



Duggan Details

August/September 2016



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First Word with Duggan Details Editor Tonya Lambert

Wow! Time sure flies! It is already the middle of August. Soon the leaves will start changing colours and the children will be off to school.

MLA Richard Feehan will be hosting a barbecue in neighbouring Greenfield on September 1 for those who are interested. Seniors can read about the fall events presented by the Southwest Seniors' Association.

In July, I was fortunate enough to enjoy a visit with Vera and Josef Pisa, the couple with the stunningly beautiful evergreen garden on 37 Avenue. They told me the story behind the garden which I share with you on Pages 4-5.

Later in July, Duggan and the world were seized with Pokémon Go fever. Everywhere you go, you see people out and about with their phones catching Pokémon. Read about how you can explore Duggan Poké-Style on Page 10.

Finally, there is an update from Patti Hartnagel on the Green & Gold Garden to be found on Page 9. Happy reading!

Duggan Hall Address

3728 – 106 Street NW
Edmonton, AB
780-436-6987

Duggan Hall Mailing Address

Duggan Community League
Yellowbird Post Office
P.O. Box 41041
Edmonton, Alberta
T6J 6M7

Executive Officers

President	(Vacant)
Vice-President	Ken Greenway
Second Vice-President	Mohammad Ali Kamal
Treasurer	Richard Mak
Secretary	Gerald Draganiuk

Directors

Membership	Andre Huellstrung
Communications	Tonya Lambert
Youth Programs	(Vacant)
Soccer	Mohammad Ali Kamal
Neighbourhood Watch	Michelle Barin
Webmaster	(Vacant)
Social Director	Yilia Liubaoerjijin
Civic Director	Andrew Chell
Youth Representative	(Vacant)

Committee Chairs

Inventory	(Vacant)
Financial Review	(Vacant)
Bylaw Review	Michelle Barin
Policy/Procedure	(Vacant)
Hall Booking	Salim Muradali
Board Transparency	(Vacant)
Senior Liaison	(Vacant)
Fundraising	(Vacant)
Board/Volunteer Recruitment	(Vacant)

Board Meetings are held at the Duggan Community Hall on the first Monday of every month. The next meeting will be on Monday, August 29.

Four Season Gardening

By: Tonya Lambert

Nestled in the heart of Duggan, lies one of Edmonton's hidden treasures. A kaleidoscope of greens, this garden on which has twice placed third in Front Yards in Bloom catches the eye of everyone who walks or drives past. With very few flowers, it is unique yard that retains its beauty even when the earth is covered in a blanket of snow.

The people behind this horticultural work of art are Vera and Josef Pisa. Born and raised in Czechoslovakia, the couple and their two children escaped the Communist regime there traveling via Yugoslavia and West Germany and eventually settling in Edmonton. In 1989, they purchased their home on 37 Avenue.

Once their two children, a son and a daughter, were grown up and their mortgage had been paid off, Vera and Josef began what can only be described as a labour of love. The house, which has a south-facing yard, had a single large spruce tree in the grass-covered front yard. This was cut down as it was too close to the house. Now, aside from the lawn, the couple had a clean slate on which to work.

Their goal was two-fold: to have an attractive yard that required less maintenance than a lawn and to create a garden that offered something new and eye-catching each season. Fifteen years later, they have accomplished both their goals.

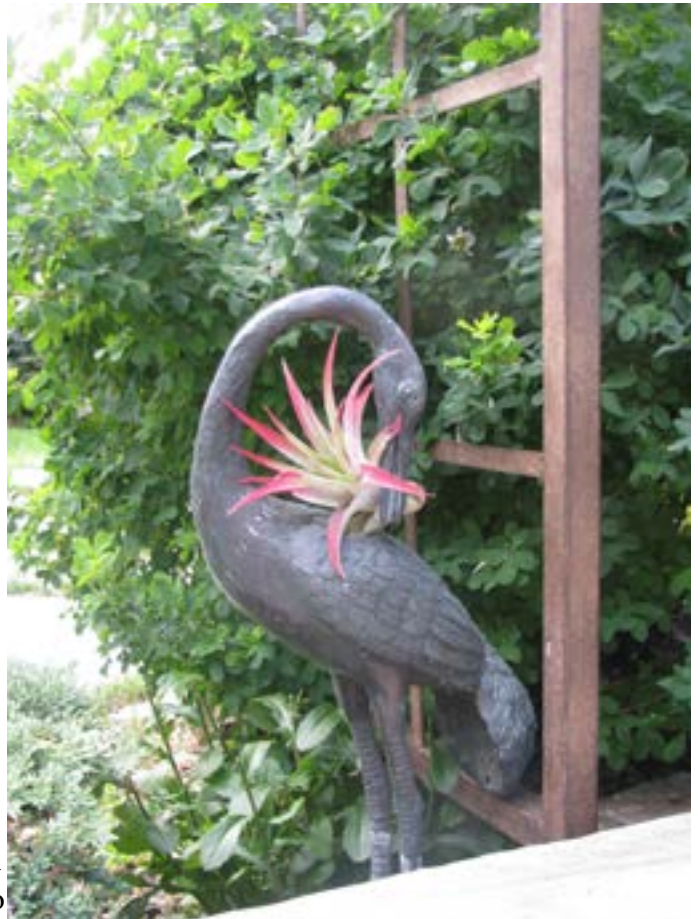
Their coniferous creation which contains almost every possible zone 3 evergreen, began with a single tree. Every year, the couple would add a few more trees and shrubs., always carefully pruning them so they retain a pleasing shape. At first, they had a number of annuals and perennials to fill up the space but as the yard has filled with evergreens, they have cut back on these significantly. Banana-coloured daisies are one of the few flowers that remain - surprisingly, this zone 5 plant somehow flourishes in their yard!



Neither Vera nor Josef has any formal training in horticulture or landscape design. Back in Europe. Josef's father was a professional vegetable farmer but Josef says that as a youth and a young man he had no interest in such things. Instead, the couple have had to learn through trial and error, from reading, and from the experience and advice of neighbours and people who stop to talk. Gardening is great way to get to know your neighbours, says the couple.

This is something which happens on a regular basis, according to Vera. Hardly a day goes by, when the couple does not catch a glimpse through their front window of someone stopping to admire their front yard and take a few photos. If Vera is out working in the yard, people will stop to give her a compliment and ask some questions. One woman asked for the name of their landscaper and refused to believe Vera when she told her that the couple had created it by themselves.

Vera says her favourite compliment ever came from a teenage boy. She had notice him and some friends go



past on their skateboards earlier, seemingly absorbed in their conversation and their music. Then, a little while later, one of them returned. "I really like your yard," he said. The fact that he had noticed it and taken the time to come back and let her know was the ultimate pat on the back.

The couple have also created a private paradise in the backyard. It is the perfect place to sit and relax. - on the garden bench or in a chair by the fireplace or under an umbrella at the patio table. The soothing sound of running water in the background.

Here, there are more flowers here and a few birch trees. There is also a maple tree which the Pisas planted because this is Canada. Vera says that they are planning a surprise for the country's 150th anniversary. However, no matter how hard a try, she refuses to give me any hints as to what it might be.

I guess I and everyone else will just have to wait and see!

MLA Richard Feehan

Community BBQ

Join us for a Free Burger

September 1st 2016

Greenfield Community League

3803 114 St NW, Edmonton AB

5:30-8:00PM

Burgers

Veggie Burgers

Drinks

Raffles

Got Questions? contact us at:

Edmonton-Rutherford Constituency office

780.414.1311

edmonton.rutherford@assembly.ab.ca

This Fall at the SouthWest Edmonton Seniors Association (SWESA)

By: Ellen Frombach

Music Makes You Sing

It is hard to think of the shorter days and the final months of summer. Let's not let this seasonal change get us down; it's time to plan the transition into fall in an exciting fashion. And how does that happen? With music of course!

Music has a great number of benefits. It relieves boredom and adds variety to the day. It motivates movement and helps to release pent up tension. It rekindles positive memories from times past and also helps to improve moods. A lullaby can help to calm babies, and lullabies, and other music, probably have the same impact on us, unless of course, it's 'heavy metal' music (chuckle). But the heavy metal will likely bump up energy levels, which could be positive as well.

Check out SWESA's latest venture into the music realm—music jam sessions. This jam group started in the spring of 2016 and is led by Mike Footit, who has been a musician for 40+ years, and has fronted bands that have opened for April Wine and Tom Cochrane. He has also played as a solo act, performing blues and roots. He honed his teaching skills by instructing high school students and offering private music lessons. He brings his love of the guitar and his teaching skills to the bi-weekly jam sessions.

Right now the group includes individuals with keyboards, bass guitars, guitars, and vocals. Strangers are getting to know each other while armed with instruments, and members are dropping in just to listen. The universal language of music has made this group a warm, friendly and ambitious place to harmonize, and the group now welcomes all instruments and singers alike. Come join the fun and be inspired.



SWESA's Jam Session in Action. Photographer: Jennifer Hanrahan

Valuing Your Family Treasures

There is another interesting SWESA offering to keep you active this fall: the Antiques Interest Group. This group developed after the Edmonton Life Long Learning Association (ELLA) spring 2015 session. At this 2015 session, the group learned about different themes daily (silver, furniture, paper, photos, glassware, etc) from Johanne Yakula, a local appraiser and a graduate from the Alberta College of Art as well as the Ashford Institute of Antiques. A small number of the ELLA participants started monthly gatherings at SWESA to continue the research on their own treasures. SWESA will continue to host this group of antique enthusiasts.

“Those of us who have stuck it out have enjoyed doing the research and finding out things about our family treasures and listening to what others have found out about theirs. The group has bonded over the season.”
Nancy Rae (ELLA student and Antiques Interest Group Member).

This group just completed a session: An Armchair Tour of Edmonton’s Historical Buildings, led by Johanne Yakula. It included a tour of Edmonton’s historical buildings and the colourful characters that owned these pieces of history. The participants spoke very highly of this session.

Join this group to better understand those special family treasures that you cherish, or to start your career as an antique collector. Or join because it is interesting to learn more about the history of those things around you.

More information on these offerings can be obtained at: programs@swedmontonseniors.ca or at 587-987-3200.

Other Fall Offerings

Creative Writing

During this creative writing class, journal and memoir writing techniques will be discussed. Writing prompts will be used to write and then individual writing will be further developed with exercises and editing guides. When: Monday, August 29 from 12:30 pm – 3:00 pm

Location: Yellowbird East Community Centre

Cost: Member \$25; Non-member \$35. Registration is required (587-987-3200).

City of Edmonton, Roots For Trees

Edmonton needs more trees! We want you to help us plant more trees to double the size of Edmonton’s urban forest. Root For Trees is an enhanced tree planting initiative which intends to increase tree planting within the city through continued partnerships with corporations, individual residents and community groups. The annual target of this initiative is to plant an additional 16,000 trees annually on public and private land. Dress for the weather and join us for a guided tree-planting experience in the Twin Brooks Community.

When: Wednesday, August 31 from 10:00 am – 12:00 pm

Location: Yellowbird East Community Centre

Cost: Member \$5; Non-member \$10 Registration is required.

Look for Other Seniors' Programming in the Southwest

There are other great seniors program in several local community senior centres in the southwest as well as in community leagues. Some of these groups have been around longer than SWESA and provide excellent opportunities. Check out the listing of these centres and programs on SWESA's website. If we have missed your senior organization on our list, let us know.

The SouthWest Edmonton Seniors Association (SWESA) was formed to reflect the needs of the people 55 and older in southwest Edmonton. Its goal is to provide social, cultural and recreational programs and services that enhance the enjoyment of life.

SWESA Seniors Centre—Yellowbird East Community Centre (YECC), 10710-19 Avenue
SWESA Seniors Lounge—Terwillegar Community Recreation Ctr (TCRC), 2051 Leger Rd

587-987-3200

information@swedmontonseniors.ca

www.swedmontonseniors.ca

Like us on Facebook



By: Patti Hartnagel

The Green and Gold Garden is now open for its 8th season! Come and visit us on South Campus to see our 2 acre, all volunteer run garden.

Join us on Tuesdays (7p.m.-8:30 p.m.) and Saturdays (11a.m.-1 p.m.) to purchase organic veggies -- over 50 varieties!--a wide selection of herbs, and flowers.

This season we will have orchard fruits for sale from our newly acquired orchard, located beside the garden.

Because we are volunteer run, ALL money raised from sales of produce at the garden goes directly to the Tubahumurize project for women in Rwanda. Their www site-- rwandanwomencan.org --describes the range of programmes it provides for the survivors of the Rwandan genocide.

The Green and Gold Garden is a prime example of "Think Globally-- Act Locally."

Check out our www site (greengoldgarden.com) for more information, map, harvest updates and other news.

We look forward to having you come to our gorgeous "garden with a difference."

Explore The Neighbourhood Poké-Style!

By: Tonya Lambert

A new craze has captured the minds and hearts of many in the gaming world. Pokémon Go was officially released in Canada on July 17 to a crowd of fans who had been waiting and watching as it had been released country-by-country for the past week. So many people downloaded the game on the first day that it crashed the app.

The virtual reality game, which is played on smartphones, is especially popular with those in their 20s who grew up with the TV show in the 90s. Many have described the game as having their childhood dreams brought to life.

Players walk around in search of various Pokémon which they capture by trapping them in a Pokéball. Balls and other aids like potions can be collected at Pokéstops. In Duggan, there are such stops at the community league sign on 106th Street and another by Southgate Alliance Church. In Rideau Park, there is a stop by the bus stop near Rideau Park School.

Players can use their captured Pokémon to battle at gyms. There is a gym by the sign marking Charles Anderson Park.

The game has encouraged many people to get out, exploring their neighbourhoods and getting exercise. Players can collect eggs at Pokéstops. In order to hatch an egg and discover which Pokémon character is inside, a player will need to walk either two, five or ten kilometers. It is said that many dogs are enjoying three or more walks a day since the game was released!

