



# Caswell Hill Community Newsletter

Spring 2007

## CASWELL-GROUND BENEATH HER FEET: A CONVERSATION WITH EILEEN LAVERTY

by Tracy Ridalls

Eileen Laverty has been stalking me for years. Whoa, whoa. Don't get ahead of yourselves. Of course I don't mean that in the criminal sense of the word. It's more like the musical legend of Eileen Laverty has been stalking me. Every time I turn around there's another person saying "Have you heard Eileen Laverty? Isn't she wonderful? She's such an amazing singer, songwriter, person . . ."

All this gushing, and there really is no better word, indicated to me that I should make every effort to meet the elusive Ms. Laverty. Elusive to me anyway, not to her obviously enormous local fan base. Luckily, Laverty lives right here in Caswell Hill. She really isn't very elusive at all. In fact, she is down-right approachable. "Coffee? Great!" was her response to a stranger's (my) query as to whether she would like to meet to talk about her work.

Born in Ireland, but immigrating with her family to Canada at the age of 6, Laverty calls Saskatoon home. She has an enormous extended family here but also "loves the way that you always just run into people that you know." When I asked her what first attracted her to Caswell she laughingly responded, "I found my husband there!" That may have been the initial attraction, "But really," says Laverty, "the community is so supportive of the arts. There is such a strong artistic community in Caswell. I love living and working there."

Laverty has always been musical but is not a trained musician. In fact, she is a high-school English teacher. Certainly there is a connection between the two professions. Laverty explains that teaching, to her, is a kind of performance. Ultimately you want to make that connection between student and teacher. Of course this is not unlike her musical life, where the desire for connection between performer and audience is, at least part of, the intention. Like most English teachers, Laverty has a love of language but strangely, didn't believe she could write her own music. "Someone asked me and I said 'oh I can't write music' and then I thought 'well you haven't even tried' and here I am."

Laverty's metamorphosis into a professional musician started in 1989 when she 'fell' into a Celtic band and decided that she should pursue more performing opportunities. Since 1995 she has been on her own although she does perform with a band. "I play [guitar] well enough to accompany myself [but] I love singing." She left full-time teaching in 2000 in order to become more focused on her career as a professional singer and recording artist. Although Laverty is a full-time performer she still teaches at the cyber-school. She explains, "It's the best of both worlds . . . teaching a little bit and singing for a living. I'll return to the classroom when I get tired of being a gypsy."

Laverty describes her music as eclectic. She says it is most often labeled as folk music but admits that several songs have rock influences. "Maybe 'Celtic Country Pop' is the best way to describe it." Certainly her diverse range of genre hasn't hurt her appeal. Laverty has fans from all over, literally. "There is an enclave of Eileen Laverty fans in Kuwait." She adds, "Really it's the expat community that keeps it going. Often people will buy a CD for themselves and then purchase another to send off somewhere as a gift." Perhaps it's the subject matter that is most appealing to fans. "I often write songs

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*Eileen Laverty*

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## YOUR CASWELL COMMUNITY ASSOCIATION EXECUTIVE MEMBERS

### President:

Tracy Ridalls 653-5669

### Indoor Programming

Glenn Dougan 665-5563

### Soccer Programming

John Nicholson 683-0849

### Treasurer

Chloe Corcoran 956-0146

### Civics

Joseph McHattie 242-2053

### Newsletter

Wilma Groenen 664-2330

### Events

Raeanne Van Beek 652-7580

### Members at Large

Melanie Sadler 242-5471

Maxine Kinakin 477-1356

Dorothy Johnstone 664-6835

### Community School Coordinator

Donna Blunt 683-7167

### Community Consultant

Jody Aicher 975-3381

## NEWSLETTER NEWS

The newsletter is published three times a year, in January, April and August. Advertising deadline for the next newsletter is August 1. Rates are \$25 business card/\$40 quarter page/\$80 full page. Articles about community events, issues and people are welcome.

## 100 YEARS, 100 STORIES

Our beloved park is 100 years old... so we're having a pARTy. On September 9th at the Art in the Park Festival, join the generations in celebrating the 100th birthday of Ashworth Holmes Park.

In honour of this centennial milestone, we're collecting your stories of experiences and memories of the park. We hope to collect 100 stories and feature them in the Rec Unit at the Festival.

Please submit stories to [caswellartinthepark@hotmail.com](mailto:caswellartinthepark@hotmail.com). Stories should be based on actual experience and no longer than 300 words.

## CASWELL COMMUNITY ASSOCIATION MEETINGS

**When:** The second Tuesday of every month

**Where:** Christ Church Anglican Church  
515 28th St. West

**Time:** 7:30 p.m.

Meetings usually last about 1 1/2 to 2 hours and are really fun. They are also a great way to meet your neighbours and become involved in your community.

Everyone is welcome. Childcare available.

**Mailing address** P.O. Box 30011  
1624 33rd St. W.  
Saskatoon, SK S7L 6X3

## CALL FOR ARTISTS

Plans are underway for the sixth annual Art in the Park Festival on September 9th, 2007 in Ashworth Holmes Park. Last year's Festival was a resounding success, with more than 600 people in attendance.

We're looking for artists to display and/or sell their artwork in our Artists' Village from 12 pm to 6 pm on Festival day. Tables are free of charge.

To reserve a table in the Village, please call 653-5669 or 343-7626 and leave a message with your name and phone number where we can contact you. You may also contact us by email at [caswellartinthepark@hotmail.com](mailto:caswellartinthepark@hotmail.com). Artists who reserve before June 15th will be featured in the Festival Programme.

Art in the Park gratefully acknowledges the financial support of the City of Saskatoon and Saskatchewan Lotteries.

**get in the PICTURE!**

**playgrounds**

**WEEKDAY PLAYGROUND PROGRAM:**  
JULY 2 - AUGUST 23  
MONDAY-THURSDAY 10:30 a.m. - 6:00 p.m.  
FRIDAY 12:00 - 4:30 p.m.

Your nearest Playground is:  
Caswell Hill Recreation Unit  
415 31st Street West

**WEEKEND PADDLING POOL SUPERVISION:**  
JULY 7 - AUGUST 19  
SATURDAY & SUNDAY 12:00 - 5:00 p.m.

**NOTE:** Draining and filling times vary for each pool. Please check with staff at site to confirm hours of operation.

Paddling pools will close during unsuitable weather conditions (14°C or less and/or when raining heavily).

City of Saskatoon  
Community Development Branch

**summersites**  
[www.saskatoon.ca](http://www.saskatoon.ca)

## EILEEN LAVERTY, CON'T

that have a story or help you to see yourself in them." Either way, there is no shortage of Eileen Laverty fans.

This summer Laverty, in conjunction with Glen Sorestad, the first poet laureate of Saskatchewan, will be collaborative artists-in-residence at the Kenderdine campus at Emma Lake. They will be doing a "coffee-house performance" on June 23rd. As well, Laverty will be helping with partner

Greg Hargarten's release for his band's (Ricasso) upcoming CD.

Laverty's current album is "Ground Beneath My Feet" and is available at Café Vivant, Modern Country Interiors and CD Plus. Laverty is planning a tour of the Maritimes for the fall. But don't worry; I watched her mark Art in the Park down in her day-planner. She




explains her involvement with the Caswell arts festival as her way of giving back to the community. "I'm never around to deliver newsletters or to help with the community clean-up so this is what I can do for Caswell." Ultimately Laverty is very grateful for the community's support saying, "I sense that there are a lot of people in my corner."

[www.eileenlaverty.com](http://www.eileenlaverty.com)

### Do you have a community association soccer uniform kicking around your house?

If so, please return to John Nicholson at 1115 Avenue D North - 683-0849

Is your child 6 months old to 4 years old ?



**Paint A SMILE**

**Do you want your child to have a bright smile?**

If you do, bring your child to a Public Health Services Fluoride Varnish Drop-In Clinic. **The service is FREE!**


A dental professional will paint fluoride varnish on your child's teeth. The fluoride is painted on with a small brush. It only takes a few seconds to do.

Fluoride varnish prevents new cavities from starting and stops cavities from getting bigger.


**The drop-in clinics are located at:**

<p><b>Mayfair Child Health Clinic:</b> every Monday* 1:00 - 3:15 p.m. Mayfair United Church 902 - 33<sup>rd</sup> Street West</p>	<p><b>North Health Centre:</b> 1<sup>st</sup> Tuesday* of each month 1:00 - 4:00 p.m. #100 - 227 Primrose Drive North</p>
<p><b>Riversdale Child Health Clinic:</b> every Wednesday* 1:00 - 3:15 p.m. St. Thomas Wesley United Church 20th Street and Avenue H (in the basement)</p>	<p><b>South East Health Centre:</b> 3<sup>rd</sup> Tuesday* of each month 1:00 - 4:00 p.m. 3006 Taylor Street East</p>
<p><b>West Winds Primary Health Centre:</b> 1<sup>st</sup> Wednesday* of each month 9:00 - 11:30 a.m. 3311 Fairlight Drive</p>	<p><b>Humboldt Public Health Office:</b> 1<sup>st</sup> Friday* of each month 9:00 - 11:30 a.m. 251 Main Street, Humboldt (* closed statutory holidays)</p>

For more information, call the Dental Health Program at 655-4462.



# GO LAWN BOWL!




"a sport for all ages"

## Mayfair Lawn Bowling Club

**Learn to Bowl**

May 15, 16, 17  
May 22, 23, 24  
from 6:30 - 8:30 pm  
FREE Lessons & Equipment  
Drop-ins Welcome



**Pancake Breakfast**

**Season Opener**  
May 21, 8 -10 am  
(\$3.00)

Breakfast will be followed with a Game of Bowls  
Sponsored by The Medicine Shoppe

923 Avenue D North - Ashworth Holmes Park  
phone: Clubhouse 652-3152 or Joan 244-4208

Sponsored by Saskatchewan Lotteries, Bowls Saskatchewan, & City of Saskatoon

 **Public Health Services Dental Clinic**

The Saskatoon Health Region operates a Public Health Services - Dental Clinic in Saskatoon. It is located at West Winds Primary Health Centre at 3311 Fairlight Drive.

Dental treatment and preventive services are provided **free** of charge to children age 4 to 13 years old. To be eligible for services:

- children must live in the Saskatoon Health Region
- have obvious dental problems that require treatment
- have no or limited dental coverage. If the child has some dental coverage we request that parents/guardians bring the dental insurance forms with them to the first appointment.

To inquire about your child visiting the Public Health Services - Dental Clinic you can telephone (306) 655-4462.

**For More Information Contact:**  
 Public Health Services  
 Dental Health Program  
 101 - 310 Idylwyld Drive North  
 SASKATOON SK S7L 0Z2  
 Tel: (306) 655-4462

 **Dental Clinic**  
 Public Health Services

Do you have a child age 4 or in Kindergarten to Grade 8?

Does your child need dental treatment?

If you have answered "yes" to the above questions, your child may be eligible to receive **free** dental treatment at the Public Health Services Dental Clinic.

Questions? Our caring, qualified staff will answer your questions. Please call 655-4462.



**West Winds Primary Health Centre  
 Public Health Services Dental Clinic  
 3311 Fairlight Drive  
 SASKATOON SK S7M 3V5  
 Phone: (306) 655-4261**

*Oral health is important!  
 Healthy teeth and gums help your child  
 chew properly, speak clearly  
 and smile brightly.*

**SOAPBOXING  
 IN CASWELL**

Soapbox racing is an amateur event in which boys & girls age 7 to 15 race home-built cars down a hill. The sport is designed to provide parent/child interaction, teach basic skills of workmanship, promote self-esteem and self-reliance. This is an excellent venue to instill a spirit of competition and good sportsmanship along with our motto "Racing Against Drugs" in our youth today.

Saskatoon's race is July 15th 2007.  
 The practice day is at Malouf Road May 27th.  
 If interested call Allan Metz (384-5091)

**Caswell Hill Community  
 needs a WEBSITE**

We also need a website designer.

Do you fit the bill? Are you a knowledgeable website designer who lives in Caswell Hill?

If so, and you are interested in working with us, please contact Chloe at [chloecorcoran@sasktel.net](mailto:chloecorcoran@sasktel.net).

Please include your biography, experience and cost.

show your artwork  
 sell your artwork  
 reserve your free table  
 call 653-5669 or 343-7626

**Call for Artists**  
 Art in the Park  
 Sep. 9, 2007

**get in the PICTURE!**

**youthcentres**

**META WE TAN YOUTH CENTRE**  
 JULY 5 - AUGUST 17  
 MONDAY-FRIDAY 3:00-5:30 p.m. & 6:30-9:30 p.m.

This FREE program is for ALL youth ages 10 - 18 years old and offers a variety of Aboriginal focused activities.

Your nearest Youth Centre is:  
 Westmount School  
 411 Avenue J North

 **summersites**  
 Community Development Branch [www.saskatoon.ca](http://www.saskatoon.ca)

# KEO'S—BUILDING CONNECTIONS THROUGH FOOD

by Tracy Ridalls

For the last seven years those who are lucky enough to be in the know have had their own spicy piece of heaven just waiting for them on 33rd Street. Keo Chanthavone, a transplant from Laos, is the owner of the self-named restaurant that specializes in Lao and Thai cuisine.



*Keo Chanthavone*

Chanthavone arrived in Two Hills, AB as a refugee from Laos in 1979. "I really came from nothing. I didn't speak English and the government opened a bank account for me with \$10 in it. I didn't even know what a bank book was!" Eventually settling in Saskatoon to be near a relative, Chanthavone raised her three children and worked in the hotel industry.

Opening her own restaurant hadn't always been a desire but she wanted to express Lao food to the people of Saskatoon. "This is the kind of food that I grew up on. The girls back home have to learn everything about cooking and cleaning. My mom taught me how to cook and I wanted people to taste my experience."

Chanthavone describes herself as "very traditional" when it comes to cooking. She wants people to experience the foods and flavours that she did when growing up. By far the number one dish that is ordered at Keo's is the pad thai, a delicious combination of noodles, vegetables, meat and traditional spices. The 'secret', according to Chanthavone, is to use real tamarind. Although Chanthavone can easily tell what her customers' favourite dishes are, she is less forthcoming when asked about her own. "Everything in the menu

is my favourite. I get to make [the menu] up so I am going to put my favourite things there." Although unwilling to play favourites, she does express a fondness for the laib or meat salad. She explains, "Laib means good luck. Good luck from me to you."

Of course being a small-business person it is important to attract a loyal clientele. Chanthavone does this by offering consistently delicious meals and creating a warm and welcoming atmosphere in which to dine. Decorated with treasures from Laos and pictures of her children in traditional dress, it almost feels like you are a guest in her home and not a customer in a restaurant. Despite being incredibly busy as the chef, Chanthavone always finds time to check on her patrons to make sure that they are enjoying their meals. Chanthavone explains, "People trust me before they walk in the door. The best way to build connections between people is through food."

Chanthavone has a loyal clientele and her only consistently slow time is between 3:00 and 4:30 in the afternoon. Although many people come to the restaurant specifically to enjoy a hot and spicy meal, Chanthavone encourages anyone to try the food and not to be worried about the potential heat. Like any good hostess she is most concerned that her customers enjoy themselves and the food. "I don't add the heat until afterward so if people don't want heat they don't have to have it." Certainly she admits that there are a lot of spice junkies that visit her restaurant. As willing as she is to serve food with-

out any heat she will also accommodate those who request extra-spicy portions. Although she admits that if someone is a new customer and they want it really spicy she will try to discourage them. Of course, the customer is always right so if someone is set on having an extremely fiery meal she will serve them but laughingly adds this caveat. "We don't have milk or yogurt so if you insist on ordering something that spicy; you're on your own."

The road to restaurant success is sometimes tiring. Even though the hours are long and the work schedule is, at times, hectic, there is no place else that Chanthavone would rather be. She explains, "I've always been happy to be here. Seeing all the happy faces of my customers keeps me going." The business has been steadily growing over the last seven years and Chanthavone sees 33rd Street undergoing a slow boom. She adds "It would be nice to see more local businesses and more pedestrian traffic. It makes for a safer neighbourhood."

Chanthavone has lived on the West-side of Saskatoon for the last 20 years so having her business on the West-side is convenient. "I never really looked anywhere else and I have no regrets about opening here" says Chanthavone.

Keo's offers a large selection of vegetarian and vegan cuisine in addition to meat-filled fare. All items are available for dine-in, take-out or delivery.

Reservations are recommended for large groups.

Hours – Monday to Thursday  
11:00 -8:00

Friday - 11:00 – 10:00

Saturday -12:00 – 10:00

Sunday – CLOSED

516 – 33rd Street West \* 652-2533

## PROGRAMS AT MAYFAIR LIBRARY

### CHILDREN'S PROGRAMS:

#### Free Drop-In Programs

Drop-In Programs may have a seasonal theme. If you would like to know, please call ahead (975-7591). Parents and caregivers are expected to remain in the Library during story times.

#### Family Story Time

*Wednesdays/10:30a.m./All year round  
Community Room*

A fun-filled program for the whole family. Bring your mom, dad, grandparent or babysitter for 30 minutes of stories, songs and action rhymes. An adult must accompany children under the age of four.

The Mayfair Branch opens to the general public at 1 p.m. Doors are opened at 10:15a.m. for Family Story Time only.

#### Super Straws

*Tuesday / May 22 / 4:00-5:00 p.m.*

Why drink out of glass when you can drink through a fancy straw? Make snazzy straws to enjoy your summer drinks. For kids ages 7-12.

Space is limited. Registration begins Tuesday, May 1 at 1:00 p.m. You may register in person or by phone (975-7591).

### TEEN AND ADULT PROGRAMS:

#### Date with a documentary

*Thursdays / March 29, April 26,  
May 31/ 7:00 p.m.*

Experience part of someone else's life with a documentary from the National

Film Board. Enjoy some popcorn during the viewing. Admission is free.

#### Thursday / May 31 / 7 p.m.

*Breakin' in, the making of a hip hop dancer - 55 minutes*

#### Thursday / June 28 / 7 p.m.

*Wards of the crown - 42 minutes*

#### Thursday / July 26 / 7 p.m.

*Into the night - 55 minutes*

#### Thursday / August 30 / 7 p.m.

*Between: living in the hyphen - 42 minutes*

### ADULT PROGRAMS:

#### The Storytelling Circle

*Fridays / May 18, June 15/ 7:30 p.m.  
Community Room*

For more information call the Library at 975-7591 or Kathy at 683-0292.

#### Book Camp

This program is for kids ages 5-7. It will be on Tuesdays (July 3- August 7) at 2 pm. We will read books, do activities and make crafts. Please register for this program weekly.

#### Searching for Lost Worlds

This program is for kids ages 8-12. It takes place on Wednesdays (July 4 - August 8) at 2 pm. This is an activity based program follows the theme of the TD Summer Reading Club, Lost Worlds. Please register for this program weekly.

### A Mixed Bag

There will be a different performer every Friday at 2 pm from July 6 to August 10. Free tickets are available a half hour before the program. The entire family is welcome to these performances.

## We want your JUNK!!

Do you have stuff that you no longer need?

Would you like to donate it to a good cause?

Would you like us to pick it up and take it away?

**We are looking for saleable items for the Safeway We Care/Caswell Community Association Garage Sale.**

The Garage sale will take place in the Safeway parking lot at 33rd and C.

**Saturday, May 26th  
starting at 10:00am**

All proceeds will go towards the Caswell Community Association Adopt-a-Grandparent program.

*Please contact Tracy at 653-5669 to arrange for pick-up of items.*

## SWIMMING, SWIMMING IN MY SWIMMING POOL

Mayfair Outdoor Pool opens June 11 with swimming and programming running until August 19.

**Hours: 1 p.m. - 8 p.m.**

**Monday to Friday**

**10 a.m. - 6 p.m.**

**Sunday and Saturday**

#### Lane Swim and ParentTot:

12 - 1, Monday and Wednesday from July 30 to August 15

**AquaMotion I:** 12 - 12:45,

Monday and Wednesday from July 30 to August 15

**Looney Swim:** 6 - 8 p.m.

Monday to Thursday

**Free Swim:** 6 - 8 p.m. Wednesday (except from July 2 - 13)

**Swimming Lessons:** July 2 - 13 (See your Leisure Guide for details and to register for programs)

## Meet Your City Councillor



Councillor Darren Hill would like to hold a "Civic Concerns & Compliments" session for the residents of Caswell Hill.

Date: Saturday May 26, 2007

Where: 33<sup>rd</sup> Street Safeway Parking Lot

Time: 4:00 PM

If you have any particular concerns that you would like addressed please contact Darren in advance at:

Email: [Darren.hill@saskatoon.ca](mailto:Darren.hill@saskatoon.ca)

Fax: 306.249.4469

Phone: 306.384.9273

Please be sure to include your name, address and phone number.



### Sage Computer Technologies

409 33rd Street West  
Saskatoon, Saskatchewan S7L 0V5  
Phone: (306) 244-7821  
Fax (306) 244-7821  
Net: [www.sagecomputers.com](http://www.sagecomputers.com)

#### Services provided by Sage Service Dept. :

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  - Pick up & Delivery

# ÉCOLE ST. PAUL SCHOOL

## HAVE YOU CONSIDERED FRENCH IMMERSION FOR YOUR CHILD?

École St. Paul School is accepting registrations for Kindergarten to grade 8!

- Children must be five years of age by January 31, 2008 to begin in September, 2007.
- Children six years of age by January 31, 2008 may begin Grade One in September, 2007.

## FAITH

- Inclusive – ALL people are welcome at our faith-based Catholic school.
- Caring atmosphere
- Anti-bullying policy (practice and prevention)

## FRENCH

- Receive the lifelong benefits of a second language.
- Serves non-French and French speaking families.
- Entrance at Kindergarten or Grade One

## FUN

- Family / Community oriented
- Small school
- Cultural activities
- French Immersion Preschool (contact Denise Klassen at 659-7439)
- Two-way transportation is available to students from Lawson Heights, River Heights, Richmond Heights, City Park, Downtown, Riversdale (to Ave. H), Caswell Hill (to Ave. H), Mayfair (to Ave. H) and McNab Park.
- Before and After school childcare is available.

**COME** and **VISIT** us at 1527 Alexandra Avenue. Phone: 659-7430 or view us online at [www.scs.sk.ca/pau](http://www.scs.sk.ca/pau)

*-Greater Saskatoon Catholic Schools . . .  
putting faith in education-*



Eric Cline, MLA  
Massey Place  
Phone: 384-7200  
[eccline.mla@sasktel.net](mailto:eccline.mla@sasktel.net)



David Forbes, MLA  
Centre  
Phone: 244-3555  
[dforbesmla@sasktel.net](mailto:dforbesmla@sasktel.net)



Frank Quennell, MLA  
Meewasin  
Phone: 651-3581  
[fquennellmla@sasktel.net](mailto:fquennellmla@sasktel.net)

*Working with you to make  
our community and province  
the best place to live, work, and raise a family*

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# 2006 PESTICIDE REDUCTION PROGRAM A SUCCESS IN CASWELL HILL

In 2006, the Saskatchewan Environmental Society (SES) completed the first year of its Saskatoon Pesticide Reduction Project. One of the activities of this project was to survey a community, with the idea of promoting the reduction of pesticide use and to provide alternative solutions for lawn and garden care. We were pleased to choose the Caswell Hill Community for our survey. During May 2006, volunteers conducted door-to-door surveys with 213 households. The survey was comprised of seven questions and a general knowledge section. Participating households received a 'Learning Kit' which included fact sheets, brochures, a fridge magnet and a 'pesticide-free' lawn sign. The results of the survey indicated that 97% of householders in Caswell maintain their own lawn and garden, and 57% of the residents never use pesticides. 90% reported a belief that pesticides are harmful to human health.

A second visit to households was carried out in July to see if participants had questions for volunteers regarding pesticide-free yard maintenance. In September, volunteers did a final visit to see how their pesticide-free growing season was. The final survey revealed that 18% had decreased their usage. And, 31% had changed their lawn care practices (people spend more time weeding). 45% of participants talked to

friends/family/co-workers and others about the project and pesticide reduction, which helped spread the pesticide-free message.

The Saskatchewan Environmental Society and its following partners would like to thank the residents of the Caswell Hill community for their participation in this project: Saskatchewan Association of Health Organizations, Lung Association of Saskatchewan, Canadian Cancer Society, Saskatchewan Teachers Federation, Howard Family Foundation, City of Saskatoon Environmental Services Branch, and the Saskatoon Environmental Advisory Committee.

## Remember 'Be Pesticide Free'— A 10 Step Guide to a Healthy Lawn

1. Soil—to have a good lawn, one must have good top soil. It is easy to build up if you follow the steps listed below.
2. Rake – early in spring to remove old thatch.
3. Aerate – cut little plugs out of your lawn to improve soil structure.
4. Fertilize – use an organic top-dressing, equal parts of aged manure, compost, and weed free topsoil. Spread it 1 cm thick.
5. Over-seed – re-seed over the top-dressing. Use about 500 grams per 20 square meters.

Use a blend of seed suited to our conditions.

6. Water – water new grass seed lightly (0.5 cm) every day for 2 to 3 weeks until it gets established. Then water heavily (2.5 cm) once or twice a week.
7. Mow – cut grass to about 7.5 cm (3”), not shorter.
8. Monitor – check for insects, weeds and disease. Catch the problem early and use a low-toxic solution. A little hand weeding is very effective.
9. Plant for Biodiversity – increase the number of different kinds of plants in your yard.
10. Next spring – remember to de-thatch and aerate each spring. Top-dress and re-seed again this year and then every third year after that.

For more information, check out the Saskatchewan Environmental Society website at:

<http://www.environmentalsociety.ca/issues/pesticides/index.html>

## DO YOU HAVE A TRUCK?

Would you like to help  
with the community  
clean-up on May 12th?

Then we want to talk  
to you!!

Call Tracy at 653-5669  
or  
Glenn at 665-5563.



**Hon. Carol Skelton, PC, MP**  
Saskatoon - Rosetown - Biggar

Saskatoon Office Hours: Monday - Friday 8:30 am - 12 pm, 1:00 pm - 4:30 pm	904E 22nd Street West Saskatoon, SK S7M 0S1 Ph: 975-6555 / Fx: 975 5786
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Biggar Office: 948-2446 / Rosetown Office: 882-6447

[saskatoon1@carolskelton.ca](mailto:saskatoon1@carolskelton.ca)  
[www.carolskelton.ca](http://www.carolskelton.ca)

## **A FULL-SELECTION GROCERY STORE COMING TO OUR NEIGHBOURHOOD**

A full range of fresh produce, meats and dairy items along with frozen foods, canned, bottled and bagged goods, health and beauty items and household cleaning supplies. You will be able to buy all of these and more at reasonable prices at a new neighbourhood grocery store, Good Food Junction, scheduled to open next year in the Station 20 West development at Avenue K and 20th Street.

Good Food Junction will be a real neighbourhood store. Local people will own it, have a say in how it is run, and be employed in the store. Anyone will be able to shop at Good Food Junction. But you can also become a Good Food Junction member and get special benefits, including a voice in how the store is operated.

A great deal of work has already been done and plans are well underway. But in order to make Good Food Junction a reality, your help is needed. Board members and other volunteers are currently meeting with community groups and going door-to-door seeking membership applications and pledges of shopping support. By applying for a \$5 lifetime membership or making a pledge to spend \$50, \$100 or \$200 a month at the store in its first year of operation, you will show our investors how badly this store is wanted and needed in the community. For more information, email [goodfoodjunction@sasktel.net](mailto:goodfoodjunction@sasktel.net), or call Janice Sanford Beck at 653-2544.

Good Food Junction: a place where good food, good prices and good community spirit meet.

### **“Chance of a Lifetime”**

**People ages 15-30 who have  
NOT completed high school or  
GED wanted for paid internships.**

**Call 270-4828**

### **PARKVIEW PRESBYTERIAN CHURCH**

821 Ave. E North, Saskatoon, SK

Invites you to Worship  
Sundays at 11:00 a.m.

*“God is our refuge and our strength”*

*The Medicine  
Shoppe*  
PHARMACY

# 2007



**Community Walk/Run  
for the whole family**

**8am on Saturday,  
August 25th at  
Ashworth Holmes Park**  
Choose your distance!

**Snacks provided  
and prizes to be won!!**

To Register  
or for more information visit  
The Medicine Shoppe Pharmacy  
on 33rd on call 931-2999

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Includes Baby's Breath & Greens

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\*Available At These Prices May 8 - 13

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*'The History room'*

# CALLING ALL VOLUNTEERS

## Caswell Community Association Annual Neighbourhood Cleanup

We will be prowling the alleys looking for trash on

**Saturday, May 12th, 2007**

We are always looking for volunteers in order to help make this event a success.

Anyone interested in helping please meet us in the

**Caswell Community School Parking Lot  
at 10:00am on Saturday morning.**

Bring a pair of **gloves** and wear your **closed-toe shoes**.

There will be a thank-you barbecue for all the volunteers following the clean-up.

This is an excellent opportunity to meet your neighbours while beautifying the community.

For more information contact Tracy at 653-5669 or Glenn at 665-5563.

The Caswell Community Association, in conjunction with the Safeway We Care campaign presents...

## Garage Sale and BBQ 2007! Saturday May 26th

In the Safeway parking lot on  
33rd Street and Avenue C.  
All proceeds will go towards the  
Caswell Community Association's  
Adopt-a-Grandparent program.

Please call Tracy at 653-5669 for more information.

show your artwork  
sell your artwork  
reserve your free table  
call 653-5669 or 343-7626

## Call for Artists

Art in the Park

Sept. 9, 2007

