaeological activity in this area and finding many artifacts, the Tsuut'ina believe that the ground covers the ancient knowledge and should not be disturbed.

The next story tells about a story of the last buffalo herd. The story is told that these hunters followed the buffalo to a natural spring and were ready to shoot them. The buffalo went into the sky and told the hunters that they will return in the future.

The next story tells about the slaughter of the great buffalo herds. The upended buffalo depicts the turmoil of the Tsuut'ina after the disappearance of the great herds.

The next one is the total dependency on the buffalo of every aspect of the Tsuut'ina life. The disappearance brought great hardship to the Tsuut'ina.

The four red men depict the helplessness of the Tsuut'ina after the buffalo were gone.

The seven figures are the seven First Nations that signed Treaty 7. The Tsuut'ina, Siksika, Kainai, Piikani and the three Nakoda Sioux bands.

The two buffalo with the horse tracks are the strength and resiliency of the First Nations. The buffalo is used as a sign of strength. The hooves represent the transition from the past to present.

Lastly, the buffalo skull with the eagle feather is the spiritual power of the eagle and buffalo.

CAPTURE NATURE

FRIENDS OF FISH CREEK PHOTOGRAPHY CONTEST

Contest Runs May 1—July 31



Photo courtesy of Benjamin Herrington

For the fourth year in a row, the Friends of Fish Creek invite you to show us your best park pics for a chance to win amazing prizes from the Friends of Fish Creek, RMB Photography, Vistek and MEC! This year we will be accepting photos in three exciting new categories for each month:

May - *Serenity in Nature*

June - *Reflections*

July - *Summer Colour*

\$25 registration fee for adults, free for youth 17 years of age or under!

All photos must be taken in Fish Creek Provincial Park. Cast your vote on our online photo gallery!

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

SPRING BIRDING COURSE

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. Course starts Monday, April 2. Registration required. To register and for more information, please visit www.friendsoffishcreek.org/programs/birding-course

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/event/star-night

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 Bowmont Park for Early Migrants, Thursday, April 26, 2018 8:00 am - 12:00 pm Meet at the west end of Bowmont Park, North of Bow River, East of 85 St NW. Leader, Dan Parliament 403-247-4987.

BIRD WATCHING CAMP



Tuesday, July 3 to Friday, July 6
Daily 8:30AM - 3:30PM
Ages 8-14

Learn to identify birds by shape, size, colour, and sound!

**Enjoy two field trips in Fish Creek
Provincial Park every day!**

All trips are lead by experienced Birding Guides

**COST: \$100 or \$50 for members of Nature Calgary
or Friends of Fish Creek**

REGISTRATION OPENS APRIL 9, 2018



REGISTRATION REQUIRED.
FOR MORE INFO VISIT:
WWW.FRIENDSOFFISHCREEK.ORG



Thank You Supporters!

Bobcat Level:

Beaver Level:



**TD Friends of the
Environment
Foundation**



QUIZ ANSWER - FEB / MAR ISSUE

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?

This dinosaur was named Sinosauropteryx, meaning "Chinese reptilian wing" or "China dragon bird." This dinosaur shared similarities with modern-day birds and its characteristics help to reinforce the evolutionary links between dinosaurs and birds. The China dragon bird lived during the cretaceous period between 145 - 66 million years BC. In addition to being covered in short feathers, this dinosaur was approximately 1.2 metres in length from head to tail. It also had a brown stripe along its elongated snout and mask around the eyes, which may have been used to reduce glare from the sun. It is believed that the Sinosauropteryx would camouflage itself in open prairie, and because of its relatively small size, its best defense was to evade predators. Learn more about the similarities of birds and dinosaurs through the Friends Spring Birding Course, which began April 2.

Wikipedia.org National Post

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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**

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