

***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

Volume 23, Issue 3  
June / July 2018

## PARKS DAY & CREEKFEST

**Free and Fun for the Whole Family!**  
**Saturday, July 21, 2018 11:00 am - 4:00 pm**  
**Bow Valley Ranch, Fish Creek Provincial Park**



Join us for the 8<sup>th</sup> Annual Parks Day & Creekfest and enjoy:

- Concert performance and song-writing workshop with Juno-award winning Peter Puffin's Whale Tales.
  - Alberta Parks' interpretive presentation "Finding Fawn."
  - The History Wrangler & The Dusty Saddle Gang.
  - Michelle and Peter, The Juggling Clowns.
  - Guided birding walks with Friends of Fish Creek Birding Course Instructors.
  - ATCO native grassland walk with Wayne Meikle, founding Friends member and retired Park Planner.
  - Hands-on activities and educational experiences for kids and families hosted by community organizations.
- Children's area with inflatable amusements and obstacles.



The Friends gratefully acknowledge the support of Cardel Homes Calgary for their generous contribution in support of Parks Day & Creekfest (see next page for more information). Special thanks to the Alberta Environment and Parks Watershed Resiliency and Restoration Program, Alberta EcoTrust, Great Events Catering, The City of Calgary and the Pumphouse Theatre for helping to make this event possible.

Like Parks Day & Creekfest at [www.facebook.com/CREEKFESTinFishCreek](https://www.facebook.com/CREEKFESTinFishCreek) and visit [www.friendsoffishcreek.org/event/creekfest](http://www.friendsoffishcreek.org/event/creekfest)

Volunteers needed! See page 13 for more information

**CARDEL**  
HOMES

alberta  
**ecotrust**

**GREAT** EVENTS  
CATERING

Alberta  
Government



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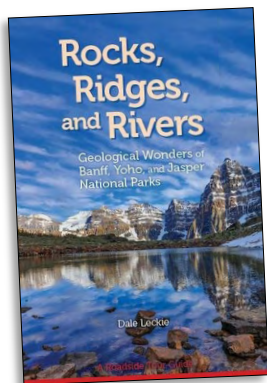
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### Fish Creek Speaker Series

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.**

2  
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@friendsoffishcreek.org](mailto:chris@friendsoffishcreek.org)



#### Rocks, Ridges, and Rivers:

#### Geological Wonders of Banff, Yoho, and Jasper National Parks

Presentation and Book Signing with Dale Leckie,  
Award-Winning Geologist and Best-Selling Author

**Wednesday, June 20, 2018 7:00 pm - 8:00 pm**

Join Dale Leckie Ph.D., P.Geol. as he guides you through the Canadian Rocky Mountain National Parks. The story of the Rockies, its rivers and valleys, glaciers and hot springs, caves and karst, mountain building and erosion unfolds. With eye-catching illustrations and photographs, this presentation and guidebook blends story telling with science and natural beauty with easy to understand explanations. Find out about Maligne Canyon, Athabasca Glacier, Emerald Lake, Fossils of the Middle Cambrian Burgess Shale, Miette Hot Springs and much more.

**Free for Friends Members and \$5.00 for Non-Members. Registration is Required. For info or to Register visit [friendsoffishcreek.org/event/ridges](http://friendsoffishcreek.org/event/ridges)** Photo Courtesy of Dale Leckie

**Fish Creek Speaker Series will resume in September.**

**Have a great summer and stay tuned to [www.friendsoffishcreek.org/programs/speaker-series](http://www.friendsoffishcreek.org/programs/speaker-series)**



## THANK YOU CARDEL HOMES!

The Friends would like to express our sincere gratitude to Cardel Homes for the generous contribution of \$5000 towards Parks Day & Creekfest. This event sponsorship exemplifies this company's commitment to the community and the importance they place on environmental stewardship. Parks Day & Creekfest is our biggest event of the year and this sponsorship will help with some of the costs of putting on a large, free, summer time festival. Kids and families will enjoy presentations, guided walks and activities while learning about Fish Creek, a natural urban oasis we are fortunate to have within the city, and the other breathtaking natural areas in this province. Special thanks to Ron Deshayes, Friends of Fish Creek Community Action Time volunteer for approaching Cardel and making this sponsorship a reality. Thank you again to Cardel Homes for helping to bring the 8<sup>th</sup> annual Parks Day & Creekfest to life! **For more information see page 1.** Looking for a new home? Visit Cardel's Shawnee Park to live beside Fish Creek Provincial Park!

**CARDEL**  
HOMES

### Quiz Question

Fish Creek Provincial Park has a very healthy population of white tailed and mule deer, which are seen regularly in and around the park. Typically how many deer fawns are born each Spring? *The correct answer will be announced in the next issue of Voice of the Friends.*



**Save the Date!**

THE FRIENDS OF FISH CREEK PRESENTS

# A TASTE OF AUTUMN



WINE &amp; 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 ValleyFeaturing Keynote Speaker Harry Sanders, Calgary based Historian, Historical Consultant,  
Freelance Writer, Public Speaker, and former Calgary Historian LaureateTickets available at the Cookhouse and online at  
[www.friendsoffishcreek.org/event/autumn18](http://www.friendsoffishcreek.org/event/autumn18)

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

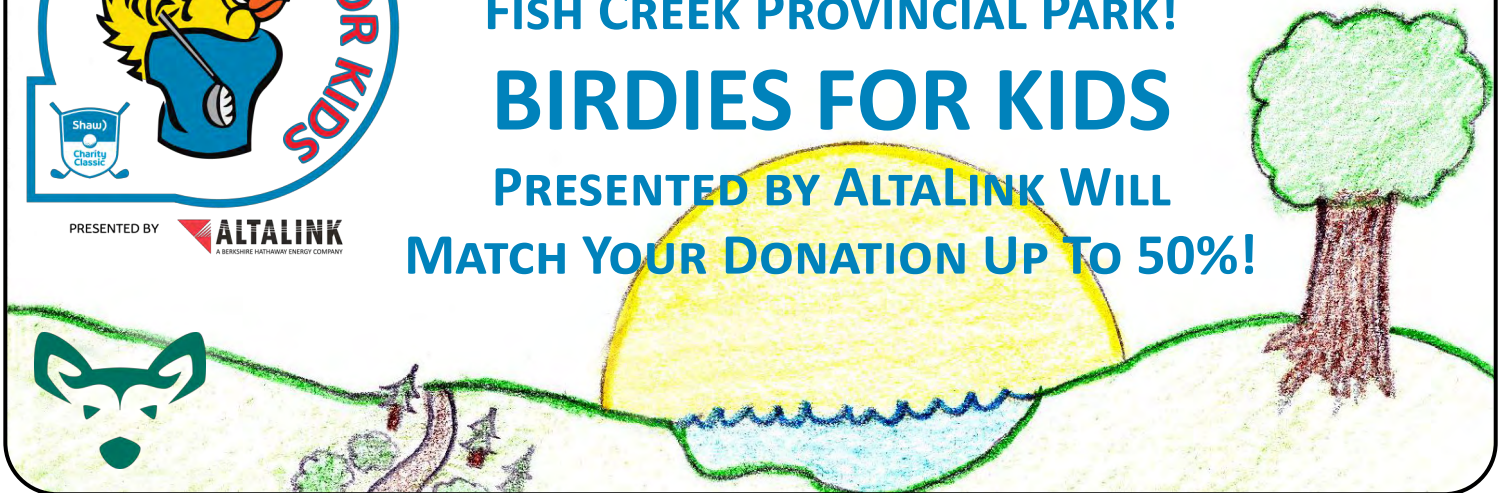
Get your WestJet Gift of Flight Raffle tickets for a chance to win one roundtrip flight for two guests to any regularly scheduled and marketed WestJet destination\*!  
(\*Maximum potential retail value: \$2,900. No cash value. Black out dates and restrictions apply).

## TD Learning Naturally



PRESENTED BY **ALTALINK**  
A BC 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](http://www.friendsoffishcreek.org/birdies-for-kids)



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



## TD Canada Trust Continues to Invest in the Future of Our Community



Nic Blanchet, Friends of Fish Creek Executive Director, with Ahmad Khairzad, Branch Manager of the Shawnessy TD on the left, and Claire Peturson, TD Learning Naturally Coordinator, on May 24 at the Fish Creek Environmental Learning Centre.

The Friends would like to thank TD Canada Trust for continuing to fund the TD Learning Naturally program for the next 2 years. Their contribution of \$80,000 will help provide outdoor education and lifelong lessons for approximately 8,000 students between grades K – 6 from schools in economically challenged areas of the city. This essential program has never received government funding and TD Friends of the Environment has been its title sponsor for close to 10 years. The continuation of TD Learning Naturally depends on charitable community support from organizations and individuals. Thank you to TD for generously supporting this program and investing in awareness and conservation in the younger generations.



**TD Friends of the Environment Foundation**



## Great Canadian GIVING CHALLENGE

**Donate Between June 1 – 30 to Support the Friends of Fish Creek, Help Us Win \$10,000 to support TD Learning Naturally, and Enter Your Name for a Chance to Win 2 Tickets to the Shaw Charity Classic!**

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 a future generation about the wonders of Fish Creek and the natural world.

**Donate Now:**

[www.canadahelps.org/en/gcgc/69114](http://www.canadahelps.org/en/gcgc/69114)

**For information visit**

[www.friendsoffishcreek.org/give](http://www.friendsoffishcreek.org/give) and see page 4



## REWILDING THROUGH RESTORATION



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

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

**Together, ReWilding is possible! For more information and to support ReWilding Through Restoration, visit [www.friendsoffishcreek.org/rewild](http://www.friendsoffishcreek.org/rewild)**

Photo courtesy of Anne Elliott

## DON'T BE A GLITTER BUG!

While out on the park's trails scanning the forest understory for birds and wildflowers, you may see something shimmering at you from among the leaf litter. Nope, it's not a bird or bug. It's evidence of celebrations and it's causing a problem for the park's ecosystems! This spring we have noticed an increase in micro-litter in the park, such as glitter, confetti and popped balloons. Balloons, streamers, confetti and glitter

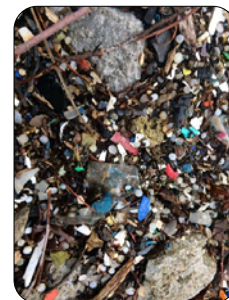
may add visual flare to your event, but these small bits of plastic are difficult to clean up, do not biodegrade and eventually find their way into waterways. Made up of fossil fuels and other chemicals, these miniscule pieces of plastic can attract bacteria and other contaminants which can then harm the unsuspecting wildlife that see it as a tasty treat!

Now that summer is here, it's time to celebrate birthdays, weddings and family photo shoots in the park! Fish Creek Provincial Park is a great place to celebrate these milestones, but please don't be a glitter bug!

The theme of World Environment Day this year (June 5) is Beat Plastic Pollution. To Save the Oceans, Should You Give Up Glitter? Environmentally-Friendly Alternatives to Balloons: <https://balloonsblow.org/environmentally-friendly-alternatives>

Left, photo courtesy of Mink Mingle, Unsplash. Right, Microplastics in an Ontario creek, photo courtesy of Chelsea Rochman, twitter.

**Did you know that the Friends now offer birthday party programs for kids age 5-12?**  
**[www.friendsoffishcreek.org/programs/youth](http://www.friendsoffishcreek.org/programs/youth)**





## SAFETY IS A TOP PRIORITY FOR FRIENDS OF FISH CREEK



Friends staff members developing Hazard Assessment & Control Reports (HACR) to comply with new Alberta Parks directives.

If you've ever been on one of our stewardship outings or volunteer training sessions, you know that the Friends of Fish Creek value safety, especially the safety of our Volunteers. We take safety seriously and have had safety documentation and practices in place for many years.

Last fall, there was a serious incident involving a Volunteer on Public Lands west of Calgary. At that time, a Stop Work Order (SWO) was established for high risk activities on Public Lands to allow time for investigation and taking steps to help prevent another serious incident in the future.

This spring, the Friends of Fish Creek was notified of a Stop Work Order involving all voluntary activities in Provincial Parks and Public Lands across the province, including low and medium risk work done by Friends of Fish Creek Volunteers. At that point, we were directed to submit safety documents using the Alberta Parks' format for approval so the SWO could be lifted and volunteers could get back to work.

The SWO came during our busiest time of the year,

while Friends staff were actively recruiting, training and equipping volunteers for various programs, such as Park Watch, for which training had already taken place and scheduled shifts were slated to begin the following day.

Although the Order meant cancelled training sessions and volunteer shifts for dozens of volunteers over a two-week period, it also gave Friends staff the time and mental space to focus our energies on transitioning our existing safety documentation into the required Alberta Parks' format. In the end, it was a fun, team-building experience that resulted in new Safe Working Practice documents that have now been incorporated into our *Volunteer Handbook* as well as a few new changes to help ensure everyone is stays safe while volunteering in Fish Creek Provincial Park. All in all, it was a worthwhile experience.

### What's the same?

- Volunteers will always be encouraged to take First Aid, though it is not a requirement.
- Volunteers in some programs will still be required to carry First Aid kits while on shifts.
- Volunteers will still be required to take part in safety orientation at our "tailgate talks" before work begins on stewardship outings.

### What's new?

- Volunteers will now be Friends of Fish Creek Volunteers, no longer Alberta Parks Volunteers.
- All FoFC Volunteers now need to read the *Friends of Fish Creek Volunteer Handbook* and acknowledge it on *MyVolunteerPage* before being able to sign up for Volunteer shifts.

*Cont'd on next page*



## 25<sup>th</sup> ANNIVERSARY BRICK PATHWAY

Phase 2 Bricks are Now Sold Out and  
Phase 3 Bricks are Selling Fast!

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

An anniversary brick would make an amazing gift for anyone you know who enjoys visiting Fish Creek or as a memorial to a loved one. Become part of history and show your support for this cherished natural area by dedicating a brick today. All funds raised through this program will help us to realize our vision of a sustainable Fish Creek Provincial Park that improves the lives of current and future generations. There are only 100 anniversary bricks available to be installed in front of the Friends' office at the Cookhouse so get yours today. Bricks are only \$250 each and you will receive a tax receipt. **For more information contact the Friends or visit [www.friendsoffishcreek.org/brick](http://www.friendsoffishcreek.org/brick)**

### ***Occupational Health and Safety from previous page***

- The revised Handbook includes new "Safe Working Practices" for the diversity of work types available to our Volunteers. To read the handbook visit <https://friendsoffishcreek.org/wp-content/uploads/2018/05/VolunteerHandbookMay11.pdf>
- Once you have read it, log into MyVolunteer-Page <https://app.betterimpact.com/Login/VolunteerNoSearch>
- Then click on MY PROFILE > Qualifications to acknowledge that you have read and understand the *Handbook*.
- Stewardship Volunteers now need to sign the safety document at the start of each stewardship

outing (weed pulls, restoration, tree wrapping, clean up), acknowledging that they understand the potential hazards and that they will wear all required personal protective equipment while volunteering.

There may be more changes "coming down the pipe" in terms of volunteer involvement in the park and we will do our best to keep our community in the loop along the way. In the end, our goal remains the same: To engage the community through education and awareness to conserve a truly unique naturalized urban park.



## Summer 2018 Tour Schedule

## EXPANDED TOUR PROGRAMS FOR 2018!

For many years, the Friends have offered educational park tours to engage the public and share important and sometimes little known facts and history about Fish Creek Provincial Park. In fact, our Minibus and walking tours are some of our most popular programs. In the past, we have relied on volunteer experts in particular areas to offer these tours; while this worked well, we have always known - and experienced first hand - that when those volunteers were no longer available, neither were the tours. With this in mind, we have worked hard to research and develop new tours over the past year and find ways to record and transcribe some of our old tours so that we have this information written down and available for the future.

We also developed a formal volunteer Tour Guide and Tour Assistant training program so we have more people skilled in tour delivery. All of this means that we will be able to reach more people through our tour programming, creating the kinds of connections that help people understand the importance of the park landscape, the issues that impact its sustainability and encouraging them to be better stewards of the land. Here is a quick look at what we have to offer this year!

**Walking Tours:**

**History and Nature** - These tours will take you back in time to learn about the First Nations, Metis and European settlers who lived in the area before the City of Calgary developed and grew to what it is today.

**ReWilding Through Restoration** - Flooding events and the negative impact of park visitors venturing off designated pathways have serious implications for the



Walking Tour at Hull's Wood with Wayne Meikle. Below, minibus tour near the Bow Valley Ranch with Drew McKibben.

health of the Fish Creek watershed. This tour takes you to visit the Friends' riparian restoration sites to see the important work being done by volunteers that combats these issues and contributes to increased ecosystem health.

***Alien Invasion: Native and Invasive Plants of Fish Creek Provincial Park*** - Learn about the

importance of native plants, how their existence is threatened by the continued spread of invasive plants, how this has come to be and what we can do about it.

***Ghosts of Fish Creek*** - Our most popular tour of the year, this one sells out early! Enjoy a short walk around the Bow Valley Ranch and learn about the area's haunted history!

**Minibus Tours:**

***Photography in the Park*** - Learn the finer points of photography for DSLR or point and shoot cameras.

***Archaeology in the Park: Finding the Pioneers*** - Hear stories about the first European settlers in the Fish Creek Valley and how we have pieced together evidence through what they left behind to learn about what life would have been like in the late 1800s.

*Cont'd on next page*



### Summer 2018 Tour Schedule from previous page

**Deepest thanks are in order to a few special people who have made this program possible:**

- Wayne Meikle, for his ever-present support of the Friends and willingness to share his wealth of knowledge about the history and his experiences from over 30 years as a Parks' staff (much of that time spent directly in the development and management of Fish Creek Provincial Park)
- Drew McKibben, of McKibben and Bailey, for taking on the task of researching and developing our new tour topics
- Tim Carlielle-Shaw, for offering his professional videographer skills and time necessary to film Wayne's history and nature tours so they can be transcribed and developed for future use

- Val Shartau and Tobin Benedict, two new volunteers who have jumped into making our new tours possible, as well as to Bob Bakker, back for his fourth year as our Photography Minibus Tour Guide

All of these players have contributed in some way to making this program sustainable; truly, this program would not be possible without the support and expertise they so willingly have offered to us. We are also grateful to the Land Stewardship Centre, the Alberta Conservation Association and [Alberta Environment and Parks \(Watershed Resiliency and Restoration Program\)](#) for their support of this initiative.

To find out about our tour dates and times, check out our website for [Minibus](#) and [Walking](#) Tours  
[www.friendsoffishcreek.org](http://www.friendsoffishcreek.org)

## CAPTURE NATURE FRIENDS OF FISH CREEK PHOTOGRAPHY CONTEST

**Contest Runs May 1—July 31**

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](http://www.friendsoffishcreek.org/programs/capturenature)



Photo courtesy of Benjamin Herrington



*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](http://naturecalgary.com)*

**Birding at North Glenmore Park, Saturday, June 30, 2018 8:30 am - 12:00 pm** Meet in parking lot C just west of Rowing Club, accessed from south end of Crowchild Tr SW. (no 37 St access). Leader Penny Smith, 403 249-5997

### Nature Calgary Outings



*Fish Creek Bird Blind*

## BIRDING IN FISH CREEK JUST GOT BETTER

Fish Creek Provincial Park is home to over 200 different bird species, ranging from the ever-present chickadee to sandpipers, blue herons and even pelicans. Birding is one of the most popular activities in the park, and birding enthusiasts come from all around the city for opportunities to catch a glimpse or photo of whatever they are lucky enough to see. This year, a new addition to the park will contribute to the already amazing birding experience in the park!

Several years ago, the Friends were approached by naturalist Gus Yaki, the lead volunteer of our popular Birding Course, about the possibility of building a bird blind in the park. These structures are seen in many city and provincial parks and provide places for people to “hide” and watch birds without disturbing them, so the birds are less likely to be scared away. Traditional blinds are small buildings with four walls, a roof and lateral viewing windows, but these designs did not meet the criteria set out for us by Alberta Environment and Parks for this project. So, we did some research to find a design that would meet these criteria:

- The structure could not be made of wood (due to flammability)
- It should not be climbable (for safety reasons)
- It could not be enclosed by walls or have a roof (could encourage people to set up camp).

We located a design used at the East Point Bird Sanctuary in Toronto. Our blind was built over the winter and erected in March; it can be found in the east end of the park near the Burnsmead wetlands. It is a



steel structure that functions as a blind but is also quite unique-looking, bringing a bit of “art” to the park. Its location was chosen after

consultation with our birding community, as was the number, size and location of viewing windows; there are eight windows at varying heights, the lowest of which are at a height suitable for young children, viewers who may want to bring a folding chair and sit for a while, or those who use a wheelchair. Signage for the structure is currently in development.



If you are going to visit the blind, we ask that you park in the Burnsmead lot and walk east, parallel to the road, to reach it. It is against Park regulations to park along the roadway. Also, please remember - no matter how enticing it might be to do so - it is also illegal to feed wildlife in a Provincial Park, and this includes birds. Like all of our projects, this was a true group effort and partnership made possible through consultation and collaboration.

Alexis Peters

Our thanks to Steve Sozniuk of Refining MetalWorks for his technical and creative skill in building this new structure, our Birding Communities for their input and direction related to the final design decisions and to Alberta Environment and Parks for their partnership and openness to this less than traditional blind design. Finally, this project would not have been possible without the generous financial support provided by [Nature Calgary](#).

## WELLNESS IN FISH CREEK - 2018 SCHEDULE

As the days get warmer and longer, Fish Creek Provincial Park begins to fill up with people taking advantage of the extensive trails, pathways and overall beauty and tranquility of the park landscape. Outdoor activity of any kind contributes to personal health and well-being; each year, the Friends work hard to offer a few fun and unique opportunities that encourage people to get outside in support of their physical and mental health. We'll also be offering a handful of plein-air painting workshops in June, July and August. These workshops are perfect for any level of painter, from new to experienced, and are a great way to enjoy the beauty of the park.



**Wellness Program Kick-Off Event** - Thursday, June 28 from 7:00 - 8:30 pm. Take part in this “combo class” where you’ll get to try a bit of yoga, Spring Forest Qi Gong and meditation, and meet the instructors that will teach these sessions through the summer.

**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 Tuesdays between July 3 to August 28 from 9:30 - 10:30 am. 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 provide great opportunities to bring out your creative side, with the park as your inspiration.

- Paint What You See, instructed by Jim Pescott  
Wednesday, June 27, 6:00 - 9:00 pm and Tuesday, July 24, 11:00 am - 3:00 pm
- Watercolour Painting to Feed the Soul, instructed by Yasmin Irani  
Thursday, August 2, 10:00 am - 1:00 pm



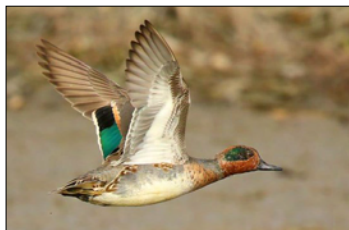
Our Wellness Program would not be possible without the support of many volunteers who take on the role of Wellness Program Assistants; if you're interested in becoming a volunteer in this program, [check out our website](http://friendsoffishcreek.org) for more information.

Please visit our website [friendsoffishcreek.org/programs/wellness-clinics](http://friendsoffishcreek.org/programs/wellness-clinics) for more information.



## AUTUMN BIRDING COURSE

**14 Week Autumn Birding Course, Monday, September 3, 2018 to Sunday December 9, 2018.**



Autumn is one of the best times of year for birding. Between September and December, you can see, hear and learn about more than 150 bird species. As the leaves drop off the trees in the cooler months, many of the smaller migratory birds will be much easier to see. Outings are conducted by Gus Yaki, a lifelong naturalist who has birded around the world - and other experienced instructors. All birding course sessions are held in the great outdoors - in Fish Creek Provincial Park and other natural areas within Calgary.

Start times Monday - Thursday: 9:15 am. Saturdays: 9:00 am, Sundays: 9:00 am and 1:15 pm  
Each outing is approx. 2.5 - 3 hours. Choose to come 1 or 2 days / week

Fee: Once a week outing, Friends of Fish Creek Members: \$60.00, Non-members: \$100.00

Twice a week outings, Friends Members: \$100.00, Non-members: \$150.00

Youth 16 years of age or younger with registered adult: \$5.00

Registration Required. For more information or to register visit

[www.friendsoffishcreek.org/programs/birding-course](http://www.friendsoffishcreek.org/programs/birding-course)

Green-Winged Teal, photo courtesy of Tim Hopwood

## VOLUNTEERS NEEDED!

Whether you are looking for an indoor assignment, an outdoor adventure or a quiet mindful task, we are offering diverse and unique volunteer opportunities. Training is provided and you sign up for pre-approved schedules that work for you.

**Parks Day & Creekfest** 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. **For more information about Parks Day & Creekfest see page 1.**

**Tour Assistant** (police information check required)

Help share the wonders of Fish Creek Provincial Park by supporting our Tour Guides on various walking tours.

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

**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!**

### Alberta Parks Flood Debris Clean-Up at Lafarge Meadows

Saturday, June 23, 2018— 8:00 am - noon and 1:00 - 5:00 pm.

You may sign up for one or both shifts.

Help clean-up the non-natural 2013 flood debris with the assistance of a digital map which has identified flood debris locations in the Park. We will be cleaning up areas containing flood debris at Lafarge Meadows in Fish Creek Provincial Park. The first shift will start at the north end of Lafarge Meadows. As the day progresses, clean-up will move south through the area. Prior to the event you will receive an email notification about the meeting location for your particular shift. For more information please sign up through MyVolunteerPage.com or contact Stephanie Findlay at [findlays@ae.ca](mailto:findlays@ae.ca) or 403-993-3553

# NATURE FOR NEWCOMERS – IT'S A PARK-A-PALOOZA!

**A FREE Family event – No registration necessary**

Date: Saturday, July 7

Time: 12:00 – 4:00 pm

Location: Fish Creek Environmental Learning Centre, 13931 Woodpath Road SW (Access from 37 St SW and 130 Ave SW, west end of Fish Creek Provincial Park)



Come and enjoy:

- Hiking tours with Canadian Parks and Wilderness
- Activities to learn how to hike, camp and stay safe in parks
- Roasting s'mores over a campfire
- Learning about local plants and animals

For more information contact Shalane Friesen at 403.297.7927 or [fishcreek.education@gov.ab.ca](mailto:fishcreek.education@gov.ab.ca)

Event runs regardless of the weather.

## CANADIAN INSTITUTE OF FORESTRY E-LECTURE SERIES

**The Connections Between Human Health and Well-Being with Forests and Nature**

Wednesdays 11:30 am - 12:30 pm

### **June 20 - City Trees and Human Health: a Review of the Evidence and Key Findings**

Kathleen Wolf, Ph.D. University of Washington (Seattle) College of the Environment, US Forest Service, Pacific NW Research Station

### **June 27 - Exploring the Restorative Nature of Parks and Sacred Places**

Don Carruthers Den Hoed, Ph.D. Canadian Parks Collective for Innovation and Leadership Mount Royal University

### **July 4 - Nature Teaches Us to Grieve: Connecting People and Parks at End of Life and in Grief and Loss**

Sonya L. Jakubec, RN, Ph.D. Associate Professor, School of Nursing and Midwifery Mount Royal University

### **July 11 - Healthy by Nature - Outside & Unplugged**

Jennifer McCaffrey, Program Coordinator BC Parks Foundation

### **July 18 - Forest Bathing: The Science and Practice**

Stana Luxford Oddie, Senior Conservation Educator, Cataraqui Region Conservation  
Ronna Schneberger, Leadership Development Faculty & In-house Guide The Banff Centre

### **July 25 - Urban Green Spaces, Ecosystem Services, and a Holistic Approach to Health and Well-Being**

Viniece Jennings, Ph.D. Research Scientist, US Forest Service

### **August 1 - Wellness in the Fish Creek Watershed**

Shana Barbour, M. Sc. Program Coordinator, Friends of Fish Creek Provincial Park Society

To register for these lectures: [electures@cif-ifc.org](mailto:electures@cif-ifc.org)

For more info: [www.cif-ifc.org](http://www.cif-ifc.org)



# 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!

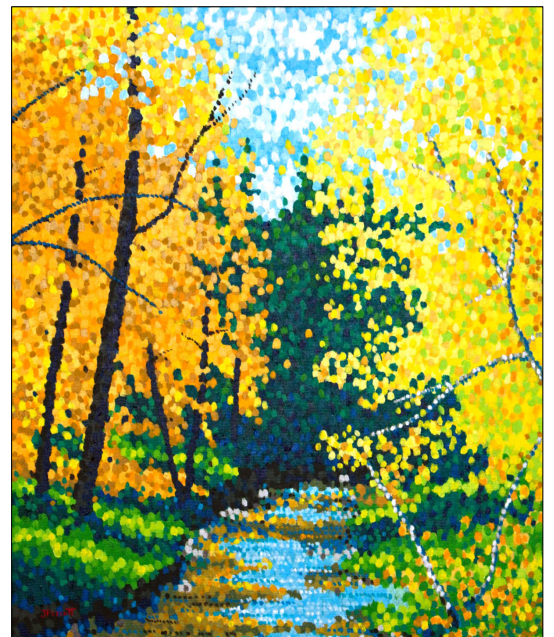
For more info visit [www.friendsoffishcreek.org/park-protector-signup](http://www.friendsoffishcreek.org/park-protector-signup)

## *AUTUMN COLOUR, FISH CREEK PROVINCIAL PARK*

Limited Edition 25<sup>th</sup> 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](http://www.friendsoffishcreek.org/store)



# 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](http://WWW.FRIENDSOFFISHCREEK.ORG)**



## The City of Calgary Wildlife

### WHERE THE WILD THINGS ARE *HARNESSING THE POWER OF CITIZEN SCIENCE*

Samantha Managh  
Urban Conservation, City of Calgary Parks

Have you ever wondered who lives in Calgary's natural area parks? Have you ever wandered through Bebo Grove or Mallard Point and seen a deer trotting by? Would you like to know how you can learn more about our wild neighbors and participate in a citywide citizen science program?

Calgary is well known for its park system, which supports diverse habitats, creates social and recreational opportunities for Calgarians, and provides ecosystem benefits such as clean water, and erosion and flood control. The riparian habitat corridors throughout the city's parks allow wildlife to live and move around the city; however, habitat fragmentation from urban growth presents an ever-increasing threat to maintaining healthy wildlife populations. There is also limited information available regarding the species that inhabit our city and urban parks.

Recognizing this, in 2017 Calgary Parks adopted citizen science as a tool for The City of Calgary to inspire Calgarians to participate in citywide biodiversity stewardship action. The citizen science program, Calgary Captured, aims to assess the terrestrial mammal diversity of Calgary with the goal of enhancing citizen eco-literacy through participatory stewardship action.

Since May 2017, over sixty remote motion-activated cameras have been installed throughout the largest natural areas within the city, including Fish Creek Provincial Park. The remote cameras are placed to capture images of medium and large sized mammals, such as cougar, bobcat, coyote, fox, bear, deer, moose and elk, which depend on intact wildlife corridors to move throughout the landscape. Data retrieved through the cameras will influence conservation and management decisions about

Calgary's open spaces.

Fish Creek Provincial Park is unique because it is the only provincial park within the City of Calgary, it is the second largest urban park in Canada, and it has a



wide variety of flora and fauna not seen in other local natural areas. Fish Creek Provincial Park is working with The City of Calgary to ensure this large green space in the city is not excluded from this study.

Calgary Captured was launched in January 2018. This program offers Calgarians a novel way to peek into our local parks and classify species caught on camera. Through citizen participation our first season of images (120,000 images from May to July 2017) were reliably classified in only 51 days. Our second season of images (August to October 2017) were scheduled to be ready for classification in late May.

The remote cameras will remain in Fish Creek Provincial Park and other Calgary natural areas long term, providing valuable insight into where and how animals are moving throughout the city.

We welcome your participation by:

1. Going to Zooniverse.org: search for Calgary Captured to begin identifying species
2. Join the Conversation: be sure to click the #talk button on the last screen before you submit your observation to let us know if you found something really great!

This is a chance for you to take a peek into Calgary's local parks when people aren't around and see what the critters get up to!

**City of Calgary Wildlife** - <http://www.calgary.ca/CSPS/Parks/Pages/Planning-and-Operations/Calgary-Wildlife.aspx>  
**Calgary Captured Zooniverse** - <https://www.zooniverse.org/projects/calgary-captured/calgary-captured>  
**Calgary's Wild Neighbors story map** - <https://maps.calgary.ca/WildLife/>

*Thank You Supporters!*

**Bobcat Level:**

**Deer Level:**



TD Friends of the  
Environment  
Foundation



### QUIZ ANSWER - FEB / MAR ISSUE

**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 Fish Creek Speaker Series is one of the Friends' longest running programs and 12 years ago, these presentations took place in the theatre at the Bow Valley Ranch Visitor Centre. As the popularity of these talks soon increased, the Friends realized we needed a larger venue. While the Fish Creek Environmental Learning Centre was being renovated in 2007 and 2008, we held the Speaker Series presentations at the Fish Creek Library and some of our readers surely remember these presentations. The Fish Creek ELC is a state of the art educational facility that has been an ideal place for not only Fish Creek Speaker Series talks since 2009, but also for other events like the Friends volunteer dinner, volunteer fair and meetings. The ELC is also used extensively for education programs and to display the works of local artists.

### 2018 Executive

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

### Staff

Nic Blanchet, Executive Director  
**nic@friendsoffishcreek.org**

Katie Bakken, Program Coordinator  
**katie@friendsoffishcreek.org**

Shana Barbour, Program Coordinator  
**shana@friendsoffishcreek.org**

Chris Lalonde, Communications Coordinator  
**chris@friendsoffishcreek.org**

### Membership Form -

The Friends of Fish Creek, PO Box 2780 Stn M Calgary, AB T2P 2M7  
403-238-3841 [info@friendsoffishcreek.org](mailto:info@friendsoffishcreek.org) [www.friendsoffishcreek.org](http://www.friendsoffishcreek.org)

For info about the Park Protector program visit [www.friendsoffishcreek.org/park-protector-signup](http://www.friendsoffishcreek.org/park-protector-signup)

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

email: \_\_\_\_\_ Address: \_\_\_\_\_

City and Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_ Work place (optional): \_\_\_\_\_

☐ Please send me information about leaving a gift in my will

Membership: Individual ☐ \$35.00 Family ☐ \$45.00

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

Donation: ☐ \$25 ☐ \$50 ☐ \$100 ☐ Other: \$ \_\_\_\_\_

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

To pay online: [www.friendsoffishcreek.org/membership](http://www.friendsoffishcreek.org/membership) or donate on [CanadaHelps.org](http://CanadaHelps.org)

(Charitable Registration #891199747 RR0001)

NEWSLETTER: ☐ email ☐ send paper copy

Signature of donor or member: \_\_\_\_\_

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