

Our mission is: To engage the community through activities 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 25, Issue 3
Summer 2020

GET FIT WITH BUNGYPUMP In Fish Creek Provincial Park!

Get a full body exercise just by walking! Instructed by Diana Young



Enjoy a fresh and exciting walking experience with a small group in Fish Creek Provincial Park through the BungeePump program. BungeePump provides upper and lower body strengthening and toning, targets the core, builds stamina, improves balance and increases calorie burn. BungeePump was designed in Sweden and is gaining popularity in North America as people feel the exhilaration and health benefits of exercising with unique BungeePump poles.

Introduced to BungeePump walking while vacationing in Sweden, Diana found an exercise regime that ticked all boxes – suitable for all ages and fitness levels, no gym membership required, use indoors or outdoors, and most importantly, is effective and easy. Since becoming a certified BungeePump instructor, Diana has been promoting BungeePump walking for health, fitness and fun!

Thursday evenings June - September, 7:00 - 8:00 pm.

Registration is required and group size is limited.

To register, visit <https://friendsoffishcreek.org/event/bungee-pump>

Photo courtesy of Diana Young



See Page 7 for a full listing of Friends of Fish Creek Wellness programs taking place this summer!



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WELCOME TO THE TEAM JULIA!



The Friends are pleased to welcome Julia Schneider as our Program & Stewardship Coordinator.

Julia moved to Calgary eight years ago from Spruce Grove, AB. After spending years passing through Calgary to see family, she decided to

make the move and call it home. Julia now resides in the northwest quadrant of Calgary, with her partner and two dogs. Whenever possible, they take the chance to escape to the mountains for day hikes or backpacking excursions.

Julia is a recent Environmental Science graduate from Mount Royal University, with an interest in Geography. She has spent previous summers working in wildlife rehabilitation, expanding her plant collection, and trail

running with her dogs. Julia had begun volunteering for the Friends of Fish Creek in 2019 for the Riparian Health Monitoring program in an effort to apply and broaden the knowledge that she had learned through post-secondary education. Julia continues to volunteer with the Friends this year, but has also been hired in our newest position, Programs & Stewardship Coordinator! While juggling her volunteer hours as a Calgary Captured Camera Crew volunteer, Park Watch Steward and second year Riparian Monitoring Steward, she will also be taking the lead in coordinating our Riparian Health Assessment work, ReWilding fieldwork and our restoration site monitoring and maintenance. She is excited to volunteer and provide further support for the environmental stewardship in Fish Creek Provincial Park.

Julia has taken on a lot, but we are confident that her education and past volunteer experience will help her to quickly get comfortable and excel in all she does. We are thrilled to have her join our team until October!

CAPTURE NATURE PHOTO CONTEST RUNS UNTIL JULY 31

Participating in the *Capture Nature* Photo Contest as a creative way of enjoying the beauty and inspiration of Fish Creek Provincial Park. It's a good-spirited competition for people of all ages and photographic skills, and a great excuse to visit the park on a regular basis. This year's themes are A Bug's Eye View, Power & Grace, and Weather or Not. All photos must be taken in Fish Creek Provincial Park and can be submitted at any point during the contest, but the earlier the better! The public will be able to vote for their favourite photos through our online gallery, so early submissions will

have more time to collect votes! **Are you up for the challenge?**

[Visit the Friends' website](#) for contest fees and info, to find out prize details, contest rules and regulations, and to register! Many thanks to our contest sponsors for their generous donations of contest prizes: [MEC](#), [RMB](#) [Photography](#) and [Vistek](#).



QUIZ QUESTION

What natural event took place in the early summer fifteen years ago and had a drastic impact on the park landscape? *The correct answers will be announced in the next issue of Voice of the Friends.*

VOLUNTEER IN PROFILE

BENJAMIN BARAGAR, SUPPORTING THE PARK BEHIND THE SCENES

For almost 10 years Benjamin Baragar has been providing essential IT support to the Friends of Fish Creek and we are sincerely grateful for his expertise and generosity. Keeping our IT infrastructure secure and up to date is a volunteer activity that Ben enjoys, and we understand the value that his contributions play in all of our daily operations. Ben recently sat down for an interview to discuss his role volunteering with the Friends of Fish Creek.

"The Friends is a worthwhile cause and I appreciate the ability to contribute," he said, "volunteering with the Friends is good for me because I get to play around with a lot of the technology that I learn at work and implement it to make sure that you guys have a stable, secure IT infrastructure. I'm fortunate to be able to help you guys with that, and I enjoy working with you."

Ben is originally from Calgary and grew up in Queensland, near Fish Creek. He currently lives near the park in Deer Run with his family of six. Before settling into Deer Run he studied network systems at SAIT and worked to support various computer technologies at different companies throughout the city.

"Working in the IT industry, I've been really fortunate because I have been able to secure donated equipment from various companies and have put this equipment to use for the Friends - things like servers, switches, firewalls, even computer systems," he stated, "I'm able to take my professional experiences and apply them to what you guys are doing so that the Friends can have the same level of infrastructure, tools and security as any of the larger clients that I work with."

"The infrastructure the Friends have in place is actually very modern and very much in line with any of the clients I work with at my day job" Ben said, "There is a physical server and everything that runs off of that server dictates user accounts, file shares, remote

access; email is hosted in the cloud. The two systems are integrated, but they are also separate."

When he is not working to improve the Friends IT infrastructure, Ben enjoys visiting Fish Creek Provincial

Park with his large family. Two of their favourite park areas are Sikome Aquatic Facility and Hull's Wood. "We really appreciate the fact that the park has fenced off Sikome and access is a lot more controlled than it used to be. My family and I love Sikome and receive a higher quality experience now," he said, "We have also found a couple of really nice spots along the river near Hull's Wood where we like to spend time swimming, playing and exploring."

Not too long ago Ben's wife and stepdaughters saw two beavers hard near Hull's Wood. "I would love to see a beaver myself in the park," he said "I've seen quite a number of deer and I love seeing the little babies in the spring time. Sometimes they are just hanging out in the grassy areas and sometimes you see them kind of wandering around. It's always fun to see the baby deer."

To the readers of this newsletter Ben would like to say, "Volunteering with an organization such as the Friends of Fish Creek is a meaningful way to give back in the area close to home. I would encourage everyone to contribute in whatever way they can, whether it's informally or through one of the Friends volunteer programs. Fish Creek is an important part of our community and it really anchors so much of what we do in this part of the city. Please, just take care of the park."

Thanks for all your hard work, Ben!



THE FRIENDS OF FISH CREEK PRESENTS

CREEKFEST

Reimagined!



**ONLINE SATURDAY, JULY 18 -
FRIDAY, JULY 24, 2020**

FREE AND FUN FOR THE WHOLE FAMILY!

Enjoy a live online concert with Juno-award winning children's performer Putter Puffin's Whale Tales on Saturday July 18 at 1:00 pm and check out amazing online content and presentations all week!

The theme of Creekfest - Reimagined is Staying connected to each other and to the Fish Creek Community. While it is currently not possible to host a large gathering, this week-long series of educational and entertaining content will focus on environmental stewardship in Fish Creek Provincial Park and throughout the province. Join us for Creekfest - Reimagined!



Kids and families can have fun learning about environmental stewardship, conservation and biodiversity from local organizations and performers! Participating groups and individuals include Alberta Institute for Wildlife Conservation, Alberta Wilderness Association, Bettina Sieger, CPAWS-SAB Elbow River Watershed Partnership, Evergreen Theatre, and many more!

[www.friendsoffishcreek.org/
event/creekfest](http://www.friendsoffishcreek.org/event/creekfest)



TD Park People Grants



creekfestinfishcreek



VOLUNTEER PROGRAMS IN A NEW WORLD

Since March, life has presented many changes in the way we all engage with the world around us, and everyone has had to learn to adapt and navigate to constant change and uncertainty. The Friends have been working diligently to ensure we stay connected with our supporters, and revise, restructure and reimagine programs and events. We are working to stay connected to our community so we can provide support and continue offering diverse and interesting ways for people to enjoy the park. These challenges have required us to think a bit outside of the box, stretch our creativity and find different ways of doing things; in the end, all of those are good things!

To ensure we are able to continue our important work and maintain compliance with current Covid-19 related health and safety requirements, we have completed risk assessments of all activities we engage in, and finalized our safe working practices and a Covid-19 Response Plan. All of these measures will ensure that we continue to engage volunteers, program participants and other members of the park safely, and can continue the important work we do together.

We have revised how we execute outdoor stewardship work so that volunteers can work in small groups (maximum 10 people, well under the current requirements for outdoor groups) that allow them to maintain the requisite physical distance. All volunteers are required to complete a Covid-19 assessment before arriving to work (as are our staff) and are

supplied with all of the necessary supervision, training and PPE to work safely.

While some of our

indoor programs have moved online for the time being - like the Fish Creek Speaker Series and a handful of our Wellness program offerings - outdoor fieldwork has either already started, or is scheduled to begin in the coming weeks. Weed Whacker volunteers are already active in various areas of the park, tree mapping - as part of our Citizen Science work and new Digital App project - will begin by July, tree wrap outings will begin in August, and we are planning to get an early start on ReWilding throughout the months of August, September and November. Park Watch Stewards are trained to use and submit reports using our new digital app for the first time, and have been working since the beginning of June.

Our Wellness program (*page 7*) will also continue with outdoor offerings throughout the summer, with restricted group size to ensure all program participants can successfully social distance and feel safe. *Creekfest* will be offered as “Reimagined,” a week-long event allowing people to tune into 7 days of exciting educational opportunities from anywhere! (*page 4*).

While some of our programs have been postponed until next season, we are thrilled to be able to continue with so much important work over the summer, and hope we’ll have the opportunity to connect with you!



Morning Yoga Session, Park Watch Kits (top)

THANK YOU CALGARY FOUNDATION!

The Friends would like to extend our sincere thanks to the Calgary Foundation for their recent support through the Stepping Stones program and the Pandemic Response programs. Stepping Stones will support the Digital Story Map of Fish Creek Provincial Park, while the Pandemic Response grant will support communication and web-based expenses during this challenging time. We are very pleased and grateful for the long-running support of the Calgary Foundation and all of the donors who contribute through this organization. For more information please visit <https://calgaryfoundation.org/>



***SUPPORT OUTDOOR
EDUCATION IN FISH
CREEK AND YOUR
DONATION WILL
BE MATCHED
UP TO 50%!***



***SHAW BIRDIES
FOR KIDS
PRESENTED BY
ALTALINK***



Shaw Birdies for Kids presented by AltaLink (BFK) is a truly amazing program that helps to raise funds for children throughout Alberta. Through BFK your donation will be matched up to 50% and your contribution can go even further. Unfortunately, the Shaw Charity Classic Golf Tournament will not be held this year in the interest of public health and safety. Through BFK, Shaw Communications is committing \$1 million to support the matching pool for the donations.

We are very grateful that the Friends of Fish Creek and our Learning Naturally program has once again been chosen as one of more than 200 Alberta charities to participate in Birdies for Kids this year. Our goal this year is to raise \$20,000 in order to provide 2000 students between grades K-6 with an outdoor educational field trip in Fish Creek Provincial Park.

Birdies for Kids will support the Friends' Learning

Naturally program, which includes TD Learning Naturally. TD Learning Naturally helps provide over 4700 children each year with a life-changing field trip to Fish Creek Provincial Park. Students in the TD Learning Naturally program attend economically disadvantaged schools in Calgary and may not have the opportunity to visit Fish Creek were it not for Learning Naturally. This essential program does not receive regular funding and we rely on ongoing donations from community members and organizations.

Please donate before August 30 to support Learning Naturally and your donation will be matched up to 50% by the Shaw Charity Classic Foundation. Please talk to your friends, family members and even your employer about contributing this year. To donate or for more information contact the Friends or visit <https://friendsoffishcreek.org/event/birdies>

Photo courtesy of SGT on pixabay

WELLNESS IN FISH CREEK



RELAX, UNWIND AND RECONNECT THIS SUMMER

The Friends are pleased to invite you to try our Wellness-based programs this summer, which include both online and in person sessions. Adjusting to new challenges brought on by the new world we are living in depends on looking after personal wellness by enhancing and improving physical, mental and spiritual well-being. Outdoor programs like new moon cycle Yoga meditation, Forest Bathing and BungyPump walking provide opportunities to enjoy Fish Creek Provincial Park in small groups with other community members, and online programs like the Reset, Renew, Recharge Meditation, Hiking 101 and Map & Compass Basics can be enjoyed from the comfort of your home. Certain programs are complementary and others have a small fee. Registration is required and in the interest of public health and safety drop-ins will not be accepted to outdoor sessions. More information about these and other Wellness programs can be found at <https://www.friendsoffishcreek.org/programs/wellness>

Wild Yoga Meditation Series

Instructed by Naomi Parker, Yoga Instructor with the Friends of Fish Creek for eight years. This series will be a combination of yoga and yoga nidra meditation, each with a different theme and held within the window of a new moon cycle at the Bow Valley Ranch in Fish Creek Provincial Park. All sessions are \$10 per person, space is limited to 12 people.

Planting the Seeds of January

Tuesday, July 21, 7:00 - 9:00 pm

Manifesting our future life takes time. The Universe runs on clear concise instructions from each of us. We need to be patient and trust that what we ask for will come to us. We will come to class with a set of goals or intentions of what we want to achieve in January 2021, and plant these in this new moon cycle. It typically takes 6 months for these intentions to be seen in our life. Remember the time and effort you spent at the start of new year working on what you wanted in 2020?

Why not kick start 2021 living your intentions you set today? <https://friendsoffishcreek.org/event/yoga-january/>

Igniting the Fire Within

Tuesday, August 18, 7:00 – 8:30 pm

We will be working in a new moon cycle. Taking a moment to understand what your heart's deepest desire is. Our yoga practice will be centered about our third chakra (Manipura). This is where we start our own fire within to motivate and pursue our wildest dreams. In order to go after our dreams we need to be confident and empowered to do so. Being in alignment with our third chakra helps us understand our own value and what we really do have to offer our community, city and even the world. We will review how to do a fire ceremony as we often find ourselves around a fire in the summer months more so than at any other time of the year. <https://friendsoffishcreek.org/event/yoga-fire/>

Photo courtesy of
Alexandra Slobodian

Cont'd on Next Page

WELLNESS IN FISH CREEK CONT'D

Self care series - Reset, Renew, Recharge



**Wednesdays,
July 15, August 5 and 26
6:30 - 7:15 pm**

Join Divya Singh,
Meditation Instructor at the
Art of Living Foundation for
free online guided
meditations. The Friends of
Fish Creek is delighted to

present the summer of Wellness - a special complimentary online self care series to help you reset, renew and recharge! Recent global events have had a significant effect on our community and many people are navigating a series of emotions such as uncertainty, fear and loss, among others. As the economy begins to open up, it is imperative that we equip ourselves with inner resources and tools to manage our mental, emotional and physical wellbeing. Using evidence based tools like breath work and meditation, Divya will help you dive into key aspects of self-care and empower you to create a personal wellness roadmap. Every session will explore a different theme.

Divya Singh is an accomplished professional and brings several years of experience in the areas of marketing and business development. She experienced a wellness transformation 10 years ago that brought a 180 degree change in her overall well-being. To learn more about Divya's work or to connect with her, please send her an email at divya.singh@artofliving.ca. To register, please



visit <https://friendsoffishcreek.org/programs/wellness-clinics/>

BungyPump

Thursdays, until September 17, 7:00 - 8:00 pm

Get a full body work out just by walking!

Walking with unique BungyPump poles tones your arms, strengthens the core, improves balance, builds

stamina and increases calorie burn, all while exploring our beautiful park. For more info see page 1 or visit <https://friendsoffishcreek.org/event/bungy-pump>

Forest Bathing

**Wednesdays, July 22 and August 19, 6:00 pm - 8:00 pm
at Hull's Wood, Fish Creek Provincial Park**

Instructed by Karen Salamandick, Leaning Mind Coaching. Mindfully reconnect with nature through the practice of Shinrin yoku (forest bathing). Shinrin yoku (Japanese phrase meaning forest bathing or immersing oneself in the forest atmosphere) is a slow, mostly silent, mindful practice in nature. Participants will be invited to engage their senses using specific prompts. All sessions are \$10 per person, registration is required and space is limited to 6 people.



**LEANING MIND
COACHING**

<https://friendsoffishcreek.org/event/forest-bathing>

Outdoor Exploration Workshops

Instructed by Annette Ng, an Apprentice Interpretive Hiking Guide who is also working towards certification as a Fitness Instructor Specialist.

Hiking 101 Workshop

Monday, July 6, 7:00 - 8:00 pm

<https://friendsoffishcreek.org/event/hiking/>

Map & Compass Basics

Monday, July 13, 7:00 - 8:30 pm

Hiking often leads to being lost in thought but how to avoid being physically lost? This workshop guides you through the basics of using a map and compass. Learn how to use a topographic map as a trip planning tool: interpret contour lines, identify features, scale and distances. Discover how to use a compass to take bearings on a map and in the field. GPS will not be covered in this course.

<https://friendsoffishcreek.org/event/map/>

Photo courtesy of Divya Singh

CALGARY CAPTURED



Citizens engaged in
urban wildlife monitoring

I'M A CALGARIAN!

Calgary Captured is a citizen-science based wildlife monitoring and awareness program that is being conducted by the Miistakis Institute in partnership with The City of Calgary Parks. Wildlife cameras through Fish Creek Provincial Park and the city record wildlife sightings and help city planners and community members understand their movement and behaviour. This program receives funding through the Calgary Foundation, TD Friends of the Environment Foundation and Alberta EcoTrust Foundation, and partnering organizations include Alberta Environment and Parks, the Friends of Fish Creek and the Weaselhead/Glenmore Park Preservation Society. Through Calgary Captured's newest campaign - I'm a Calgarian, we would like to introduce you to, and provide information about, some of our wild neighbours in and around Fish Creek Provincial Park. **I'm a Calgarian series - part 1 of 2**

POLLINATORS

I'm your friendly polli-neighbour! Native

pollinators like bees, hummingbirds, butterflies, moths and beetles help make our food – but are

threatened by habitat loss, climate change and disease.

I am not aggressive. Most of our native pollinating insects are solitary and do not swarm. Native bees, for example, are not likely to sting unless they are disturbed.

I make your food. Over one third of the human diet comes from insect pollinated plants! In fact, 75-95% of all flowering plants require pollination services.

I brave Calgary Winters too. Appropriate habitat can be difficult to find in the urban environment – especially in the winter months! Provide winter habitat for bees by leaving leaf litter, hollow stems, and plant debris in your yard through the winter months.

Support City efforts to maintain nature. To continue to see a thriving urban biodiversity, including native pollinators, we need to ensure there is the right habitat for them. This means adding native plants to our green spaces, incorporating pollinator-friendly areas into new development, and providing pollinator habitat in our own backyards. For more information about pollinators, visit Calgary.ca/pollinators and Calgary.ca/habitatrestoration



BOBCAT

You're not as tasty as you think! Bobcats hunt small animals such as mice, insects, and birds.

Please give me space. Just like your house cat, bobcats will likely ignore your presence. But, they are wild animals! Observe and appreciate bobcats from a distance.

I'm not a fan of dogs. Dogs can stress or harm bobcats. Cats (and very small dogs) on the other hand, may look like bobcat meal. Keep dogs on leash and cats indoors.



Enjoy your City parks! Please stay on trails and respect park closures. Living in a big city can leave

you itching for more space. Stepping off trails and entering parks after hours further reduce space available for animals.

Support City efforts to maintain nature. If we want to continue to see a thriving urban biodiversity, like bobcat, we need to ensure animals can move around the City – this means protecting existing green spaces, creating new ones in strategic places, and investing in development that is more animal-friendly.

CALGARY CAPTURED CONT'D

BEAVER

I have a duel degree in landscape architecture and engineering – dam, I've been busy!

Beavers build impressive dams, canals, and lodges to store food and protect themselves from predators.

My work is important! Beavers are an integral part of the landscape and provide numerous watershed benefits such as enhanced groundwater storage, reduction of stream velocity and temperature, sediment capture, and habitat creation, to name a few.

Sorry – I can also cause problems for humans.

Although beavers can pose challenges such as flooding of roads and trails, and tree felling, there are solutions to these challenges that do not harm beavers. Visit <https://www.rockies.ca/beavers> to learn more about coexisting with beavers.

Don't make me slap my tail at you! Big-city beavers are wild animals and like their privacy. When people or dogs come close, it stresses them out. Please keep dogs on leash and do not allow them to enter the beaver's pond.



COYOTE

We play our part!

Coyotes have a natural and beneficial role as scavengers, who also help control the rodent population in Calgary.

Help keep me wild.

Coyotes are highly adaptable and curious. They will eat pretty much anything. Keep your yard free of attractants such as

unsecured garbage, bird feeders, and pet waste.

Keep your pets safe.

Walking your dog on a leash protects your dog and coyotes. Also, keep your cats indoors, as coyotes see them as food.

Enjoy your City parks! Please stay on trails and respect park closures. Living in a big city can leave you itching for more space. Stepping off trails and entering parks after hours further reduce space available for animals.

Support City efforts to maintain nature. To continue to see a thriving urban biodiversity, including beaver and coyote, we need to ensure animals can move around the City – this means protecting existing green spaces, creating new ones, and investing in development that is more animal-friendly.



WE USE A TRANSIT SYSTEM TOO!

- Like us, animals need to move around Calgary in search of food, shelter, and that special someone.
- Many of the features we build in the City (roads) represents obstacles to animal movement. High volume traffic, for example, can prevent an animal from crossing a road or increase the risk of an animal-vehicle collision. If we want to support a thriving urban biodiversity, we need to ensure that the animal transit system is connected.

Beaver photo courtesy of Phil Smith, Coyote photographer unknown, Did you take this amazing shot of the coyote or know who did? Please email info@friednssoffishcreek.org



THANK YOU FISH CREEK COMMUNITY MEMBERS!

Anyone who knows us and is familiar with the work we do understands that it takes many different kinds of support to keep our organization running. Thank you to all partnering organizations who work with us on creative projects, to funders who understand the challenges of late and allow flexibility in outcomes and project timelines, to program participants and volunteers who are willing to take that extra leap and connect with us through unfamiliar technology, and to new and returning members! All of this support is integral in its own way, and one kind of support is never more important than another.

We know that some people need to remain home and are not able to volunteer or attend in-person programs that we offer, but would still like to support the Friends. If you are looking for a way to get involved, consider the following:

Join our ever-growing group of Park Protectors.

As a Park Protector - you never have to worry about keeping your donations up-to-date and you will get just one tax receipt a year. 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 can keep up with the good work your donations are supporting! For more information please visit <https://friendsoffishcreek.org/park-protector-signup>

Support our Anniversary Brick Pathway project.

There are fewer than 5 bricks available in the fourth and final phase of the Friends Brick Pathway. This program began in 2017 to commemorate the 25th Anniversary of the Friends of Fish Creek. A brick would make an amazing gift for anyone who enjoys visiting Fish Creek Provincial Park and would like to see it protected and preserved.

Dedicate a Bench in Fish Creek. Through the long-

running bench program you can leave a lasting legacy in Fish Creek as a gift to commemorate a milestone or to remember someone special who loved Fish Creek.

Consider Planned Giving. Leaving a gift in your will for the Friends of Fish Creek is a truly generous and amazing way to support our conservation efforts and enhance the quality of life for future generations.

Support Learning Naturally through Shaw Birdies for Kids presented by AltaLink. See page 6 for more info.

In addition to these options, we invite you to check with your place of work to see if your employer has a matching donation program. We have many options available if you would prefer to lend a hand and volunteer rather than contribute financially. In 2019, the dollar value associated with volunteer work in our organization was over \$210,000! This is an incredibly important source of in-kind financial support, without which we could not function.

The Friends will keep you posted about our upcoming Peer to Peer fundraising campaign, which will offset the shortfall presented by the cancellation of our Taste of Autumn fundraiser. We are excited to launch this new strategy later this year that will take our fundraising efforts to the next level.

We recognize that there are many important causes that rely on public support, especially now during these uncertain and challenging times. The Friends are exceptionally blessed for the continued support we receive from our community, as we share our vision of a sustainable Fish Creek Provincial Park that future generations can enjoy as we do today.

For more information about supporting the Friends, please contact the Friends of Fish Creek at 403-238-3841 or visit <https://www.friendsoffishcreek.org>



Deer Level:

Thank You Supporters!

Bobcat Level:



QUIZ ANSWER - SPRING ISSUE

Which member of the park's wildlife community has a very distinct appearance and a powerful defense mechanism?

If you guessed the skunk, then you are correct. At first glance under the moonlight, this nocturnal animal can easily be mistaken for a puffy black housecat, especially if seen in a neighbourhood near the park. However, the unique and prominent white stripe down its back identifies it as the skunk. Although the skunk has claws for digging and rooting for food, and while it can move at a brisk pace when needed, it is not an exceptionally quick or aggressive animal. When faced with a predator the skunk's best defense is to stand its ground and unleash its potent musk into the predator's face, which comes out from two glands near the anal opening as a liquid and then becomes a mist. A skunk can spray up to fifteen feet and as many as five times at one attacker. Please keep curious dogs on a leash so they do not encounter or surprise a skunk in or near Fish Creek.

www.massaudubon.org/learn/nature-wildlife/mammals/skunks

2020 EXECUTIVE

Chair	Bob Morrin
Vice-Chair	David Mitchell
Treasurer	Phil Greer
Governance Chair	Henry Villanueva
Director at Large	Kari Horn
Director at Large	Naomi Parker
Director at Large	Christina Steed
Director at Large	David Breckon
Director at Large	Neil Groeneveld
Park Liaison	Jennell Rempel

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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

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 or donate on CanadaHelps.org

(Charitable Registration #891199747 RR0001)

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.