



The Fort Calgary Post

Fort Calgary...Connecting Yesterday to Tomorrow

President & CEO's Message

Oprah recently interviewed First Lady Obama about her decorating style and asked her what changes she would bring to the White House. She replied that one of the things that she wanted was "comfortable sofas..... you've got to be able to make a fort with the sofa pillows! Everything must be fort-worthy", she said.

There was instant recall to my early fort building days using sofa pillows, blankets, and bolsters to hold up the walls. I am sure we have all done it and watched your children and grandchildren do it too. What is it about forts that attracts children, continues to enchant us as adults and what is it about them that elicits romantic notions even in children?



Humans have been building forts for thousands of years – for all kinds of reasons. The word "fort" comes from the Latin fortis ("strong") and facere ("to make"). Historically, most forts were made for defense purposes – or to make a place strong.

Fort Calgary was not built as a defense post but it was built to make the "place strong". Fort Calgary was a symbol of law and order, a refuge, social centre and focal

point on the vast prairie. The Fort had a commanding presence at the Bow and Elbow confluence and evolved as a symbol of justice, fairness and compassion. From its humble prairie beginnings grew the strong and modern city of Calgary. Fort Calgary continues as a symbol of two great Canadian stories: the place where Calgary began and the beginning of one of Canada's most recognizable symbols – The Royal Canadian Mounted Police.

The Fort Calgary Preservation Society is very focused on maintaining the integrity of this national, provincial and municipal historic site. Fort Calgary has an important past and our mission is to ensure that it endures. Thank you for your support and for being a part of this very important piece of history.

I hope that the next time you feel the urge to take the pillows off the couch and build a fort, that you do so. It is still lots of fun – I know I tried it.

I hope to see you this summer!
Sara-Jane Gruetzner, President & CEO

ANNUAL GENERAL MEETING TUESDAY, APRIL 21, 2009

On behalf of the Fort Calgary Board of Directors and staff, we would like to invite you to our 2009 Annual General Meeting, which will be held on April 21, 2009 at 6:30 p.m. in Fort Calgary's 1888 Barracks. Guest speaker: A.G. (Curly) Elliott, RCMP Veterans' Association – Calgary Division.

A Little Piece of History

The Mounted Police Recruit

This song was sung "with gusto" about the time of the 1885 Rebellion. (RCMP Quarterly, Vol.10, No.1, July 1942, page 93)

*Being out of work while down below,
I had no other place to go;
Friends and pals not on the increase
So I went and joined the Mounted Police.
We shipped on board the C.P.R.
Each one thanking his lucky star,
The medical test successfully passed,
Each with a government job at last.*

*At Regina we arrived one noon
And learned to use the shovel and broom;
Then they hustled us out upon the square,
The balance or goose-step to prepare.
T'would curdle the milk in any churn
To hear Pat Mahoney's* "Right about turn,"
And "Point your toes, hold up your head."
Till all the men wished they were dead.*

*At the riding school we fared as bad
Without saddles we wished we had.
While veterans looked on with satisfied sneer,
To see some recruit pitched on his ear.
We'd ride a broncho that would buck and jump,
With a shoulder stick set to straighten our hump.
The boys all cried, "Stay with him Pat,"
"Get on there coyote, I'll hold your hat."
All this for fifty cents a day!*

* Patrick Mahoney, regimental number 1283, engaged in the North West Mounted Police on 1885/04/21 and served until 1893/04/20. He was employed for the major part of his service as a Drill Instructor at Depot, Regina.

Fort Calgary's Troop Members



Volunteer
ALICJA
SAWATZKY

Where were you born and raised?

I was born in Edmonton, Alberta, and spent the early years of my life moving around the world, including four years living in Amman, Jordan. I moved to Calgary in 2005.

Current position at Fort Calgary and how long have you been in it?

I am currently a student volunteer at Fort Calgary, working with artifacts in the Collections Department. I have been here since September 2008.

What are your outside interests, hobbies, pastimes, recreational activities?

I enjoy reading a lot of sci-fi and fantasy novels. I also enjoy swimming (I was on my high-school swim team), baking and volunteering at museums.

Spouse, children, grandchildren or pets?

I am getting married in August of this year. I have one cat, named Mini.

Best movie you saw this year? Best book you read this year?

Best movie: "Slumdog Millionaire". It was a chilling insight into conditions in India, while also offering action, romance, success, humour, and drama.

Best book: "All Together Dead" by Charlaine Harris.

Most memorable travel experience?

My two weeks in Belize. The hiking and snorkeling was simply breath-taking and I was even able to stay with a Mayan family for a short while. It gave me a whole new perspective on life.

What talent would you most like to have?

I wish I had rapid and effective problem-solving skills.

What is your most treasured possession?

My cell phone! I'd be lost without it.



Staff Member
RUTH
MANNING

Where were you born and raised? Born and raised in Calgary.

Current position at Fort Calgary and how long have you been in it?

Receptionist /gift shop cashier since April 2004 but I have been a volunteer with the School Programs since 2001 and I loved doing the school programs. My favourite School Program is "Calgary, a Prairie Community".

What are your outside interests, hobbies, pastimes, recreational activities?

Hiking in the Rocky Mountains, winter walks in Calgary, sharing family history with cousins, giving Union Cemetery tours. Giving any historical Calgary tours.

Spouse, children, grandchildren or pets?

No spouse, no pets, two daughters, one grandson, one granddaughter.

What celebrity or historical icon, past or present, would you most like to meet and why?

Rather than meet an icon I would rather have a long visit with my Great Uncle Edwin. He came to Calgary in 1901, he was in the Calgary Citizen Band with Fred Bagley, youngest member of the NWMP and bugle boy during the great March West. Great Uncle Edwin also worked for George Clift King, first Mountie to set foot on this site. George Clift King became the first postmaster in Calgary and my Great Uncle Edwin worked for him as a postman.

Best movie you saw this year? Best book you read this year?

Best Movie: "Last Chance Harvey". Best movie ever "Gone With the Wind" followed by "How Green was my Valley". Best Book: "Whitehorn Woods" by Maeve Binchy. Best book ever "Scarlett".

Most memorable travel experience?

My trip to Charleston with tours of all the plantations.

What talent would you most like to have?

To be able to play the piano.

What is your most treasured possession?

My most treasured possession is my house which has a fantastic view of downtown Calgary and I have the most wonderful neighbours.



Board Member
JOANNE
STEINMANN

Where were you born and raised?

Born in Toronto and raised in Calgary. Both parents born in Calgary and have spent all but ten years.

Current position at Fort Calgary and how long have you been in it?

4th year as a Board member, interested in the wonderful educational developments.

What are your outside interests, hobbies, pastimes, recreational activities?

Snowshoeing, skiing, hiking, biking and adventure travel.

Spouse, children, grandchildren or pets?

My spouse is deceased, and I have one daughter, a 2-year old granddaughter and a Miniature Schnauzer.

What celebrity or historical icon, past or present, would you most like to meet and why?

Joni Mitchell – her lyrics, messages, challenges are so powerful!

Best movie you saw this year? Best book you read this year?

Best movie: "Revolutionary Road". Best book: "Love in the Time of Cholera" and "Rockbound".

Most memorable travel experience?

Cycling in Morocco.

What talent would you most like to have?

Ability to play the piano well.

What is your most treasured possession?

My family.

FORT EVENTS

APRIL 21

Annual General Meeting

MAY 18

136th Birthday
of the NWMP

JULY 1

Canada Day

AUGUST 3

Heritage Day

NOVEMBER 11

Artisan's Fair

For up-to-date information,
visit www.fortcalgary.com

WANTED

*Fort Calgary is celebrating the 7th
Annual Artisan's Fair on November
11 from 11:30 AM until 5 PM.*

*We invite local Artists and
Handcrafters to participate in the fair.
If you are interested, visit our website to
register or contact Nicky Peeters, 403-
290-1875 or npeeters@fortcalgary.com*

Tip from our Kitchen

About flavours.

As we know, both the creation and enjoyment of food centers around the palate. The four flavours that can be perceived on the tongue are sweet, salty, sour and bitter. In China there are five - there is also hot. There is also another flavour called Umami, hard to describe, it is something that you taste and cannot define what it is. It is like raw oyster in your mouth; giving a feeling of numbness, when served without lemon. It's an immediate sensation going to your brain.

Great Chefs are using this knowledge of flavours to improve their cooking. In thinking about food, chefs must be conscious of what is going on in a particular dish. The nature of the cooking process is change – transforming raw ingredient, to maximize not only flavour, but also enjoyment of the whole process. There are two ways: through application of optimal cooking techniques and through harmonious combination of flavours. For example, while it can be pleasurable to eat raw carrot, it may be even more pleasurable to eat the same carrot sautéed and enhanced with honey and fresh dill or as a pureed soup with a touch of ginger and couple of drops of orange juice. Eating the same sautéed carrot finished with garlic or onion would break the carrot's flavour and change it into a bad dish. Carrot is sweet; it does not need a pungent companion.

There are also differences in flavours when eating cold dishes or hot dishes. Cold dishes use more salt and other ingredients than hot dishes. The heat brings up the flavour more intensely. The same amount of meat used for steak tartar will take more salt than the same amount of grilled hamburger. That also applies to spices used in dishes.

Today, the restaurant industry is bombarded with “food enhancement” sauces, spice mixes, dressing and other products. Some of them make sense, well put together, some are just mixes of ingredients contradicting each other. When buying, read the labels, sometimes the ingredients read as an inventory in a chemistry lab. Stay with natural products. Personally, I believe the chemicals used in prepared foods are the primary cause of allergies, along with air pollutants. Simple flavours are healthier for all of us.

And now the recipe

Flank Steak with Warm Potato Salad

| <u>Ingredients</u> | <u>Amount</u> |
|----------------------------|---------------|
| Flank Steak | 6 oz |
| Baby Potatoes | Portion |
| Double Smoked Bacon | 2 oz |
| Green Onions | 1 oz |
| Sauteed Shiitake Mushrooms | 2 oz |
| Dice Mixed Peppers | .5 oz |
| White Wine Vinegar | 30 ml |
| Olive Oil | 30 ml |
| Salt and Pepper | |
| Onions | 2 oz |
| Balsamic Cream Reduction | Touch |



Flank Steak: Marinate with salt, pepper and little olive oil.

Warm Potato Salad: Steam baby potatoes, mix with sautéed bacon, olive oil, white wine vinegar, salt and pepper, green onions and diced mixed peppers.

Saute shiitake mushrooms and onions, grill flank steak medium rare. Place potato salad on bottom of the plate, slice flank steak into strips, place on top of potato salad and garnish with sautéed shiitake mushrooms and balsamic cream. Sprinkle with fresh herbs.

Who Took A Cookie Out Of The Jar?

The skin on the palm of our hands and feet is covered by tiny raised lines called friction ridges. They help people grip more easily, but they also help Mounties solve crimes! Each person has their own unique pattern of ridges, even identical twins. These ridges form our fingerprints.

In 1904, Edward Foster, a Constable with the Dominion Police Force of Canada visited the St Louis World Fair and learned about a new method for catching criminals: fingerprinting. When he returned, Inspector Foster trained Canadian officers and started the first North American storage system for fingerprint files: the Canadian Criminal Identification Bureau. By 1919, the Canadian government had expanded the Royal North West Mounted Police and the Mounties assumed operation of the fingerprint files. While it originally held only 2000 sets of fingerprints, today the number is over 2 million! The RCMP's Civil Fingerprint Screening Service processes more than 15,000 criminal record searches each month, allowing RCMP officers to work with American police forces to identify criminals.

How can detectives identify fingerprints left at the scene of a crime? The crime scene is dusted. They have to remove the prints and take them back to the crime lab where they can, hopefully, be matched to the prints on file.

Dusting for Fingerprints at Home

1. Press one finger at a time on the side of a drinking glass. (You get a better fingerprint when more body oil is present. Rub your finger on each side of your nose first!)
2. Sprinkle cocoa powder lightly on the glass to coat the fingerprints.
3. Use a soft paintbrush to gently brush off the loose powder. The fingerprints should reveal themselves.
4. Lift prints from the glass, by placing the sticky side of a piece of clear tape on the dusted fingerprint. The print should stick to the tape.
5. Place the tape on a piece of white paper to clearly see the print.
6. Visit <http://www.fbi.gov/kids/k5th/whatwedo3.htm> to compare your fingerprint to some of the most common fingerprint patterns.



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Murder Mysteries at The Deane House Restaurant

April 3, 24, May 8, 22: **SUDDEN DEATH** ©

Soccer Coach Stan Dings has never dropped the ball, but that doesn't matter to the parents of the kids on his team, the Shinguards. Stan has to deal with an aggressive soccer mom, an assistant coach who'd like Stan's job, and a referee who's only just learning his job. How is Stan ever going to impress his guest instructor, the lovely Olympic soccer player Fifa Pitch, with his handling skills? Is the coach on the defensive? Will the soccer mom take a header? It could end up in sudden death.

June 12, 26, July 24, August 21: **BIRDS, BEES and BLOOD** ©

At the wedding rehearsal dinner for Honey Bee & Jackdaw Bird, a hive of resentment & jealousy boils over. Will Honey's father, Bumble, keep paying to keep Honey sweet? Will Venus Flyterapp, the maid of honour, do away with what's bugging her? Will Queenie Bee, Honey's mother, get her daughter out of the nest? As we learn about the birds and the bees, someone is sure to get stung.

Deane House: Tuesday to Friday 11 AM - 3 PM, Saturday & Sunday 10 AM - 3 PM, reservations recommended: 403-269-7747
Interpretive Centre: open year round: daily 9AM - 5PM



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FAQ

Why are the rooms upstairs in the 1888 Barracks called Sanders and McIlree? Superintendent J.H. McIlree (1874-1925) was commanding officer at Fort Calgary at the time the 1888 Barracks building was built. Superintendent G.E. Sanders (1864-1955) was a prominent figure in Calgary's history, serving the city as both commanding officer at Fort Calgary and as a city police magistrate for 22 years.