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MAY 27

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The information contained in this newsletter is believed to be accurate, but is not warranted to be so.

Queensland Community Association and Great News Publishing do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

IMPORTANT NUMBERS

| ALL EMERGENCY CALLS 911 | |
|---|----------------|
| Alberta Adolescent Recovery Centre | 403-253-5250 |
| Alberta Health Care | 403-310-0000 |
| AHS Addictions Hotline | 1-866-332-2322 |
| ATCO Gas – 24 Hour Emergency | 403-245-7222 |
| Calgary HEALTH LINK 24/7 | 811 |
| Calgary Police – Non Emergency | 403-266-1234 |
| Calgary Women's Emergency Shelter | 403-234-7233 |
| Child Abuse Hotline | 1-800-387-5437 |
| Kids Help Line | 1-800-668-6868 |
| Child Safe Canada | 403-202-5900 |
| Distress/Crisis Line | 403-266-4357 |
| ENMAX – Power Trouble | 403-514-6100 |
| Poison Centre - Alberta | 1-800-332-1414 |
| HOSPITALS / URGENT CARE | |
| Alberta Children's Hospital | 403-955-7211 |
| Foothills Hospital | 403-944-1110 |
| Peter Lougheed Centre | 403-943-4555 |
| Rockyview General Hospital | 403-943-3000 |
| Sheldon M. Chumir Health Centre | 403-955-6200 |
| South Calgary Urgent Care Health Centre | 403-943-9300 |
| South Health Campus | 403-956-1111 |
| OTHER | |
| Calgary Humane Society | 403-205-4455 |
| Calgary Parking Authority | 403-537-7000 |
| SeniorConnect | 403-266-6200 |
| Calgary Kerby Elder Abuse Line | 403-705-3250 |
| Alberta One-Call Corporation | 1-800-242-3447 |
| City of Calgary | 311 |
| Social Service Info & Referral | 211 |
| Community Mediation Calgary Society | 403-269-2707 |
| RNR Lockworks Ltd. | 403-479-6161 |
| Road Conditions – Calgary | 511 |
| Weather Information | |
| Gamblers Anonymous | 403-237-0654 |



Queensland 2017 Parade of Garage Sales

It's that time of year again – Spring Cleaning Time!

Clean out your closets, drawers, garages, basements and sheds and turn those unwanted items into \$\$ on **Saturday May 27 from 9:00am to 3:00pm**. If you do not have enough stuff, join up with a neighbour or make it a street event! Last year's participants were very pleased with the turnout and we know this year should be another big success for all of us out there "selling our stuff".

To register and have your garage or yard sale advertised free of charge, please contact **Dorothea Sautter** or **Linda Brown** at the Queensland Community Centre with your full name, address, phone number, and email address.

Lawn signs, directional maps, and a list of all participating homes will be available for pick-up at the community centre the evening before the sale.

On the morning of the sale, directional signs will be placed on the main streets directing buyers into the community.

Registration deadline is May 20
Dorothea Sautter
403-301-7615 leave message, or
dorothea@royalalpage.ca

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| Casino | Blanche Sheridan | 403-278-5294 |
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| Programs | Linda Brown | 403-278-3366 |
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| Traffic | Steve Foote | |
| Community Garden | | |
| Hockey | Breakers Hockey | 403-271-7107 |
| Guides | Answered locally | 1-800-565-8111 |
| Bow River Softball | Kathy Worthington | 403-225-1008 |
| Scouts | Chris Forsyth | 587-287-9934 |
| Calgary Police Service | | |
| Community Resource Officer Dist 6 | Cst. Matt Forest | 403-428-6600 |

"To promote and facilitate community spirit and involvement in Queensland and Diamond Cove"

2017

QUEENSLAND COMMUNITY ASSOCIATION MEMBERSHIP FORM

\$20.00

Name: _____

Address: _____

Phone: _____

Method of payment: Cash: _____ Cheque: _____

Cut out this coupon and mail or drop off at the Queensland Community Hall

YOUR COMMUNITY - PROGRAMS - EVENTS

MAY CALENDAR

MONDAYS

Playgroup
Jazzercise
Basket ball

TUESDAYS

Yoga
Sparks, Brownies, Guides
Jazzercise

WEDNESDAYS

Playgroup
Pickleball
Jazzercise
Basket ball
First Wed. Garden Club

THURSDAYS

Quilting
Beavers, Cubs, Scouts

FRIDAYS

Playgroup
Private Functions

SATURDAYS

Private functions

SUNDAYS

Basketball

RAMADAN is from May 26-June 25

CASINO

July 2 and 3 at the Deerfoot Casino

This is a major fundraiser which requires many volunteers. If you can help out on either of these days, please call Linda at 403-278-3366.

There are many positions available, and no experience is necessary.

The funds generated from this event will help to provide upkeep and maintenance to the community hall and enable us to continue to run our quality programs.



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PRESIDENT'S MESSAGE

Hello,

Another beautiful month is upon us and I am sure that many residents are already looking forward to the summer vacation time. Have you noticed how quickly these months are flying by?

Here at the community center we are busy organizing some activities for you during the summer months, so make sure you read the Crier to see what we will have available for you. Our spring programs will be stopping during the month of May.

Some activities available for you in May are:

- Good Food Box All orders must be in by May 9 for delivery May 18
- Aldertalk on May 27
Come and visit with Councillor Peter Demong this day and bring forward any issues or questions you may have pertaining to the city of Calgary. He will be in the Jensen Room (the back room near the hockey rink) and

would really enjoy meeting all of you. For the times, please check out the message board at the front of the community center.

- Parade of Garage Sales May 27 9:00 a.m. to 3:00 p.m.
This is a great time of the year to sort through your things you no longer need and maybe get some money for them. I just love this time of year.
- Plant Share May 28
This is a wonderful day for everyone. Come and share your plants with others and maybe take home some new and different ones. Come and check it out even if you do not have any plants. If you have questions about any plant or garden issues, the ladies from the garden club are there for great tips

- Kid's Craft Club May 12 12:00p.m. to 4:30 p.m.
We have a great project lined up for this one
- Clean Up Day June 25 9:00 a.m. to 2:00 p.m.
It is that time of year to get ready for our community cleanup. We are very excited about this day and are pleased that our residents come and use this time to get rid of any items that need to go to the city dump. We will be in the community parking lot. There is not any charge for this.

Please check further in the Crier for more activities that are continuing until the end of June!

Our Casino for this year has been scheduled for July 2 and 3.

Our Stampede Party will be July 8.

Our holiday weekend will be approaching very soon and now that the weather is great we have more activity in and around the community center and Haultain Memorial School. I can't stress enough for everyone to slow down in this area when driving. There are so many drivers who speed through this area on Queensland Drive. People are NOT slowing down at the pedestrian cross walk in front of the community center. I have witnessed many children almost being hit in this area. Help us to keep our children and residents safe while walking.

I guess that is all for now. Have a fantastic month. I will give you more updates in June.

Until next time,

Judith



DASH THE SPANIEL

Queen Victoria's dearest childhood friend was her Cavalier King Charles spaniel named Dash. The marble effigy marking his grave describes him as having "attachment without selfishness, playfulness without malice, fidelity without deceit."

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Guides
Canada

FAMOUS FIVE DISTRICT

Did you hear, the Classic Cookies have arrived! Some units are going door to door, but if we've missed you, please contact Pat, isteads@telus.net with your address and quantity and we'll see that someone delivers your order to you. Cookies are the major fundraising for Girl Guides and your purchase allows us to provide programming that teaches self-respect, community awareness, safety, leadership and so much more.

Beginning June 2, 2017, new members will be able to register for the fall program start. Use the National Website, www.girlguides.ca to find more information on how to register. Current members will be sent information about re-registering your daughter for the fall, please watch your emails or speak with your guider. If you have any questions, contact Pat.

All our leaders are volunteers, be sure to thank them for the skills and role modeling they provide to your daughters. Would you like to become a leader for the fall? We're always looking for women to help. Why not start the registration process now, take advantage of some trainings offered in June and be ready for a fun time in September. Contact Pat, isteads@telus.net, for more info.

New Hall Rental Rates

| | |
|---------------------------|-------------------------------------|
| Gym Use | \$50.00 per hour |
| Gym Use for Weddings etc. | \$400.00 plus \$100.00 for cleaning |

A DAMAGE DEPOSIT OF \$200.00 IS REQUIRED FOR LARGE GYM FUNCTIONS (e.g. weddings craft shows etc.)

| | |
|--------------------|-------------------------------------|
| Children's Parties | \$150.00 plus \$100.00 for cleaning |
| Boardroom | \$25.00 per hour |
| Multi-Purpose room | \$25.00 per hour |
| Small Meeting Room | \$25.00 per hour |

GARDEN CLUB Plant Share

The Garden Club will host their annual Plant Share and Sale on Sunday May 28 from 9-11 am.

For the garden club veterans, there will be no changes. Weather permitting, we will be outside the Queensland Community Centre in the parking lot. Plan B will be in the back room where we have our meetings.

For those of you who have not participated in one of our Plant Shares, here is what you need to know:

- Months ahead, save some cuttings of your house plants to pot up and share with others. Now would be a good time to start. May will be here before you know it.
- If you start your own seeds, assign a few seedlings to share with our gardening friends.
- The week of the Share, dig up and/or divide those perennials that need attention this year (irises, daylilies, delphiniums – you know what I mean), and bring the bits you don't want to the Share. Leave a little space for new babies you will bring home from someone else's garden. I got a great echinacea from someone last year and have my fingers crossed that it will have survived its first winter at my house.
- We will have a table for Sale items. Last year one of our members was moving out of province, and she brought many beautiful pots, books and decorative items that had value, and we cheerfully snapped them up and paid her for them. We will invite The Calgary Rose Society and the Poppy Guy to bring product for sale.
- Please remember to label what you bring – name, variety (if you know it), preferred environment (sun, shade, part shade, bog, dry, etc.). If it has been a success in your yard, it should be a success in someone else's but they need to know where to put it. Please DO NOT share invasive species. I am still digging out the nasty campanula that I took home from a Share about 8 years ago. No thanks to whoever shared that with me!

That's all there is to it. It is all about Sharing. I look forward to seeing you in May.

Cheers,

Barbara



Gentle Yoga at Queensland

Come and join us!

We have a new instructor for the Gentle Yoga class at Queensland, her name is Helen Cheung and she has many years of experience in the fitness industry and within the City of Calgary. She has many different fitness certifications and is certified in Older Adult fitness, Pilates and Yoga so she will be a great fit for the Gentle Yoga class.

Yoga class will run from 10:00-11:00am on Tuesday Mornings!

Cost will be \$75.00 for the 14 week session or \$10.00 drop-in fee!



Pickle Ball

Pickle Ball is every Wednesday afternoon from 1:00 p.m. to 2:30 p.m. The fee is \$2.00 for Queensland Membership holders and \$3.00 for anyone who does not have a membership. No experience necessary!



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TRIVIA

Anna Jarvis, the creator of Mother's Day wanted "Mother's" to be spelled "singular possessive, for each family to honor its own mother, not a plural possessive commemorating all mothers in the world."



10 MAY 2017 | Call 403-263-3044 for advertising opportunities

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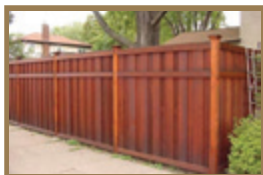


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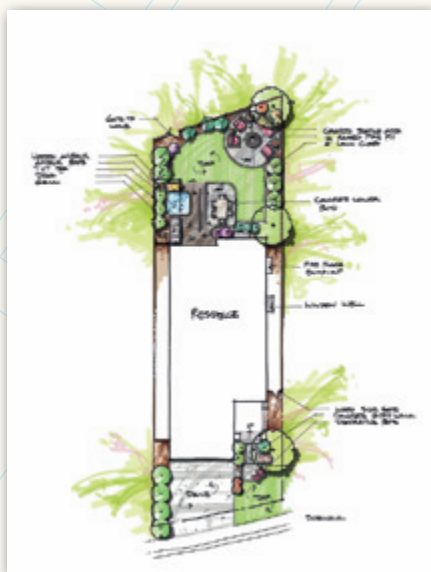


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COOKS' CORNER



Quiche a la Benedict

"It's basically asparagus quiche, but with Canadian bacon. Top with your favorite Hollandaise sauce to serve. Enjoy!"

Ingredients

- 1 tablespoon vegetable oil
- 1 pound fresh asparagus, trimmed and cut into 1/2" pieces
- 1 pinch salt
- 4 slices Canadian bacon, cut into 1/2-inch dice
- 3 tablespoons grated onion
- 1 clove garlic, pressed
- 4 eggs
- 3/4 cup heavy cream
- 1/2 cup biscuit baking mix (such as Bisquick(R))
- 3 tablespoons butter, softened
- 2 tablespoons grated Parmesan cheese
- 1 tablespoon Dijon mustard
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1 dash hot pepper sauce
- 1 prepared 9-inch single pie crust
- 1 cup shredded Colby-Monterey Jack cheese

Directions

Preheat oven to 350 degrees F (175 degrees C). Heat vegetable oil in a large skillet over medium heat, and cook and stir asparagus until tender, about 10 minutes. Season with a pinch of salt. Stir Canadian bacon, grated onion, and garlic into the asparagus; cook and stir until the garlic is fragrant, about 1 minute. Remove skillet from heat, cover, and set aside. Whisk eggs, cream, biscuit mix, butter, Parmesan cheese, Dijon mustard, 1/2 teaspoon salt, black pepper, and hot sauce together in a bowl. Place the pie crust into a 9-inch pie dish; spread asparagus mixture into the crust. Spread Colby-Monterey Jack cheese over the asparagus mixture in an even layer, and pour the egg mixture slowly over the quiche. Bake in the preheated oven until the filling is lightly puffed and browned and a toothpick inserted into the center comes out clean, about 40 minutes.

MLA Calgary - Fish Creek
Richard Gottfried
Bay 7, 1215 Lake Sylvan Drive SE, Calgary, AB, Canada T2J 3Z5
403-278-4444 403-278-7875
calgary.fishcreek@assembly.ab.ca
www.richardgottfried.ca @GottfriedMLA
RichardGottfried4FishCreek

By May your Legislature is in full swing and I am knee deep in budget deliberations. The Provincial budget affects us all, so please take the time to understand the impact on you and your family. At the end of March a mailer went out to all Fish Creek area residents. If you have not had the opportunity to fill out the survey, please do so, as it gives me a clear indication of key issues and concerns in the community.

May long weekend is the unofficial start to the summer camping season. Although camping is definitely on the minds of many, snow is always a possibility in the mountains, so please plan ahead. The Boy Scout motto "BE PREPARED" still rings in my head after many years as a volunteer Scouter. Alberta Parks has many resources on their website, so please do not hesitate to take a look at www.albertaparks.ca. This year is also Canada's 150 and if you have not already picked up your complimentary pass for the National Parks I would encourage you to do so. Alberta enjoys Parks Canada's most popular national park - Banff National Park, but there are many national parks across our great country to explore and appreciate how blessed we are to enjoy nature's pristine beauty.

With Canada's 150 and a recent citizenship ceremony at a local school, I have reflected on what citizenship means to me and what it means to be a Canadian. Being born in Calgary and having lived in Africa as a young child taught me at a young age the blessings of democracy, rule of law, and good governance. Judge Joseph Woodard, who presided over the ceremony, spoke about what our duties and obligations are as Canadians - to give. To give of ourselves; our time and energy to our families, communities, cities, provinces, and country. The value our volunteer contributions make in supporting the fabric of society cannot be underestimated. Each of us can do something. For some it will be coaching soccer, for others volunteering at the local library or like Parkland and Bonavista Cares, making sandwiches for the Drop-In Centre or creating Birthday bags for the Food Bank. So, I will be continuing to shout out small and simple acts of kindness and contributions that make Calgary-Fish Creek better.

One huge act of goodness that happens seamlessly in

Fish Creek every year are the Rink Rats. Hopefully we see no freezing weather and the white stuff until next winter, but I wanted to do a special shout out to volunteers that kept outdoor rinks in the community up and running smoothly this winter with some of the best ice in the city. The community outdoor rinks are all volunteer driven and the collective effort has not gone unnoticed. These amazing volunteers could be your next-door neighbour, long term community resident or someone who just moved in and wanted to get involved. Volunteering is good for the soul, so next winter when you are at the rink, please take a moment to say thank you!

Lastly, I would like to make a comment on appointments to government agencies, boards and commissions. While I am all for open competition for these positions, I do feel there is a level of skill, experience, and expertise that is meant to guide and protect sustainable organizations. Much of governments' role is to put in place the structure of good governance and with appropriate expectations, let the people govern themselves. Government boards and commissions' purpose is to work within their mandate in an arm's length manner, free from political interference. Unfortunately, much has been done recently that contravenes these principles of independence, transparency, and accountability and I would encourage all of you, as I commit to do the same on your behalf, to be mindful and outspoken in protecting the best interests of Albertans.

As always, your contributions to the conversation help me to effectively represent your interests. So please join me for another MLA Café on Saturday May 13th from 10-12noon at the office. Please contact the office should you require any assistance at either 403.278.4444 or Calgary.FishCreek@assembly.ab.ca.

COMMUNITY ANNOUNCEMENTS

- ◆ Free announcements: lost/found, household items for sale, wanted, garage sale, student/senior services, etc.
- ◆ Forty word limit

CLOTHING GIVEAWAY: Saturday, May 6 10:00 am – 1:00 pm at All Saints Lutheran Church, 380 Midpark Blvd. SE. Spring/summer clothing donations welcomed at the church from May 2-5, between 11:00 am – 3:00 pm. For more information call Retta at 403-201-7500.

Mom's Jobs

- | | |
|---------------|---------------|
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YOGABEARS PLAYSCHOOL CLASSES: Kids' yoga, co-operative games, mindful relaxation, songs, and stories. Tuesdays 9:30-11:00am. Ages 3-5 years. Cost: \$135.00 for a 10 pass or \$15.00/class. Downstairs Deer Run Community Centre. Maximum 10 students. Please text to hold a spot for your child. More info call/text Kaura at 403-809-1930 or visit www.yogabears.ca.

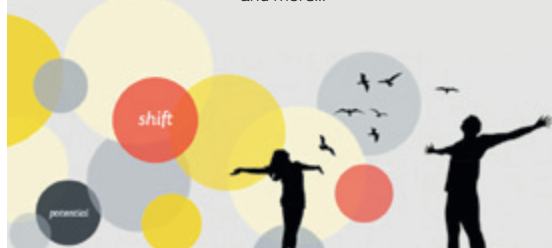
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Clean Up Day



Deer Ridge & Queensland/Diamond Cove

June 25/2017
QCA Parking Lot
9AM - 2PM

- Trash Compactor Trucks
- Electronics
- Metals





Tasty Tomatoes

Barbara Shorrock

Calgary gardeners love their tomatoes, and can get pretty competitive over size and yield and all sorts of other categories. With our short growing season here in the Chinook belt (on average May 25-Sept 15), not to mention cold nights, days that may be warm to sizzling, moisture from drought to drowning, wind and Oh yes, hail, a bumper tomato crop is no sure thing. So, why bother? You can buy tomatoes of all sizes and shapes in the grocery store every day of the year. They come from greenhouses and fields as near as Medicine Hat and as far as California and Mexico. Plant breeders have focused for years on developing a fruit with thick skin, symmetrical shape, disease resistance and toughness to travel from field to store shelf. But in all this hybridization, the one thing that has been neglected is FLAVOUR. Do tomatoes today taste like they used to taste when you were a kid? Not likely.

What is flavour? It is a combination of about 25 volatile chemicals that make up the mouth taste and nose smell, including acids and the #1 chemical – sugar. Let’s compare flavour to a classical musical symphony. If you pull out a single instrument, you may not notice. But pull out another, and then another, and at some point you will definitely know that something is missing. This is what has happened in commercial production, and now there are scientists working on identifying the genome sequences of hundreds of tomatoes, trying to figure out how to selectively put back the pieces that will improve flavour, without messing up all the lovely thick skin and great travel-ability. This is no small feat, but the researchers, producers and customers are all eagerly awaiting success.

If you have a garden, or even space for large pots, and a sunny location, you too can enjoy the sumptuous

taste of a real tomato. There are varieties in the seed catalogues that are amazing; just reading about them is an adventure. What you must remember, though, is our short season, so choose varieties that will mature in less than 70 days. (Gardeners with greenhouses already know this doesn’t apply to them as the steady heat in the greenhouse makes for a different growing environment). Cherry tomatoes in particular, are well suited to a Calgary garden, as they ripen earlier than larger ones. There are some medium and large ones that will also ripen here, in a good year, before frost necessitates a move indoors. Many gardeners rely upon Heirloom types for flavour, as they are originals that have not been hybridized. Lois Hole’s book Tomato Favorites is an excellent source of information. Here are some she recommends both for their taste and for early maturity:

- Tumbler – 49 days (everybody seems to love this one, which is designed to grow in a tall pot and tumble over the rim, producing fruit all the way to the ground.)
- Early Girl – 52 days
- Champion – 62 days
- Big Beef – 73 days
- Celebrity – 72 days

If starting seeds indoors with lights and all the associated paraphernalia isn’t your thing, just choose your seedlings from the local nurseries with care, keeping FLAVOUR as your first criteria. When reading the labels, sometimes the name will give a clue, such as Ultra Sweet (52 days). By the way, some yellow and orange varieties can be just as tasty as red, if you close your eyes. I tried little yellow pear-shaped cherry tomatoes one year, but although they were super cute in a salad or on an appetizer tray, they were so mild tasting I won’t do it again. It is flavour first in my kitchen.



Councillor, Ward 14
Peter Demong
www.calgary.ca/ward14
eaward14@calgary.ca or
403-268-1653

Hi Ward 14,

The weather is changing, and that usually means some cleaning is in order. Whether it is around the house or in the yard, pretty much everyone does it this time of year, and so does the City of Calgary. So that is the theme for this month: Cleaning!

Cleaning up our rivers

I wish I had a better track record of reminding you about the Annual Pathway and River Cleanup. It is a great event, but this year I fear you are reading this a little too late to sign up. Spots usually fill up fast, and this year it will be on May 7. Oh well, there is still a point to be made.

The pathways and rivers in this city are a huge sense of pride for Calgarians, and I find this is especially true for the people in Ward 14. We just have some of the most beautiful places in the city, and—even if you are not at the annual cleanup—there is really no reason that you can’t pick up some litter to keep it that way. My wife and I make a point to do this every time we go for a walk. It doesn’t take long to find a bin to put it in.

If you want to find out more about the Annual Pathway and River Cleanup visit calgary.ca/pathwayandrivercleanup.

Pothole repair season

As I mentioned, the City does spring cleaning too. For over a month now crews have been sweeping the streets of everything that builds up over the winter. Although protecting your windshield from cracks, and just plain making the streets look good are big reasons they do it, there is another one too. They need clean streets to fix the potholes!

If you know of any potholes, now is the perfect time to get them in the queue for repair. I suggest calling 311, or using the 311 app (which you can get by visiting calgary.ca/mobileapps).

Housekeeping: Dates to be saved!

Here are some important upcoming events:

Neighbour Day – It will be on June 17 this year, and it is exactly what it sounds like: an opportunity to meet

your neighbours. Visit calgary.ca/neighbourday to see how the City of Calgary can help you celebrate.

Ward 14 Communities BBQ – Yes, we will be having my BBQ again this year. Mark September 16 in your calendars, and if you are a non-profit organization interested in being an exhibitor at the BBQ, please email your details to ward14@calgary.ca.

May Counciltalk – Counciltalk will be on May 27 in the main gym at the Queensland Community Centre (649 Queensland Drive S.E.) from noon to 2 p.m. Keep in mind it will be one of only two Counciltalk sessions before the summer break. I really hope I see you at one of them.

That’s all I have to say for May. Summer is just around the corner, so get out and enjoy the clean roads and rivers. As always, don’t hesitate to contact me anytime!

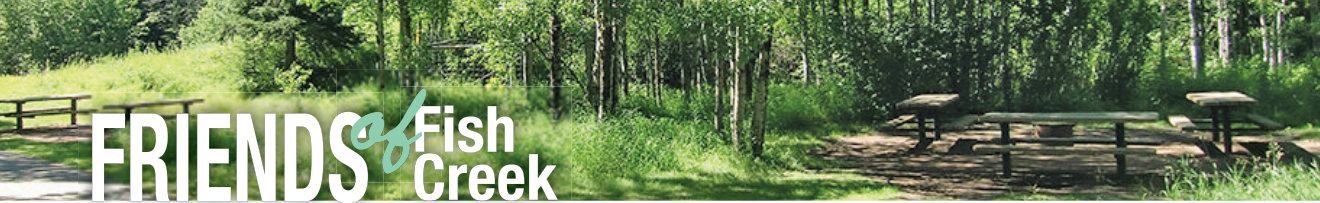
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FRIENDS of Fish Creek

May in Fish Creek

Parks Day & Creekfest

Saturday, July 15, 2017 – 11:00 am – 4:00 pm
Bow Valley Ranch, Creek Provincial Park

Join us to commemorate the 150th anniversary of Canada and the 25th anniversary of the Friends of Fish Creek Provincial Park Society at Parks Day & Creekfest. This free one-day celebration of nature and community will feature amazing musical acts like Alberta Parks Interpretive Theatre and many others!

The Friends are seeking Youth Singer Songwriters to perform at Park Day & Creekfest on July 15! Are you 17 years of age or younger and looking for an amazing experience to be part of the Summer's greatest free family festival? Contact the Friends of Fish Creek: info@friendsoffishcreek.org and visit friendsoffishcreek.org/event/creekfest and [facebook.com/CREEKFESTinFishCreek](https://www.facebook.com/CREEKFESTinFishCreek)

May Fish Creek Speaker Series

Beavers: Nature's Engineers, Troublesome Rodents, Iconic Canadian Symbol and So Much More

Thursday, May 18, 2017 7:00 pm— 8:30 pm
Fish Creek Environmental Learning Centre
Presented by Cows and Fish, and Fish Creek Provincial Park Staff Shalane Friesen, Formal and Environmental Educator; and Ryan Hannusch, Park Conservation Officer

We call them nature's engineers for good reason. No other species other than humans has the potential to change the landscape as much as beavers do. Their industrious nature means they their work frequently brings them into conflict with humans and our infrastructure. In this presentation, Cows and Fish and Alberta Parks will share some of the beaver's natural history and role they play in watershed resiliency, while also discussing some ways we can manage them that will reduce conflict and may help increase our tolerance of beavers. Registration required - friendsoffishcreek.org/event/beavers

Good Grief – Nature Walking through Grief and Loss
In partnership with Mount Royal University and Alberta

Parks, the Friends will offer this 8-week program for those experiencing grief and loss. Good Grief provides the opportunity to take part in a series of gentle, accessible guided walks through nature, allowing you to observe, to chat, to enjoy fresh air and the natural world. Registration required - friendsoffishcreek.org/event/good-grief

25th Anniversary Brick Program

2017 sees us celebrate the 25th anniversary of the founding of the Friends of Fish Creek. As part of our celebration, we are offering the opportunity to be part of our 25th Anniversary Legacy Brick Pathway program. Bricks are only \$250 and you will receive a tax receipt. friendsoffishcreek.org/brick

Capture Nature - Photography Contest

Capture Nature offers a fun and creative opportunity for park users to engage with their natural surroundings as they search and explore for the best images of the year! Landscape, macro, wildlife, and black and white. Contest runs until July 31. friendsoffishcreek.org/programs/capturenature

Gratitude for Mother (Your Own or Mother Earth)

Thursday, May 18, 2017 7:00 pm— 8:30 pm - Fish Creek Environmental Learning Centre
Yo-Qi combines yoga and Qi-Gong – and each of our monthly sessions will have a different wellness-focused theme. Sessions will be lead by Dianne Smith, Spring Forest Qi Gong Certified Instructor, and AYoga and Guided Meditation Instructors Gwen Draude of Birds of a Feather and Naomi Parker of Elemental Wellness. friendsoffishcreek.org/event/yo-qi-gratitude-for-mother

Jane's Walk - Fish Creek Stories: The History and Nature of Votier's Flats

Saturday, May 6 11:00 am – 12:00 noon
Did you know the area that is now protected as Fish Creek Provincial Park was once home to some of the first and most prominent settlers in Calgary's history? And that this area – now a backdrop for many different recreational activities – was at the epicenter of our city's burgeoning cattle and ranching heritage in the late 1800s? Learn more on May 6 at this Jane's Walk event. friendsoffishcreek.org/event/janes-walk-2



The Food Box is a program where you can purchase fresh fruit and vegetables for a very low cost. This program is available to everyone to promote a healthy and nutritional living.

| | | |
|-------------|----------|--------------|
| Apples | Celery | Oranges |
| Bananas | Cucumber | Potatoes |
| Broccoli | Lettuce | Tomatoes |
| Carrots | Mushroom | Green Pepper |
| Cauliflower | Onions | |

*(selection will vary)

| Large Family | Family | Senior/Single |
|----------------|----------------|----------------|
| 40-45 pounds | 30-35 pounds | 20-25 pounds |
| \$35.00 | \$30.00 | \$25.00 |

Good Food Boxes are ordered once a month. Payment for your Good Food Box will be required when you place your order. All food boxes need to be picked up from Queensland Community hall on the day of delivery.

For more information or to place an order:
Email: amververgo@gmail.com

Order by May 9 for May 18 Delivery!



S Calgary Kids Art Classes

for 6 to 12 yr olds
from 4:30 - 6pm

Wednesdays, Queensland - Apr 12 - Jun 28 for 12 classes.

Theme: Islands of the World. Landscape, Animals, Still Life, People, Culture, using various art supplies. Fee is \$20 per class, \$240 for 12 classes.

To register, email kidsart@telus.net OR click on jotform link on website:

www.originalpaint.ca Kids Registration page. FB: S Calgary Kids Art

Instructor, Lillian Tkach Matisons 403-236-9819QC



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