

# The Cross Current

News from the Ann & Sandy Cross Conservation Area

July/August 2002  
Volume 8.4

## Editors:

Bonnie Rothwell  
Janice Lorenzana

## Contributors:

Donna Fleury P.Ag.  
Jacquie Gilson  
Susan Hayduk  
Janice Lorenzana  
Bonnie Rothwell  
Carol Tracey

Box 20, Site 23, R.R. #8  
Calgary, AB T2J 2T9  
403.931.9001  
403.931.2042 (fax)  
info@crossconservation.org  
http://www.crossconservation.org

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## ASCCA Wins Prestigious Emerald Award

The ASCCA is thrilled to have received the prestigious Emerald Award on June 12. These awards recognize Albertans for outstanding achievements in projects that protect, preserve, enhance and sustain the environment.



Nominated in February, the ASCCA was selected as one of three finalists in the Education Category. This category recognizes individuals and organizations within the formal and non-formal education system; educational curricula and programs; as well as educational institutions such as schools or school boards, that have gone beyond the normal practices and shown leadership in educating students about environmental matters. The other two category finalists included the Edmonton Natural History Club and the Medicine Hat Interpretive Program.

Nominations are judged on the basis of commitment to preservation, protection, enhancement or sustainability of the environment. They are also judged on their positive, tangible and long-term impact on: quality of air, water or land; preservation of biological diversity; and public or corporate attitudes toward the environment.

After a suspenseful couple of months and an 'Academy Awards' type evening, Jacquie Gilson, Executive Director, graciously accepted the award on behalf of the ASCCA. Maureen Heffring, Board Chair, also attended the ceremonies. "The Awards were held at the Francis Winspear Centre for Music in Edmonton, a very beautiful setting," says Jacquie. After a short rehearsal with all of the finalists, the event began.



The program included a short introduction to each of the three finalists in the 11 categories. "It was all very exciting, with no one knowing who the winners were until the presenters opened the envelope and made the announcement." Suncor Energy Foundation, sponsor of the Education Category, presented the Award to ASCCA. As each winner was announced, a short 60-second slide show was presented.

..... continued pg.2

## *Emerald Award.....cont'd*

The Cross slide show included photos from the upcoming book on ASCCA, plus images of on-site activities and printed materials.

In her acceptance speech Jacquie referred to the many people - Ann and Sandy Cross, staff and helpers, board members, volunteers - whose collective efforts over the years have contributed to the success of the education program.

She mentioned that if everyone were there with her accepting the award they would fill the stage.



“This Award is recognition and verification for what we do,” says Jacquie. The Emerald Foundation has recognized the good work we’re doing, which should encourage us to keep doing what we’re doing and more. “One of the things that I think may have helped us to win was the idea that we’re constantly doing new things, trying to meet different needs and always trying to improve our programs.”

The Emerald Award, which is a very heavy emerald-green glass piece, will be on permanent display in Belvedere House. (Only Jacquie knows for sure how much it weighs.) “The Emerald Award is very highly regarded within the environmental field, and it’s quite an honor to receive one,” adds Jacquie.

**Congratulations to ASCCA and to everyone who helped make the Award a reality.**

For more information about other 2002 Emerald Award Finalists, go to [www.emeraldawards.com/2002.htm](http://www.emeraldawards.com/2002.htm)

*By Donna Fleury P.Ag., Volunteer*

### **VITALIZE 2002: 10 DAILY STEPS TO PERSONAL SUCCESS!**

I attended Vitalize 2002, the annual provincial volunteer conference, on June 13 and 14. The animated and energetic keynote address was delivered by Kit Grant, who revealed a step-by-step action guide to move you to where you want to be. The presentation was so inspiring, I wanted to share the 10 steps with all of you!

1. Change “I can’t” to “I can”.  
(If you just don’t want to do it, say “I choose not to” instead of saying, “I can’t”).
2. Change “I try” to “I will”. Just do it, don’t “try to do it!”
3. Focus all of your attention and energy on achieving goals you have set.
4. a) Make no more than 5 goals in different areas of your life (such as career, financial, family/social, spiritual, education and physical).  
**Don’t forget to make volunteer-related goals, such as the number of steward shifts, education programs or workdays that you want to participate in this year!**  
b) Tell yourself how you will reward yourself if you achieve that goal. (And when you achieve the goal, make sure you give yourself the reward!!)  
c) Read your goals twice a day, once in the morning and once at night.
5. Find a mentor or be a mentor.
6. Change your self-talk.  
For example: I am capable of change. I can change and still be happy. I will take action now!
7. Visualize what your success looks and feels like.
8. Stop worrying! (Worrying is a bad use of imagination!)
9. Be part of the solution, not part of the problem!
10. Finish what you started!

***And, above all, make sure you have fun while you are achieving your goals!!!***

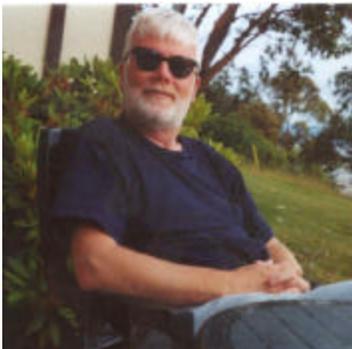
Did you know that last year, Albertans volunteered over 128 million hours of their time to causes that they believe in? That’s the equivalent of 67,000 full time jobs! Last year, a total of 79 volunteers worked a total of 4,073 hours at ASCCA, which is the equivalent of more than 2 full time jobs!! We thank you for your continued support and dedication!!

*By Janice Lorenzana, Volunteer Manager*

## VOLUNTEER INFORMATION

### VOLUNTEER IN PROFILE

**David Burns** is one of our long-time volunteers. He started volunteering at the Cross in September 1997, as part of an early retirement package from NOVA, where he was working as a Networks Team Leader. During his first year of volunteering, he worked half-time at the Cross for one year, helping in setting up our computer system, databases, and (of all things) counting ducks on the property! Over the years, he has been involved with workday projects, such as building the picnic shelter, and continues to service the computers in the office when we need help. And, some days, we need a lot of help!!!



David lives on an acreage with his wife, Suzanne. He lives so close to the Area that he can see it from his place! He enjoys and keeps busy with outdoor pursuits, such as hiking, walking, riding, cross country skiing, gardening and all that is involved with looking after 20 acres of land. He is happy that his 6-year old granddaughter, Rachel, is getting old enough to go on walks with him and enjoys spending time with her. David and Suzanne are looking forward to doing a lot of travelling in the near future – trips to Costa Rica and Italy are awaiting them!

Being one of our close neighbours, David is fond of the idea that the Area will always be preserved. Volunteering his computer expertise to the Area is convenient for him because we are so close, but also he appreciates the fact that when he comes into the office, we are very organized, which demonstrates that we value his time. We are thankful for David's knowledge and computer expertise. We also appreciate his patience and sense of humour (like today, for example, when we asked him to look at our problem scanner, which turned out to not be plugged in all of the way)!

Thank you to *Crickle Creek Coffee Company*, who is donating a coffee gift package to our Volunteer in Profile. *Volunteering anytime in May or June* will make you eligible for the next Volunteer in Profile.

### NEW STAFF

Please join us in welcoming **Fenella Hood** and **Tanja Biener** to ASCCA. Fenella Hood is our Environmental Education Assistant and Tanja Biener is our Habitat Management Assistant. They will be with us during the summer months.

**Fenella's** background includes teaching English in South Korea and Hong Kong. After returning to Canada, she followed a career in Fish and Wildlife. Fenella is a keen birder and her many hobbies include hiking and nature photography. She gets great pleasure in opening up children's minds to the natural world around them. As well as being new

to the ASCCA, Fenella is new to Alberta, as she has just moved here from Ontario. Lately, she spends all her free time knee-deep in drywall as she attempts to fix up the home she just bought.



Tanja, Fenella and Olga

“Greetings Everyone! I’m **Tanja Biener**, the Habitat Management Assistant. My work this summer will concentrate on weed management and the protection of water resources. From 1997 to 1999, I had the pleasure of volunteering with the CCA as an Area Steward. During my time away from the CCA, I worked in Edmonton as the coordinator of a Purple Loosestrife Eradication Project and then in Stettler where I guided a variety of AESA projects. To date, I am really enjoying my time on the land and the opportunity to experience first hand the diverse flora and fauna of the CCA. Likewise, I look forward to applying my environmental earth science degree and crop advisor diploma to the enhancement of this beautiful environment. I hope to see some familiar faces and meet lots of new ones. Have a great summer! Cheers, Tanja.”



## WORKDAY NEWS

### Annual Stampede Breakfast and Workday

*Saturday, July 6, 9 am - 3pm*

July and Stampede are fast approaching so quick-draw your marking pens and lasso Saturday, July 7 on your calendars for the annual ASCCA Stampede Breakfast. The day promises to be lots of fun with yummy pancakes, sausages, games and prizes for all!



Come on out and meet interesting volunteers, like the infamous ASCCA "Loo Lady" (Workday Volunteer, Kath Orr)!



### **Adopt A Garden!**

Volunteers are needed to adopt one of the gardens planted around

Belvedere House. You would be in charge of the maintenance and care of your garden, with help from the Workday Volunteer group. Contact Janice for further info.



### **GARDENER'S WISH LIST**

If you have any extra gardening tools that you would like to donate to the Area, it would be greatly appreciated!

- 1 straight edger
- 1 long-handled ratchet pruner
- 2 short ratchet pruners
- 2 curved pruning saws
- 2 garden forks
- 2 garden claws
- 2 garden trowels
- Grinder to sharpen tools

"To become human, one must make room in oneself for the wonders of the universe."

*-South American Indian saying*

### NEWS AND REVIEWS

Do you know of any great books, neat websites, or just plain cool stuff to share with us? If so, send it in and it will be posted in this section. Call 265-4609 or email to: [brothwel@attcanada.ca](mailto:brothwel@attcanada.ca)

I think the Internet is wonderful and am continually fascinated by the ingenuity of web page design. Two that are wonderful to explore are [www.cloudforestalive.org](http://www.cloudforestalive.org) and [www.thegreenpages.ca](http://www.thegreenpages.ca) Both are environmental education sites and full of great graphics. Cloud Forest has live cams in nest sites, and Green Pages has a fun flash opening. Try them out!

### **ROTHNEY ASTRO OBSERVATORY**

*Open House:*

Saturdays: 9 – 11 pm

July 20

August 17

### **Present Wishes**

Best wishes for a very **Happy Birthday** In July and August are extended to:



- Joyce Connatty - July 2
- Gervais Goodman - July 3
- Rosemary Chaddalakal - July 4
- Gerardine Perry - July 6
- Dwight Knapik - July 8
- Joris Kempers - July 13
- Victoria Rudiak - July 14
- Erik Weigeldt - July 19
- Chi-Mene Kabriel - July 29
- Garry Miller - July 29
- Glenn Schultz - July 29
- Palle Kjar - Aug 1
- Ray Rudiak - Aug 10
- Andrea Hiba - Aug 15
- Martin Van Ieperen - Aug 20
- George Hopkins - Aug 20
- Ken Webb - Aug 24
- BG Renborg - Aug 27
- Norman Lippitt - Aug 27
- Brandie Calhoun - Aug 28

### **COMMON GOLDENEYE CAVITY**

On June 10, Carolyn Sandstrom and Russ Amy spied a female Common Goldeneye peaking out of her nesting cavity located by the stream just west of the corral at the old farm by Reg's place.



*Photo by Carolyn and Russ*



## RECYCLING SMARTS

“In every deliberation, we must consider the impact of our decisions on the next seven generations.”

*-from the great law of the Iroquois Confederacy*

**R** reduce, recycle, reuse  
**E** educate by example  
**C** carry your own coffee cup, cloth bags for shopping  
**Y** your actions have an impact on the environment!  
**C** cherish Mother earth  
**L** less in the landfill  
**I** individuals **can** make a difference!  
**N** nourish the soil with compost  
**G** green is gorgeous!

**S** subscribe to a plastics recycling company  
**M** minimize waste  
**A** animals benefit by our positive actions  
**R** responsible use of natural resources  
**T** trees can be saved by using recycled paper products that contain post-consumer, unbleached materials (e.g. toilet & facial tissues), also tree-free kenaf plant paper\*  
**S** step lightly – how deep is **your** imprint in the earth?

\* kenaf paper is available at Sunnyside Market (10, 338-10 Street NW)

**Greenway Recycling Inc.** (263-9025) has been helping Calgarians recycle since 1990. The company has a weekly curbside pick-up service so it is extremely convenient! At present, the cost for one year's subscription is \$85. They recycle all

of the following materials, which must be sorted:

- mixed paper and cardboard
- newsprint
- all types of glass
- all types of metal
- most plastic containers\*\*
- most plastic bags (no shrink wrap/saran wrap)\*\*
- refundable items are also accepted (e.g., juice cartons, soya beverages).

\*\* Note that the City of Calgary Recycling Depots do not accept plastic containers or plastic bags, so this would be a good way to get your plastics recycled!!!

*By Carol Tracey, Volunteer*

## OLGA SAYS.....

Olga says that there are LOTS of wildflowers blooming all at once. The late cold weather delayed the early bloomers, which are blooming now. Along with those species that should be blooming now, it is really beautiful.

All four species of violets (Bog, Early Blue, Wood and Yellow Prairie) are blooming at the same time this year.



*Early Blue Violet*

Did you know that in the area of the shelter on the Aspen Trail, there are the remnants of a former homestead garden? Some introduced garden plants are still hanging on.

Heidi Blakely and Donna Fleury found Yellow Lady Slipper orchids in the area of the old tipi site!

The willows are showing the stress of an unusual winter/spring. The old wood is not regenerating and new young shoots are starting at the plant base.

The big event was a walk with Dr. Ted Pike to study butterflies.



Heidi netted what was thought to be a Common Blue, which turned out to be a very rare butterfly in Alberta, with only a half dozen people having seen one before. The “Arrowhead Blue” is at the very edge of its range, and Dr. Pike was quite excited about this find. It is a little bigger than a Common Blue, and when wings are folded closed, look for little white “arrows” along the outer edge, bottom of the back wing! This first for the Cross Conservation Area is a special find and reminds us of the biodiversity in our midst, and the importance of a place like the Cross to allow nature to flourish.

As Olga and I chatted, we came to the conclusion that there is no such thing as “normal” when it comes to the natural world. This year was certainly unusual, for example, did the pollinators get to do their job with the plants? Only next year will tell!

*By Bonnie Rothwell, Volunteer*

Don't forget: **Olga's Nature Survey Walks** on Wednesdays (9 - 3pm) -- all active volunteers are welcome to join Olga. Please call 931-1042 first.

## TALKIN' WITH REG!

In our busy lives in today's world we rely on the electronic message to communicate more and more. Reg is a very busy fellow looking after this very special land, so this month's report is a bit shorter than before. Reg reports that he has observed:

May 9 – spotted Hummingbird, possibly a Ruby-throated  
May 10 – an albino Magpie  
May 22 – American goldfinch and Pine Siskins arrived  
June 13 – Canada Goose goslings  
- Elk have calved and should still have spots.  
- Western Meadowlarks and Baltimore Orioles were observed, two beautiful singers.

No new signs of cougars on the land that he has seen. Reg is getting ready to do some pasture enhancement and preparation for grazing. Haying, which occurs later in the season, will be light this year.

### **Congratulations, Reg, on your 18 year anniversary protecting the land!**

#### *Editor's Note:*

*On my last walk, we spotted 7 elk in the cut line south of the Pine Creek loop. Although we couldn't tell if there were any calves, it was still great to see them.*

*By Bonnie Rothwell, Volunteer*

## Kids Corner

### THE VALUE OF A DAYCAMP

While hiking the trails in July and August, you may come across groups of children dancing wildly, or pouncing around mimicking their favourite grassland animals. These lucky children will visit the Area to learn about nature and the importance of conservation as part of

a summer daycamp experience. From July 15-26, thirty-two children, aged 6-9 will engage in our own week long Nature Safari Daycamps, headed by Sue, Fenella and our educator volunteers. In August other outside daycamp groups will be on self-guided hikes on the Aspen and Fescue Trails.



A GREAT day camp experience is created through a well-planned and well-delivered program. At the Conservation Area we want to stimulate interest and curiosity through hands-on activities. For example, we engage children in games that connect them to nature by using their senses.



The activity, *Meet a Tree*, involves 2 children, as partners, one is blindfolded and the other directs their blindfolded partner to a tree. Using touch, smell and imagination the blindfolded child feels the tree, noticing any unique features, to help create a picture of what the tree looks like. The sighted partner then takes her blindfolded partner away from the tree, spins her around and removes the blindfold, then asks her to go and find the same tree.

With this simple activity, children make the first step in heightening

their senses and awareness for the environment; and they have learned that each tree, like each person has unique characteristics that makes them special. Trees are just not all the same!



In the past 3 years we have surveyed daycamp parents, to find out why they chose our program. Parents repeatedly say, "because they are outdoors and educational." The days of daycamp = day-care are over. Parents want the best bang for their buck, and want to engage their children in experiences that are entertaining, but also help to make them more well rounded citizens.



Outdoor camps like ours are certainly becoming more popular, in these days of video and computer games, movies, indoor organized sports and school events. We, like parents, want to see children outdoors sharing in the wonders we all experienced ourselves as children.

We look forward to the opportunity and to engage all children a fun, hands-on daycamp experience that shows them what a wonderful world they have outdoors; and leave them with a life long memory that inspires respect and love for nature.

*By Sue Hayduk, Education Manager*

## JACQUIE'S THOUGHTS AND THANKS

Thank you, thank you, thank you! I was pleasantly surprised by the 10 year celebration party held on June 24. I was deeply touched by all the kind words and attendance by so many people. Thanks also to those who were there in spirit. I do what I do not for recognition, but because I love this place and all the wonderful people associated with it. That being said, it was great to receive recognition and I thank you all from the bottom of my heart. I look forward to the next 10 great years!

Isn't the Emerald Award beautiful? What a great way to celebrate 10 years! I was honoured to accept on behalf of all of you:

"There are many people who should be up here sharing the credit with me... starting with Ann and Sandy Cross who generously gave away 4800 acres of their land for conservation and education. Without them we wouldn't be here tonight. Also on stage with me should be our board, staff and helpers past and

present, taking credit for all their hard work and efforts over the last 10 years. Lastly our volunteers deserve credit too-- if they were here they'd fill the stage and then some. Since all these people can't be here tonight I accept this beautiful award on their behalf. Thank you."

Everyone associated with the Cross Area should give themselves a pat on the back -- you deserve it!

I am pleased to announce that we are commencing publication of our book and expect to hold a book launch this fall (seems all we do lately is celebrate!) We'll keep you posted.

That's all for now. Happy Stamping!

*By Jacquie Gilson,  
Executive Director*



*Jacquie and her daughter, Rebecca*



*Maureen presenting gift to Jacquie*



*George Crawford*



*Tom Beck presenting gift to Reg*



# CURRENT EVENTS

**Volunteers, all Conservation Education programs are now half-price for active ASCCA volunteers!**  
To register for a Conservation Education program, please call 931-9001.

When	What	What's it about?	Who'd like to attend?
Sat. July 6 9 am – noon	Stampede Breakfast	Fun! Fun! Fun!	All volunteers and their families
Sat. July 6 Noon – 3 pm	Workday	Variety	All volunteers and their families
Sat. Aug 10 9 am – 3 pm	Workday	Variety	All volunteers
Sat. Sept. 14 9 am – 3 pm	Workday	Variety	All volunteers
Sat., Sept. 21 10 am – 4 pm	Conservation Education	Walk Back in Time	Adults only
Tues., Sept. 24 6 pm - 9 pm	Conservation Education	Wild About Elk	Families and all ages
Sat., Sept. 28 1 pm -4 pm	Conservation Education	Rescue the Fescue	Children ages 8-10
Wed., Oct. 2 6 pm - 8:30 pm	Conservation Education	Native Nature	Families and all ages
Sat., Oct 5 9 am - 5 pm	Conservation Education	Emergency First Aid Certification	Adults only
Sun., Oct 6 9:30 am - 3:30 pm	Conservation Education	Outdoor First Aid Skills Workshop	Adults only
Sat., Oct. 19 1 - 4 pm	Conservation Education	Wildlife Survivor	Children ages 8-10
Tues., Oct. 29 6 pm - 8 pm	Conservation Education	The Spiderman	Families and all ages
Sat., Nov. 2 9 am - 2 pm	Conservation Education	Autumn Oasis	Adults only