



Outdoor Update

The 35th Anniversary of the Calgary Balloon Club

By Calgary Balloon Club

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On August 13th The Calgary Balloon Club is hosting a 35th Anniversary B.B.Q., at the Air Museum in Calgary. All past, present and local area balloonists are invited.

The Balloon Club was started over 35 years ago as a means to promote the sport of ballooning and to make ballooning accessible and affordable to all those interested. Many members joined the club after taking the Calgary Leisure Learning courses put on in conjunction with the Calgary School Boards Continuing Education programme.

In the late 1970s until the early 1990s the Club operated three balloons mostly for recreation pursuits. During this time Calgary became known as "The Balloon Capital of Canada." Also during this time ballooning for advertising purposes grew in strength along with commercial/ champagne passenger flights.

The Balloon Club still maintains an active membership of around 75, little changed from the late '70s, but it now operates just one balloon. Some members have purchased their own balloons.

Balloons are now rarely seen over the city as most of the commercial flying is done on the fringes of Calgary. Several factors have contributed to this decrease in city flying: Changing wind and weather patterns, the size of Calgary, and an increase in traffic at the airport (although technically balloons

still have the right of way!).

Most of the Club's recreational flying takes place outside the city and in places such as Drumheller and Langdon.

In recent years club members have been very involved helping with several ballooning world record attempts. Alberta is an ideal location for setting records because of its wide-open spaces and suitable winter weather conditions.

The Club is also involved with the Air Museum, giving talks to school children and their ilk about the science and history of ballooning.

Contact for the reunion is Debbie Sobb at cbc35reunion@gmail.com, whilst information on the club can be found on our website at:

www.calgaryballoonclub.org/



Friends of Fish Creek Provincial Park Society

Friends of Fish Creek September Speaker Series

Each month the Friends host guest speakers on a variety of topics relevant to the Park and the Calgary community, and we have exciting presenters lined up for Fall 2011.

Admission is Free to Friends members and \$5.00 for non-members. Registration is required. To register contact Chris at 403-238-3841 or chris@friendsoffishcreek.org.

Presentations will take place at the Fish Creek Environmental Learning Centre, 13931 Woodpath Road SW, Shannon Terrace Area, west end of Fish Creek Provincial Park (access via 37 Street SW at 130 Avenue SW) from 7:00pm (sharp) to 8:00pm.

Visit www.friendsoffishcreek.org for more information.

Thursday, September 22, 2011 - Gender Benders: Effects of Contaminants in the Bow River

Presented by Hamid Habibi, University of Calgary

Dr. Habibi has studied 61 locations along the Red Deer, Bow, and Oldman Rivers in Southern Alberta to identify and investigate the impact of environmental contaminants on fish. Water and fish samples provide clear evidence of the presence of contaminants, including organic chemicals, pharmaceuticals, and other compounds, at concentrations significant enough to cause sex changes in fish. Come and learn how the University of Calgary and the City of Calgary's ACWA project (Advancing Canadian Wastewater Assets) is advancing wastewater treatment technologies to address environmental issues, such as changes in fish, and public health issues.

Autumn Birding Course

Would you like to learn to identify the birds of Fish Creek Provincial Park and other natural areas in Calgary? Now is a great time to start. Thrill to the sight of many species as they gather in impressive flocks. As the leaves drop off

the trees, the smaller birds, which are now migrating, are much easier to see.

All sessions are conducted in the great outdoors, and you can expect to observe at least 100 different species. As a fundraiser for the Friends, these outings are conducted by Gustave J. Yaki, a life-long naturalist, who has birded around the world, and also led the Friends previous Birding and Botany courses.

Registration required. Reserve early as each group size is limited to about 15 participants.

Friends Members: \$50.00
Non-Members: \$75.00

Sessions will last approximately 2.5 hours and take place on Monday, Tuesday, Thursday, or Saturday mornings. 9:00am on Saturdays and 9:15am on weekdays. Course runs for 14 weeks starting September 5, 6, 8, or 10.

Become a member of the Friends and save.

To register, please contact Chris at the Friends at 403-238-3841, or email chris@friendsoffishcreek.org.

Pay online at www.friendsoffishcreek.org or if paying by cheque please come to the Cookhouse, at the Bow Valley Ranch, Fish Creek Provincial Park, or mail to: The Friends of Fish Creek Provincial Park Society, ATTN: Birding Course - PO Box 2780, Calgary, AB, T2P 2M7



Parks Canada

“SINGING WARDENS” PERFORM FOR PARK VISITORS



A new program awaits visitors to Banff National Park this summer. A trio of singing park wardens will regale their audience with original songs, stories and poetry about the history, traditions and romance of the park's iconic warden service. In a series of evening performances visitors will learn songs about the *Wardens TV* and stories about the misadventures of being a park warden.

This new program, part of Parks Canada's centennial celebration as the world's first national park service, is an example of new visitor experiences created to connect Canadians with their national park heritage. Performances are free with park admission.

Performance dates: July 2, 14, 22 and 28
August 23 and 26
September 2 and 4

Location: Tunnel Mountain Campground
Outdoor Theatre (Village 1)

Time: 8:00pm to 9:00pm

About the Band

Bradley Bischoff is a park warden with 30 years of experience patrolling the backcountry of Banff National Park on horseback. Scott Ward is a retired park warden and recipient of the Governor General's Peace Officer Exemplary Service Medal. Completing the group is Ray Schmidt, the park's new media specialist, and past fire information officer and warden dispatcher.

For more information contact:

Lori Bayne
Promotion Officer
Parks Canada
Telephone: 403-760-1350
Fax: 403-762-1592

Parks Canada

Parks Canada 100th Centennial **Come celebrate the centennial of the world's first national parks service!**

In 2011, Parks Canada is celebrating its 100th birthday and its establishment in 1911 as the world's first national parks service. To recognize this occasion, Parks Canada is inviting Canadians to come celebrate at its places across the country. The Parks Canada Centennial builds on the 2010 events marking the 125th anniversary of national parks in Canada and the 125th birthday of Canada's first national park, Banff.

Until November 2011, special programs, activities and events will celebrate this significant 100th anniversary. Discover unforgettable experiences to add to your history.

AUGUST, SEPTEMBER

Explorers Program

Parks Canada's "Xplorers" program offers children with their families fun-filled activities to learn about their national park and national historic sites. Through a collector's booklet, children will receive an achievement certificate and souvenir. Free.

AUGUST

August 6: Nakoda Family Camp

The Stoney Nakoda welcomes the public to join them on Banff Indian Grounds for a day of traditional children's game and family entertainment. Location: near Banff townsite.

August 6 - 7: Banff Culture Weekend

Go behind the scenes with Doors Open Banff. Explore the cultural side of Banff as art galleries, museums and historic sites come alive with special event.

SEPTEMBER

Sept 1 - 30: Lake Louise Fall Festival

Autumn in Banff National Park is a magical time of year. Golden larches pierce the otherwise evergreen landscape, their colour complementing the dazzling blue waters of the lakes they surround. This festival commemorates the changing seasons with a series of new events and activities geared towards helping you explore the history and wonders of this stunning area.

Sept 30 - Oct 2: Alberta Art Days

Parks Canada and local art galleries and organizations working with The Banff Centre invite you to get involved in three exciting days of hands on workshops, performances, film screenings, music, dance and art.

PARKS CANADA NATIONAL PROGRAMS

"My Parks Pass" Program

A partnering initiative with Nature Canada and The Historica-Dominion Institute, that will allow over 400,000 grade eight students to enter Parks Canada administered national parks and national historic sites for free for 12 months.

Parks Canada Commemorative Coins!

Parks Canada Centennial is featured on the Royal Canadian Mint's first collector coin of the year. Launched on January 4th, the 2011 Silver Dollar marks the centennial of Parks Canada, the world's first national parks service.

Canada's National Parks: A Celebration

Parks Canada and Canopy are proud to announce a beautiful new commemorative book, *Canada's National Parks: A Celebration*, to mark the 125th anniversary of national parks in Canada and the 2011 centennial of Parks Canada as the world's first national parks service. Featuring more than 200 pages of colour photographs, this impressive hardcover captures the essence of each of Canada's national parks – all 42 of them – bringing together in one volume the work of some of the country's most respected contemporary landscape photographers, accompanied by locator maps, concise descriptions of each park, and some memorable historic images of park visitors over the last century.

Please go to www.pc.gc.ca for more details. Visit us on Facebook at www.facebook.com/ParksCanada

or www.youtube.com/user/ParksCanadaAgency?gl=US&hl=ca.



Banff National Park

Banff National Park Honours International Year Of Forests

In 2011, Parks Canada is asking Canadians to join us in honouring the United Nations International Year of the Forests. This summer, Banff National Park is raising awareness on how forests contribute to a healthy environment and our quality of life by offering a guided walk to park visitors.

For five dates in July and August, explore one of the last tracks of intact montane ecosystem forest in the mountain parks, see a 700-year-old Douglas Fir and discover why the area needs fire to thrive. A Parks Canada specialist will guide you through the forest trails near Johnson Lake and share the stories of the trees, plants and animals that live in the forest, and how they are connected to fire.

Open to everyone and great for a family outing, the Johnston Lake trail is an easy 3.5 km loop with minimal elevation gain.

Dates: July 11 and 25; August 8 and 22; September 6
Time: 9:30am - 11:30am
Fee: Free with park admission

To register: Call Parks Canada Visitor Information Centre at 403.762.1550 before 7:00pm the day prior to the walk.

About Forests

Forests cover 31% of the total land area in the world. They play a critical role in keeping our air and water clean and store more carbon than the amount currently present in the Earth's atmosphere. Forests are home to 80% of world's biodiversity and 300 million people. In Canada, forests cover nearly half of the country and are something many of us take for granted yet are vital to our health and well-being.

For more information contact:

Lori Bayne
Promotion Officer
Parks Canada
Telephone: 403-760-1350
Fax: 403-762-1592

Information Update

Please be advised that a Restricted Activity Order will be in place for the Minnewanka area, starting July 10th through to September 15. The Lake Minnewanka Lm8 Campground will also be closed during this period. The management actions are being taken to increase visitor safety and reduce disturbances of grizzly bears during this important feeding season. For details follow the link below:

http://www.pc.gc.ca/apps/scond/Cond_E.asp?oID=6646&oPark=100092

Where:

- All trails beyond Stewart Canyon to the east park boundary at Devil's Gap: Minnewanka Trail, Aylmer Pass Trail and Aylmer Lookout Trail. The Lm8 campground is also closed.

What:

- All hiking parties must travel in a minimum group size of four. The maximum distance between two individuals must not exceed 3 metres and should be less when sight or hearing is reduced by the physical surroundings.
- The hiking party must carry bear spray with them at all times within the restricted area.
- Bicycles are not permitted within the restricted area during this period.
- Dogs are not permitted within the restricted area during this period.
- The Lm8 campground will be closed during this period.

Why:

- To increase visitor safety, and to reduce disturbances of grizzly bears during this important feeding season.

July 10 to September 15, 2011

Undercurrents

"It's like walking on water!" Stand Up Paddling (SUP) is easy to learn, with the proper instruction. It is a great way to explore all types of water and the view is fantastic! Imagine how quiet and effortless it will be as you glide through those secret little bays and estuaries!

All Undercurrents outdoor Stand Up Paddleboarding courses follow the nationally recognized standards of Paddle Canada. All of our instructors are Paddle Canada certified.

To register for a class or to have your questions answered, drop by the store OR call us at 403-262-4327 OR email us at instruction@undercurrents.ca. All participants will be required to sign a waiver.

SUP Intro! \$79

Our SUP Intro! class is for those who have never been on an Stand Up board before. We teach: How to load and transport a SUP, applicable Coast Guard regulations, understanding the equipment, water knowledge, balance and paddling techniques. You will leave the SUP Intro! class with the necessary knowledge to SUP on calm water (lakes and estuaries), whether for fun or fitness training. Prerequisite: None

- August 4, Thursday
- August 9, Tuesday

SUP Advanced! \$79

In the SUP Advanced! class you will learn the day paddling skills needed to paddle inland waterways with wind and waves. We teach: Pivot turns, wave surfing, paddling upwind and downwind, edging and bracing, while we also improve your existing strokes. You will leave the SUP Advanced! class with the confidence to paddle inland waters in a variety of real-life conditions. Prerequisite: SUP Intro! or equivalent

- August 2, Tuesday
- August 11, Thursday

SUP Flatwater Combo! \$149

The SUP Flatwater Combo! combines all the content of SUP Intro! and SUP Advanced! into one convenient course. Learn everything you need to know to Stand Up Paddleboard on lakes big and small. Prerequisite: None

- August 7, Sunday
- August 14, Sunday
- August 28, Sunday

undercurrents



Canoe • Kayak • Surf

Waterwerks Kayak Club

Waterwerks is a youth oriented kayaking club with lots of great events coming up this spring and summer. We've got coaches and we've got equipment, all you have to have is the desire.

Summer 2011 Weeknight Sessions

Tuesday Nights

Tuesday Night sessions will alternate with games nights being one Tuesday, and then the following Tuesday being adult drop-in sessions.

Location: Deerfoot Meadows

Cost: members \$5 youth, \$10 adults (includes usage of club equipment)

Wednesday Nights

Wednesday nights will be Club Night.

Location: Deerfoot Meadows

Cost: Free (includes usage of club equipment)

Thursday Nights

Thursday nights will be River Run night alternating with canoe polo.

Location: Will vary week to week.

Cost: members \$10 per paddler (includes usage of club equipment)

Summer Camps

Waterwerks Kayak Club will be offering a number of kayak camps this summer:

August 8 - 12, WKC Kayak 2 Camp

Five days for paddlers with some experience. Progress from moving water into whitewater

Ages: Based on ability

Time: 9:00am - 4:00pm, Monday - Friday

Location: TBA

Cost: \$295

August 8 - 12, Canoe and Kayak Adventure Week

Join us for a week of river canoe and kayak adventures. The first two days of the camp will focus on the skills required to paddle a tandem canoe on a Class I river. The next two days we will switch to the skills required to paddle a river kayak on a Class I river. We wrap up the week with a river run on the Bow River in the craft of your choice.

Ages: 13 - 16

Time: 9:00am - 4:00pm, Monday - Friday

Location: TBA

Cost: \$295

August 15 - 19, WKC Kayak 2 Camp

This camp will focus on the kayak skills required to paddle on a Class II river. We wrap up this exciting week with a river run on a Class II river.

Ages: 13 - 16

Time: 9:00am - 4:00pm

Location: TBA

Cost: \$295

For more information email camps@waterwerks.ca.



Nature Conservancy of Canada



Escape the City and Become a Conservation Volunteer this August

Escape the drone of the city and come with us as we explore and restore environmentally significant properties all across Alberta. Get away from all the construction, leave behind the crowded city streets and rediscover Alberta's natural gems while contributing to essential conservation work. Join our team today!

You can register for any of the events below by visiting the Conservation Volunteers website at www.conservationvolunteers.ca, or by contacting the Conservation Volunteer Coordinator at the contact information listed below.

Searching for Alberta's Leopards

Date: Friday, August 5, 2011
 Time: 9:30am - 3:30pm
 Location: Pack Property – Caraway
 Closest Town: Taylorville/Kimball, Alberta
 Special Features: Northern Leopard Frog Expert

Nimble and quick, Northern Leopard Frogs are an iconic species of Alberta's grassland, marshland and forest ecosystems. Once a common sight in Alberta, this species is now disappearing from the landscape and has been listed as threatened in the province.

This summer, we need your keen eye to help us search for these elusive frogs on one of our properties. The expedition will be lead by Kris Kendall, a biologist with the Alberta Conservation Association (ACA), who has dedicated his life to the study of amphibians in Alberta. Join us this August in the survey for Alberta's Leopards and learn more about the special role amphibians play in their watery ecosystems.



Wildcat Hills Exploration

Date: Thursday, August 11, 2011
 Time: 10:00am- 3:30pm
 Location: Kerfoot Property – Bow Natural Area
 Closest Town: Cochrane, Alberta
 Special Features: Property Tour

Venture into the Wildcat Hills with the Nature Conservancy of Canada (NCC) and spend a day exploring the best of the Bow Valley. We'll lead you on an exciting walking tour and point out some of the unique features and species that call this property home. With a host of experts on hand to answer questions, you will have the opportunity to learn about everything from woodlots, to old growth trees and conservation easements.

This walk in the wild is a chance for you to escape the city and witness firsthand how nature can be successfully protected while still supporting people sustainably on the landscape. Bring friends and join us on this day hike to explore this tranquil property!

Unraveling the Wire

Date: Saturday, August 13, 2011
 Time: 9:30am- 3:30pm

(. . . Continued on page 9, see NCC)

NCC (. . . Continued from page 8)

Location: Hicks Property – Cooking Lake Moraine
Natural Area
Closest Town: Lindbrook/Tofield, Alberta
Special Features: Property Tour
Event Partner: Edmonton and Area Land Trust

Connect with NCC and the Edmonton and Area Land Trust as we tear-down and roll-up a woven fence in the Cooking Lake Moraine. These fence lines are preventing wildlife in this area from migrating through the wetlands.

By removing sections of old relic fencing, you can help us improve the connectivity of this area. All skill levels are welcome! We will provide training on how to use tools safely and effectively. After a full day's work, we will unravel the story behind the property with a guided tour!

Intact Insurance Presents - Wildflower Seed and Sow

Date: Saturday, August 20, 2011
Time: 9:30am - 3:30pm
Location: Peigan Creek Property – Forty Mile Natural Area
Closest Town: Seven Persons, Alberta
Special Features: Wildflower Tour

This summer spend a day collecting wildflowers with the

Nature Conservancy of Canada! Armed with a basket and trowel, you will set out to harvest seeds from native Gumweed and Golden Aster plants, then sow them in targeted areas to help restore the native grassland community. After the work is done, we'll take you on a guided wildflower tour and point out some of the iconic blooms of Alberta's grassland ecosystem. Join us for this unique event and discover the true meaning of flower power!

About Us

The Nature Conservancy of Canada (NCC) is Canada's leading national land conservation organization. We are a private, non-profit group that partners with corporate and individual landowners to achieve the direct protection of our most important natural treasures through property securement (donation, purchase, and conservation agreements) and long-term stewardship of our portfolio of properties. For more information, visit www.natureconservancy.ca/ab.

For Event Information Contact

For more information on Conservation Volunteer events please visit www.conservationvolunteers.ca, or contact Kailey Setter, Conservation Volunteer Coordinator at (403) 444-3547 or kailey.setter@natureconservancy.ca.



Banff National Park

SUMMER 2011 SIGN-UP/DROP-IN PARK VOLUNTEER OPPORTUNITIES

Join our Helping Hands activities and special events, where you can **LEARN, CONNECT, DO, and CELEBRATE Canada's premier national park!** By being a Helping Hands volunteer in the Spring, Summer and Fall, you will learn about the park, our flora and fauna, native and invasive plant species, and more, while meeting others and having fun! As individuals, couples, families or in other groups, YOUR participation is needed in these outdoor activities and events:

- **Trail Tuesdays**

Every Tuesday from mid-June to mid-September join trail crew on projects or sign out a kit, hike, and do a trail condition report.

- **Weeding Wednesdays**

Every Wednesday in July and August join others in removing invasive plants at various locations or help weed Banff Avenue Square Garden.

- **Thistle Thursdays**

Every Thursday in July and August join others in removing the most invasive plant in the park: the big, bad nodding thistle!

- **Special Events**

- National Volunteer Week/Earth Week VIP Night: April 18
- Parks Canada Agency 100th Anniversary: May 19
- BioBlitz: May 21
- Highway and Day Use Area Clean Up: June 7

- Canada Day : July 1
- Parks Day: July 17
- Lake Minnewanka Underwater and Shoreline Clean Up: September 11
- Great Canadian Shoreline Clean Up: September 17—25

All training and gear is provided!

Email for more information, to sign up or to start receiving monthly emails with upcoming opportunities and events!

Please contact Tina Barzo, Leader of Volunteer Engagement Banff National park at:

tina.barzo@pc.gc.ca
Office: 403-760-1329
Cell: 403-763-7036



Weed pulling by the Kootenay River

(. . . Continued on page 11, see BNP)

BNP (. . . Continued from page 10)

Does your group come to Banff National Park to enjoy the great outdoors?

**Bow Waters Canoe Club and the Calgary Outdoor Recreation Association (CORA) already participate in “giving back” to the park while doing what they love!
Now your group can too!
Great for corporate groups too.**



Fun, educational, outdoors, group* volunteer activities in Banff National Park!

CUSTOMIZED HALF-DAY OR FULL-DAY ACTIVITIES

- **WEED WARRIORS** – Invasive species including plants and animals are the second greatest contributor to native habitat loss in the world. In Banff there are several invasive non-native plants at a variety of locations. Armed with gloves and garbage bags, your group can help Banff National Park become invasive plant free! Available late July to mid September.
- **BANFF TRAIL BLITZ** – Hike and volunteer. A great combination! Conduct trail condition reports and wildlife and human use surveys, and give parks staff important information about what is happening out on the landscape; including which trails need some tender loving care. Some trail maintenance or rehabilitation projects exist as well. Ideal for small teams of people per trail. Available mid May to mid-October.
- **BANFF DAY USE AREA BLITZ** – With 3.5 million visitors each year, Banff has the busiest and most loved day use areas in the system. Your group can “adopt a day use area” and pick up litter, pull weeds, paint benches, repair shelters, and plant baby native trees to rehabilitate the forest where needed. Plus, it’s easy to have a BBQ after as most day use areas are well-equipped with shelters and BBQs. Available early June to late August.
- **EVERY LITTER BIT HELPS** – With the Trans Canada Highway and other major roads cutting through our park, there is an endless supply of litter in our ditches. Your group can help clean up the unsightly mess, and mitigate the risk to wildlife that may ingest it, by litter-picking a section. September is our “great shoreline clean up” and we need groups to help with various cleanups around our lakes. Available mid-May to late September.

MORE WAYS TO “GO THE EXTRA MILE”

- Starting May long weekend, you can sign out a “Volunteer and Explore Your Park” kit from the Info Centre. Hike, learn about local flora and fauna, do a trail condition report, a human/wildlife use report, and return all the data to the Info Centre along with the kit. Great for couples and families!
- Starting mid-June and running through to late August, come out for “Trail Tuesdays,” “Weeding Wednesdays,” and “Thistle Thursdays” for fun park learning and stewardships opportunities. 9:00am meet at the Banff Information Centre. Groups MUST pre-register by contacting the Leader of Volunteer Engagement.

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BNP (. . . Continued from page 11)

*10—30 people. If the group is larger than 30 people we split you into sub-groups and sub-activities. A fee to cover extra supplies and coordination may be negotiated. A donation to the Friends of Banff will also be requested, which supports education programs in the park. Instruction and safety talks are provided. All gear is supplied whenever possible. Customized, framed Certificates of Appreciation signed by the Superintendent will also be presented to the group upon request.



Calgary Immigrant Services—Weed Warriors, August 2010

**...a picture is worth a
thousand words, and an
experience is worth a
thousand pictures!**

**Volunteering is the ultimate
park experience!**



Gardening at Banff Avenue Square Garden - Family Group,
July 2009

Meeting Rooms for Rent at the Calgary Area Outdoor Council

When the Calgary Area Outdoor Council is not using its two meeting rooms for our own programs and functions we make them available for rent to other groups.

Groups typically use our meeting rooms for conferences, training sessions and workshops, seminars and forums, media launches, and any number of let's-get-away-from-the-office functions. The rooms are also frequently used for events such as art shows, baby showers, birthdays, yoga, spiritual gatherings and graduation celebrations.

If your group is interested in meeting room space at reasonable rates contact the CAOC office at (403) 270-2262 or caoc@caoc.ab.ca.



Bow River Room **(Capacity: 6 - 8 people)**

Rental Rates for CAOC Members:
\$25 per hour or \$150 for the day
(plus GST)

Rental Rates for Non-Members:
\$30 per hour or \$180 for the day
(plus GST)



Rocky Mountain Room **(Capacity: 36 - 42 people)**

Rental Rates for CAOC Members:
\$30 per hour or \$180 for the day
(plus GST)

Rental Rates for Non-Members:
\$35 per hour or \$210 for the day
(plus GST)



Calgary Area Outdoor Council
1111 Memorial Drive NW
Calgary, Alberta, T2N 3E4
Phone: (403) 270-2262
Fax: (403) 270-3654
Email: caoc@caoc.ab.ca
Website: www.caoc.ab.ca
Office Hours: 9:00am—5:00pm, Mon—Fri

The Calgary Area Outdoor Council (CAOC) is a registered non-profit association of 80+ member organizations who share common interests in outdoor recreation and environmental care. Our role is to enhance access to the outdoors through communications, education, representation and leadership.

Outdoor Update Newsletter

The *Outdoor Update* is a free monthly newsletter from the Calgary Area Outdoor Council. It contains articles, events, notices, and other information from, for, and about the outdoor recreation and environmental care community. To subscribe contact our office at (403) 270-2262 or caoc@caoc.ab.ca. To include your own information in the *Outdoor Update* email your material, along with your specific request to have it published, to our office by mid-month. Text should be sent in Microsoft Word format please. Accompanying images and photos should be sent in JPEG format please. If your photos require credit please provide the relevant details. CAOC reserves the right to accept, decline or edit any material received for publication.



Nature shows off at Kicking Horse Resort near Golden, B.C., on July 5.