

Duggan Details

www.mydcl.ca

Yes, this is a new (shorter) website address!

OUR COMMUNITY · OUR RESPONSIBILITY · OUR OPPORTUNITY

School Begins Soon

This summer I have been working in remote northern communities – they were all above the Arctic Circle with the exception of one and it was 20 miles south. The largest community (Inuvik) is probably the size of Duggan. The smallest was 150 people and is the northern most community in North America (Grise Fiord). We have something in common – we all need volunteers. In the northern communities it was for youth programs (oh – that’s us too)! The pace of life, though, is much ‘quieter’ and less stressful. The people in the communities are very family oriented, usually take great care of their elders and are very connected with the land. We have much to learn from them. I was amazed at the children in the high arctic who were able to tell me which plants (of the

very sparsely vegetated area) were edible, which ones were medicinal and which ones were used for fire starting, etc. When I asked them what their favourite snack was, they replied “oranges and grapes.” They get most of their protein from hunting and need to fly or ship in all other foods. Many know at least 2 languages. I was privileged to work with over 200 youth in six communities – one week at each location. I think we could begin to look at our community as a hamlet in itself – trying to connect with many of our neighbours and trying to do things much more locally, including such things as gardening for food. I wonder how the Charles Anderson Park group is doing with the idea of a community garden?

September 17th is Community League Day and as you go through this paper, you will see that we have an opportunity to meet other cultures within our boundaries and to even taste some of their cultural food and possibly play some sports local to their traditions. Come out meet more of your neighbours – it’s pot luck, so bring a dish to share. We could use some volunteers. We will also pay some portion of the cost of food for cultural groups that want to make some food for others to try – not just the usual pot luck amount!

Welcome to the beginning of the school year. Lots to do, but with many hands, the opportunities become greater and the load lighter.

Roger Plouffe – President

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A Taste of Duggan
Food, Sports & Fun
 Bring your best dish for Potluck Dinner

Duggan Community Hall
 3728 106 Street NW
 4:00 - 7:00 PM

*Free Refreshments
 *Live Music
 *Potluck
 *Sporting Events

Celebrate Community League Day!
 Saturday, September 17th

DUGGAN
E-news

Sign-Up for our E-Mail Newsletter

The latest news and information straight to your inbox! Sign-up on our website at www.duggancommunity.ab.ca/distribution-list

facebook

Join the Duggan Community League Facebook Group!

Search for “Duggan Community League” on Facebook, or find the link to our group on our website at www.duggancommunity.ab.ca

twitter

Follow Us on Twitter!

Follow us at <http://twitter.com/duggandetails>



Duggan Community League Playschool



Limited spots still available
for this school year!

3 year olds - Mon & Wed afternoons

4 year olds - Mon, Tues, & Wed mornings

Experience why we are
one of Edmonton's
most loved playschools



To register call Sam at
780-641-4081
or email playschool@mydcl.ca

Free Swimming for League Members!

At Confederation Pool between
Harry Ainly and Louis St. Laurent
schools) on Saturday AND Sunday
between 4 pm and 5:30 pm. Don't
forget your card!

Duggan Details Carriers Needed

The Duggan Details Carriers must be 14 years of age or younger and are responsible for picking up the newsletters from the Distribution Manager and delivering the newsletters to their assigned route in the Duggan Neighborhood within a specified period of time.

Carriers are paid on a per paper basis for each paper they deliver and the number of papers per route varies. The Duggan Details Newsletter is published 10 times per year. Time commitment required is 1 1/2 - 2 hours per route. Call Roger at 780-436-6987 if you are interested.

Duggan Community League Mailing Address:

Duggan Community League
Yellowbird Postal Outlet
P.O. Box 41041
Edmonton, AB T6J 6M7

Hall Address: 3728 - 106 Street

Hall Phone: 780-436-6987

YOUR COMMUNITY VOLUNTEERS

Executive Officers

President	Roger Plouffe	780-945-3103
Vice President	Mohammad Ali Kamal	780-434-7566
Second Vice President	(vacant)	(vacant)
Treasurer	Chris Su	780-454-8389
Secretary	Gerald Draganiuk	780-433-6678

Directors

Membership	Yan Meng & Zhiquan Wang	780-988-0868 or membership@duggancommunity.ab.ca
Communications	Tanya Camp	duggandetails@duggancommunity.ab.ca
Youth Programs	Jose Rubio	jose.rubio@i-condor.com
Soccer	Warren Wall	780-435-2953
Neighborhood Watch	Michelle Barin	barin@shaw.ca
Web Master	Kevin Harris	780-465-3452
Social Director	Christen Long	social@duggancommunity.ab.ca
Youth Representative	New Opportunity!	

Committee Chair

Inventory	(vacant)	
Financial Review	Judy Vetro	780-430-0937
Bylaw Review	Michelle Barin	barin@shaw.ca
Policy/Procedure	(vacant)	
Hall Booking Coordinator	(vacant) Roger Plouffe (interim)	780-945-3103
Board Restructure	Cliff Huber	780-461-9854
Board Transparency	Roger Plouffe	780-945-3103
Board Orientation	(vacant)	
Fundraising	(vacant)	
Board/Volunteer Recruitment	(vacant)	
Facilities	Cliff Huber	780-461-9854

Other Contacts

153 Brownies	Janet Melnyk	780-998-8584
Heritage Girl Guides	Janet Melnyk	780-998-8584
Scouts - Blue Quill	Kevin Zeiner	kzeiner@telusplanet.net
Details Distribution	Roger Plouffe	780-436-6987
Duggan Playschool	Amy Tufts-Lynch	playschool@duggancommunity.ab.ca
Wood Carvers		
Square Dancing	Carman Dufresne	780-434-7227
Bridge Club	Lawrence Meyer	780-436-2080
Casino	Cliff Huber	780-461-9854
Custodian	Jack Heer	780-490-0167
Accountant	Murray Elliott	780-438-6928
Community Services	Michael Goth	780-944-5404

Northern Alberta Wood Carvers

Looking for a New Hobby?

The Northern Alberta Woodcarvers meet at the Duggan Hall every Wednesday night from 6:30 pm - 9:00 pm all year round.

NEW CARVERS ARE WELCOME !

No experience is required. Come and see, ask questions, and pick something to work on. For more information contact Gerry Magnan at glmagnan@telus.net or 780-417-0369



Duggan Community League Memberships for 2010/11

Duggan Community League memberships are valid for one year - September to August. You must be a member to participate in community programs.

- \$35.00 for a family
- \$20.00 for singles and seniors
- \$10.00 for kidsport

For League Memberships call
780-988-0868 or email

membership@duggancommunity.ab.ca
Stop by the Duggan Hall Wednesdays or
Thursdays from 7-9 to get yours!

Duggan Community Hall Booking

Street Address: 3728 - 106 Street NW

For your convenience, you can now check-out Duggan hall availability, rental rates & policies, and make hall booking requests on line!

Our hall is renovated with affordable rates and can support many types of functions, up to a maximum of 200 people. Bookings are on a first come - first serve basis, with preference being given to local community events.

Visit our website at: www.duggancommunity.ab.ca OR phone 780-436-6987.



On behalf of Duggan, another big thank you to the Bhutanese community for their efforts in keeping our community looking great!



Dr. Uzma Khan is accepting new and walk-in patients

Wellpoint Clinic, 303 Kingsway Garden Mall
Monday to Friday 9:00 am till 5:00pm
Specializing in women and children.
780-479-3699

Dr. Uzma Khan, MD, CCFP

Dr. Khan a family practitioner believes in continuous care for whole family and versatility of medical cases. She has extensive experience in Women issues, Paediatrics, and Long term care therefore her special interests are in these fields. Dr. Khan also deals with issues related to occupational health. Dr. Khan completed her residency through University of Alberta in family practice. She is also ECFMG certified (USA) and successfully completed ATLS and ACLS courses. Besides English, Dr. Khan is well versed in Urdu, Punjabi, and Hindi. Her clinic, Wellpoint Clinic is located 303-1 in Kingsway Mall; the clinic is Wheel Chair accessible. She is accepting new patients (preferably women and children) and also seeing patients on walk- in basis. She works Monday to Friday 9:00am to 5:00pm. To book an appointment with Dr. Khan, call (780) 479-3699. She lives in Edmonton with her husband and three children.



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Duggan Boys U12 Team Wins Silver at the Intercities Provincial Finals in Calgary

Congratulations to the Duggan Boys U12 Team for coming in second July 16 & 17 at the 2011 Intercities EMSA versus CMSA Provincial Finals. This resulted in the third silver medal received by the boys this season. The team came in second at the Edmonton City Finals and went on to beat the number one team in Edmonton at the Provincial Finals. Well done boys: Nik, Adam, Terrell, Michael, Roscoewebb, Taha, Nait, Abdi, Ashish, Minh, Connor, Mohammed, and Riad, and special thanks to their outstanding coach Ed Stankiewicz who took this team with minimum experience and brought them so far.



Duggan Soccer Council Positions

Duggan Soccer Coordinator, this person is the leader of the Duggan soccer Council Board, make sure that the program is running smoothly, finds coach's, managers and volunteers to fill any open position on the board. This person also is required to attend the SWEMSA monthly meetings. They also will work closely with the Southgate Zone Director.

Duggan Soccer Registrar, this person will be in charge of registering all players, taking payment and working very closely with the Coordinator.

Referee Coordinator, this person is in charge of getting Referee's and AR'S schedule for home games. This means you need to recruit refs to work for Duggan, you also need to make sure that all your referee's are registered with ASA, and have taken their refresher course. You will also be in charge payment as well.

If any one of these these positions are calling your name, please contact Warren at 780-435-2953.

Dear Duggan Community,

As the Duggan Soccer Coordinator, I'd like to take this time to thank all the coaches, managers and referees that help make this past soccer season huge successes.

I saw many smiling faces out on the pitch, ranging from the U6 wee little ones, all the way to the U18 team.

I believe all Duggan teams had a lot of fun, players worked on improving their skills and some even made new friends.

I'd like to everyone who helped me make job be a little easier; All the coach's, managers and referees, for without them, the teams and games do happen.

I like to thank Tim O' Donnell, for making sure all the equipment that the teams need is available to them. It is not easy to equip 22 teams but Tim did a great job.

I like to thank Jacqui Mowat for taking care of photos again this year. As always she did a great job organizing and working the schedule out so teams that played that day still made it to their game on time.

I'd also like to thank Ali Kamal and his team on the Duggan Tournament Council for being willing to help support the players in our Community that need some financial assistance, so their children could play soccer this season.

I'd like to thank all, the parents for being committed to making sure their child was out doing a sport and staying active. I also appreciate them sticking through all the games during the season, even when it would have been a lot more comfortable being at home in a dry and warmer environment.

And now I'd like to thank the most important two people who helped me make it through the year as the Duggan Soccer

FUN!
FAST!
EXCITING!
AFFORDABLE!

Register Online: www.swemsa.com

Online Registration Opens: June 27, 2011

Questions: swemsa@gmail.com

2011 / 2012

Indoor SOCCER

Indoor soccer is a truly fun, family oriented, winter sport for children from U5 thru to U18. Enjoy the growing number of families who are enjoying this sport that offers consistent schedules and minimal equipment requirements. Watch games in the comfort of warm indoor soccer recreational facilities and still have time left over to enjoy the rest of your weekends for other family activities.

AGE	Birth YEAR	Game Day	Regular Weekly Practice Day	One Time Fee
U5	2007	Sat. AM	None	\$ 100.00
U6	2006	Sat.	Weekday	\$ 225.00
U8	2004/2005	Sat.	Weekday	\$ 225.00
U10	2002/2003	Sat.	Weekday	\$ 245.00
U12	2000/2001	Sat.	Weekday	\$ 270.00
U14	1998/1999	Sun.	Weekday	\$ 270.00
U16	1996/1997	Sun.	Weekday	\$ 280.00
U18	1994/1995	Sun.	Weekday	\$ 280.00

Indoor soccer season typically runs from mid October to early February. For U12 and older, post-season play may extend season through February and into March.

For the more competitive program of SW Sting please refer to website: www.swemsa.com/sting/



SWEMSA operates the indoor soccer program for southwest Edmonton and serves the communities and organizations of: Allendale, Aspen Gardens, Belmac, Blackmud Creek, Blue Quill, Duggan, Empire Park, Ermineskin, Grandview, Greenfield, Heritage Pointe, Lansdowne, Lendrum, MacEwan, Malmo, Parkallen, Pleasantview, Terwilligar-Riverbend Soccer Assoc. (TRSA), Royal Gardens, Rutherford, Twin Brooks, Windsor-Gameau,



Coordinator -- my beautiful, loving wife Glenda, and my wonderful son Tyler. They are the ones who saw the good moments and not so great moments, but they always stuck with me. Tyler also was a great person to bounce things off of, for as a coach and a former player in Duggan, he understands how Duggan should conduct themselves as players, a team and a Soccer Community.

After all of these thank yous, I must let you know that I have been thinking, praying and talking to my family, about what I should be doing in the future. For I am so busy with all that I do, I do not always leave enough time for my family or just for myself.

So after a long thought process, I have decide to step down as the Duggan Soccer Coordinator, effective Oct 1 after Indoor soccer registration has been completed.

I will still be involved in soccer in a few ways. I plan to continue to be a referee, and I also accepted the position as the Southgate Director on the SWEMSA Board.

I look forward to see you all in and around our community.

Sincerely,
Warren Wall



The Duggan Grapevine is brought to you by Christen Long, Duggan Social Director
social@duggancommunity.ab.ca

Front Yards in Bloom Update...

We had a fun time helping Front Yards in Bloom this year. Many outstanding yards in our neighbourhood, numerous nominations and one Duggan yard even received an award of merit!

A few comments from Jan Ogilvie:

“I am writing on behalf of the Edmonton Horticultural Society, to thank you and your community league for helping Front Yards in Bloom be such a success!”

“2011 has been a fabulous year for Front Yards in Bloom. We received more nominations than ever; more community leagues got involved and more yards got nominated (meaning fewer duplicate nominations). In fact, lots of people say that Edmonton gardens are looking better and better each year. We hope that Front Yards in Bloom helped contribute to the beauty.”

As of this writing, the awards ceremonies happen August 11th (after our paper is published). My fingers are crossed!

Sad News for Movie Lovers...

Long time video rental store “Sneak Preview” closed its doors this July. Since opening in 1982, it’s been a favourite spot in Duggan and was known as one of the best independent video stores in the entire city.

I worked there while I was in college, and it really was one of the coolest places. You may have wondered what was behind the strange curtained door behind the counter...shelves and shelves of its classic, foreign, cult, British, ect. collection.

Owner Sandy Muldrew said in a statement:

“I feel like old Fezziwig in ‘A Christmas Carol’ who ran a shop that was fun and full of life yet destined to die out. When we are all alone in our homes of the future trying to click through endless lists of online streaming B-movies, we will wish there was a warm, friendly video store to go to, a place lost forever in our past where the movie geek clerk could always find you that perfect movie..... But those days are gone and all you can do is whisper.”

I miss the friendly video store already.


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Do you have some “grapevine” news or insider tips to share about Duggan? Send your emails to: social@duggancommunity.ab.ca



Courtesy of Edmonton Horticultural Society.
Duggan top nominee: 10916 37 Avenue.



Sneak Preview closes its doors for good. 1982 – 2011.

DUGGAN YOUTH MUSIC CLUB

Do you enjoy playing guitar, singing for fun, and performing your own music?
Learn to play acoustic guitar, practice your piano or drum skills with other young musicians.

When: Saturdays from 4-6 pm, from September 24th to November 26
Where: Duggan Community Hall
Who: Duggan youth ages 10-18
Cost: Free, but helps if you have your own instruments
Space is limited – up to 25 – so register soon!
Contact: jose.rubio@i-condor.com

Fitness & Boot Camp – Edmonton
Boot Camp at Duggan Community Hall
Tuesdays & Thursday 5:00pm-6:00pm

For more Information
or to Register visit:

www.fitnessandbootcampedmonton.com





Rideau Park School

Greetings from Rideau Park School,

As the summer vacation comes to an end, staff are busy preparing for the new school year. As always, we look forward with anticipation to what the new year will bring. We expect challenges but are prepared to meet each challenge individually. We look forward to meeting the needs of each student entrusted in our care. We are hopeful that all students will learn in their own particular learning style. We are excited to move forward with new technologies that will afford our students some excellent skills to take forward in this 21st century.

Our students will continue to embed the Seven Habits of Highly Effective People in their school and home lives. After a year of discovery, we have specific plans to make this an even more intentional way of “doing business” at Rideau Park. We look forward to seeing even further improvements to our Leadership Academy for grade 6 students. We believe that all students can be leaders and we will expect each and every student to take on at least one leadership role in the school during the school year.

If you are new to our area and you are looking for a warm atmosphere where the needs of the student drive everything we do, we would welcome you to join our family. If you have a child who will be 5 years of age on or before March 1st, 2012, please call our office to register as soon as possible. Our office number is 780-437-0010

We look forward to a fantastic school year!

Brenda Giourmetakis
Principal

Graffiti

Edmonton Police Service

The mere presence of graffiti in a community can generate the perception of blight and escalate fears of gang activity. It may also suggest the government is failing to protect citizens and control lawbreakers. There are huge public costs associated with graffiti.

Over and above the millions of dollars that the City of Edmonton's taxpayers contribute to graffiti clean up and programs yearly, the problem also contributes to lost revenue in the form of reduced ridership on public transit, reduced retail sales, less park and trail usage and declines in property values.

As we move into graffiti season, please remember these three R's:

- Record** - Photograph the vandalized area and record when it occurred. The police and your insurance company will require this information.
- Report** - Call 911 if you see graffiti in progress, call police at 780-423-4567 if your own property has been vandalized and call the City at 311 to report graffiti on public or private property that is not your own.
- Remove** - Paint over the area, hire a professional graffiti removal company or contact the City of Edmonton Graffiti Management Program to enquire about participating in one of their programs.

The Edmonton Police Service is actively targeting those responsible for graffiti vandalism. Please do your part and report graffiti so that we can identify hot spots and deploy the necessary resources to those areas.

You're Invited to Shape the Future!

What role will YOU be expected to play?

The new Education Act is intended to positively transform our education system. What comments do you have?

Will the new Act enable "us" to prepare and inspire students for their future? Your thoughts are needed!

Please join Trustees Catherine Ripley & Michael Janz

Wednesday, September 14
7 - 9 pm

Harry Ainlay High School,
4350 111 St.

Everyone is Welcome!

A Community Conversation on the New Education Act
with special guest **The Honourable Dave Hancock**

Please RSVP by September 9 to 780-887-1002.

You're Invited to Shape the Future!

Catherine Ripley, Trustee, Edmonton Public Schools

Bill 18, The Education Act, is a far-reaching piece of legislation that will directly affect our future. Have you read it or read about it? If not, I encourage you to do so. It is easily accessed online at www.education.alberta.ca/educationact. Did the Minister get it right? What comments do you have for our MLAs as they consider this bill, which has now passed First and Second Reading in the Legislature?

Rooted in widespread consultation, The Act is intended to support the “transformation” of our education system in Alberta. The world has changed greatly since 1988 when the last School Act was passed. Our society is more diverse, and the pace of change continues to accelerate. How can “we” respond effectively to ensure excellent education for each and every child?

The Act suggests the following things, among others, will make a difference...

- Giving more flexibility and autonomy to School Boards with increased expectations for community engagement and collaboration with partners.
- Detailing Student and Parent responsibilities for educational success
- Increasing the compulsory age of attendance from 16 to 17
- Extending support for students to complete high school until they are 21 (from 19)
- Creating safe, caring and respectful schools (which mirrors Edmonton Public's own belief and policy) along with enabling Boards to take action on negative student behavior (such as bullying) that happens both inside and outside the school.

Want to know more? I hope so! On September 14, 7- 9 pm, please join Trustee Michael Janz and me at Harry Ainlay High School, 4350 111 Street. We are delighted that the Honourable Dave Hancock, MLA for Edmonton Whitemud, will be joining us for the conversation. All are welcome. Please RSVP to 780-887-1002 or Catherine.Ripley@epsb.ca by Friday, September 9.

Some questions raised during the “Let's Talk... the new Education Act” (Part 1) community session held on January 17 included:

- If the Province is adequately funding education, why would Boards need to borrow money or access the Special School Tax Levy?
- In terms of collaboration, what will other agencies be “responsible for” in relation to education?
- How will this new legislation affect my gifted child who is not getting what he needs right now?

To read the January 17 summary report and access other resource documents on the Education Act, please visit www.catherineripley.ca.

What questions and ideas do you have? Please come out on September 14 and let us know!



Fred Horne, MLA
Edmonton-Rutherford Constituency

Feel free to contact my office at:

308 Saddleback Road
Edmonton, AB T6J 4R7

(780) 414-1311 (phone)
(780) 414-1314 (fax)

edmonton.rutherford@assembly.ab.ca



Green & Gold Community Garden Market Now Open

Patricia Hartnagel

If you haven't yet visited the Green & Gold community garden market on the University of Alberta's south campus there is still time. The garden is a thriving example of urban agriculture in the heart of southwest Edmonton. The market is now open for the summer and into early fall.

Garden market hours are:

Tuesday evenings (from 7:00pm-8:30pm)
Saturdays (from 11:00am-1:00pm)

The garden is located on the University of Alberta South Campus. For a map & directions to the garden please check under the FAQs section of the garden web site at: http://bit.ly/greenandgold_garden

It is a joint project of the University's School of Public Health & the Faculty of Agricultural, Life & Environmental Sciences. Volunteers maintain the garden & all of their time, the seeds, plants & equipment used are donated. The vegetables, herbs & flowers are "spray-free" (no pesticides or artificial fertilizers are used).

Anyone is welcome to 'purchase' their vegetables at the garden during market hours. We ask that donations for produce be based on what you would pay for similar produce at a farmers' market or in the supermarket. All of the money raised from the garden produce donations is sent to the Tubahumurize Association, a non-profit organization in Rwanda that provides socially & economically marginalized women

with vocational training, counselling, health care education, & micro-credit loans. Most of the women who benefit from Tubahumurize are genocide survivors & many are widows or orphans, HIV infected, or victims of domestic abuse. Last year the garden raised over \$22,000 for Tubahumurize. We are hoping to exceed that amount this summer.

This summer, the garden has bumper crops of various types of lettuce, Swiss chard, kale, onions, herbs (basil, dill, parsley, oregano, thyme, mint, sage & cilantro). Beets & carrots are just starting to be ready for harvest, & peas, beans & potatoes should be available in August. Flowers, including sunflowers, are also available.

If you would like to be added to the distribution list to receive e-mail notices of what produce is available each week please e-mail us at: green&gold@sph.ualberta.ca

For more information on the Green & Gold garden & the work of Tubahumurize please check our web site at: http://bit.ly/greenandgold_garden

The Southwest Seniors Outreach Society is looking for singers to join our wonderful choir. We practice Tuesday afternoons from 1-3 p.m., commencing September 13th, at 10832 – 62 Avenue (basement of St. Agnes Church). We perform at various locations throughout the year, including long term care facilities, other senior organizations, etc. If you like to sing and have fun, we would very much like to welcome you!

Southwest Seniors also offers other programming/services: Clogging, Community Dance, weekly luncheons followed by entertainment, bus trips, cards and miscellaneous programming. For more information, please call 780-435-9515.

HERITAGE MUSIC & SCHOOL Corner of 40th Ave. & 106th St.

Booking now for Fall Lessons!
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& Drums.

FALL SPECIALS!
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Sheet Music, Books, Strings, & Accessories
Phone 780-434-3807 for more information

Southgate Alliance Church

Sunday Services at 10:30am & 5:30pm
Sunday School for all ages at 9:15am (starts Sept 18)
We are located on the corner of 40 Ave and 107 Street
"In the heart of the Duggan Community"

Our Sunday Morning Service includes:
Inspiring music and encouraging teaching
in a relaxed, friendly atmosphere
Nursery for babies up to 2 years old with caring staff
Programming for children aged 2 to grade 3 during the service

Community Garage Sale! September 17 (9:00am – 4:00pm)
Tables available for \$10 each – call to reserve

English Conversation Classes – starts Sat, Sept 24
To register: esl@southgatealliance.com



Phone: 780-438-1713 or E-mail: info@southgatealliance.com
www.southgatealliance.com



Back to school safety

Alberta Health Services EMS would like to remind parents and students of some basic road safety tips as streets become busier with the return of the school year. Pedestrians and motorists each have an important role to play- road safety is a shared responsibility.

Motorists

- Avoid talking on cell phones, texting, or any other behavior that diverts your attention away from driving.
- Give right of way to pedestrians who have activated overhead crossing lights or who are waiting to cross from a street corner.
- Remember it is illegal to pass vehicles, other than those that are parked, in school zones or playground zones during posted hours.

Around school buses

- Flashing amber lights mean a bus is slowing down to stop. Motorists should do likewise.
- No matter which direction you are coming from, STOP when approaching a school bus with activated flashing red lights - unless the bus is on the opposite side of a divided highway from you.
- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

Pedestrians

- Cross only at marked crosswalks or street corners that have clear visibility from all directions.
- Make eye contact with all drivers before crossing the street.
- When activating overhead crossing lights, pause before stepping off the curb to ensure motorists in both directions have come to a complete stop.
- Stay within the crosswalk lines until fully clear of the road way.
- Obey pedestrian lights at intersections. Cross the street only when you see the 'walk' sign and only when all cars have come to a complete stop.
- If you are with young children or pets, hold your child's hand firmly and keep a solid grip on leashes when crossing.
- Remember: children learn by observing you. By teaching them safe crossing habits as early as possible you can reduce the chance your child may be involved in a preventable auto/pedestrian collision.

www.albertahealthservices.ca



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The Edmontonian is a multi-author web log, all about Edmonton, and by Edmontonians.
www.theedmontonian.com

Market Mixes

Pam Brierley

It is a balmy Wednesday evening in Edmonton and despite the subtle threat of thundershowers off in the distance, shoppers are streaming in and out of the parking lot of Lillian Osborne High School. Some are laden with bulging cloth shopping bags while others have loaded their child's stroller. The parking lot across the street is full and a line-up of cars inch their way along Leger Road seeking a spot. By all accounts, the new Southwest Farmers' Market is a hit.

A crowd has gathered around Diana Neubauer's booth, Mixes 'R Us, eagerly listening to her hawk her line of mixes and tasting her vegetarian chili and channa masala. Diana's bright blue eyes dance as she chats up each new customer. She laughs easily putting them at ease immediately. Her hands and arms are well-muscled suggesting a life of physical work. She moves with efficiency. Not a motion is wasted.

Diana first developed her line of mixes in 2008 after working for her uncle at his market booth selling inukshuks for a couple of seasons. She noticed that there was a real demand for healthy convenience food. "People are busy. They want something that is easy to make, but is also healthy."

As a mom of four — three boys in hockey and a daughter who was a competitive gymnast — and someone who had to stretch her food budget, she understood the challenge parents face for food that was quick, but healthy.

"I hated feeding them McDonald's. And I could see when they ate McDonald's they would run out of gas on the rink in no time. They never ran out of gas when they ate my bean soups," she jokes.

Her recipes come from her own kitchen research with her family. She needed to cook economically but the food had to satisfy hungry kids and taste good.

Her current line up took time to develop though. "My first few ideas fell flat."

But that did not dissuade her. She watched what people bought, and did not buy, she took all customer feedback and refined the recipes over time.

She credits Dan Young and Jon Hall, board members of the City Market on 104 Street, with helping her find her feet.

"They really took me under their wing. I would have come out the other side on my own because I am who I am, but with their help, I came out the other side much faster."

Diana notes that shoppers at farmer's markets demand healthy products. Diana's line is vegetarian and vegan friendly, gluten-free, and contains no sodium.

"What people do with the mixes when they get home is up to them. They can add whatever they want."

In addition to her line of soup and dip mixes, she carries mixes for baked goods such as cookies, muffins and biscuits. All her baked goods mixes are made with whole wheat flour except her product "Nana's banana bread." She smiles wistfully, "That is my grandmother's traditional banana bread recipe. I just didn't feel like I could mess with it."

She even carries some products with hemp seed added. Hemp adds valuable fibre and is believed to have many health benefits.

At the Saturday City Market on 104 Street she also runs a concession called the Fork and Spoon Brigade. They specialize in stuffed crepes. "We source all our ingredients from the other vendors. Everything is fresh. That's the key to our success."

And the whole family pitches in to help with the operation — her husband, two of her sons and their girlfriends, Diana's best friend and her mom.

"One thing about all of us working together, we sure learn how to get along," she grins. Even her 14-year-old son agrees.

Southwest Farmers' Market:
<http://www.swefm.ca>

City Market:
<http://www.city-market.ca>

Spinach Pasta Salad

source: *Tanya Camp, allrecipes.com*

Ingredients:

- 1 (12 ounce) package farfalle pasta
- 10 ounces baby spinach, rinsed and torn into bite-size piece
- 2 ounces crumbled feta cheese
- 1 red onion, chopped
- 1 (15 ounce) can black olives, drained and chopped
- 1 cup Italian-style salad dressing
- 4 cloves garlic, minced
- 1 lemon, juiced
- 1/2 teaspoon garlic salt
- 1/2 teaspoon ground black pepper

Prep Time: 10 min Cook Time: 15 min
 Ready In: 2 hours45 mins

Directions:

1. In a large pot of salted boiling water, cook pasta until al dente, rinse under cold water and drain.
2. In a large bowl, combine the pasta, spinach, cheese, red onion and olives.
3. Whisk together the salad dressing, garlic, lemon juice, garlic salt and pepper. Pour over salad and toss. Refrigerate for 2 hours and serve chilled.

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Saskatoon Pie

source: *Tanya Camp, allrecipes.com*

Ingredients:

- 4 cups fresh serviceberries
- 1/4 cup water
- 2 tablespoons lemon juice
- 3/4 cup white sugar
- 3 tablespoons all-purpose flour
- 1 recipe pastry for a 9 inch double crust pie
- 1 tablespoon butter

Prep Time: 15 min Cook Time: 1 hour
 Ready In: 1 hour 15 mins

Directions:

1. Preheat oven to 425 degrees F (220 degrees C).
2. In a large saucepan, simmer berries in 1/4 cup water for 10 minutes. Stir in lemon juice with berries. Combine sugar and flour together in a medium bowl, then stir into berry mixture. Pour mixture into a pastry lined 9 inch pie pan. Dot with butter. Place second crust on top of pie; seal and flute edges.
3. Bake in preheated oven for 15 minutes. Then reduce oven temperature to 350 degrees F (175 degrees C) and bake for an additional 35 to 45 minutes, or until golden brown.

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SUBMISSIONS!

Do you have something you would like to contribute to the next Details? We'd love to hear from you!! Please send your submissions to the editor at duggandetails@duggancommunity.ab.ca.

The deadline for submissions for the October 2011 issue is September 10th at 5pm



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