



Grassroots and Grasslands

Award Winning Farmers' Market Still Thriving

Have you heard the tales of the delicious and incredible flavors of Alberta grown berries, the marvellous fruit pies, the juicy local tomatoes, the Alberta-raised lamb, and of course the warm fresh kettle popcorn wafting on the breeze? They are all true. "Mmm, I am loving it," exclaims Jill Kirker, Brentwood resident and President of Grassroots NW Environmental Awareness Society. If you didn't hear earlier in the summer, Grassroots NW is the 2007 Recipient of the Alberta Emerald Award for Environmental Excellence in the Community Group category, in large part for its 15 years running the Grassroots Northland Farmers' Market. Special thanks are due to the founding Market Directors, Lynn Keating and Nancy Dalton. Congratulations to GNW!

Last Fresh Market Tuesday is September 25th: Stock Up!

You can still get your organic, local fruits and veggies and homebaking from the Grassroots Northland Farmers' Market every Tuesday throughout September from 3:30 to 7:00 pm on the east side of Northland Mall. Remember that all proceeds from this nonprofit market go toward local environmental education initiatives. Do more with your money and Shop the Market!

Natureground Notes: Weeds, Water, and Wee Ones

The Centennial Natureground within the Dr. E.W. Coffin schoolground in Brentwood Heights is undergoing some flow management renovations. This prairie reclamation project is having some work completed around its perimeters, including the installation of weed barriers to keep the invasive smooth brome and other alien turf grasses at bay. As well, some grade adjustments and the creation of a drywell near the eastern stormwater conservation basin will allow for surface meltwater runoff when the ground is

frozen, such that standing water does not accumulate after Chinook-related snowmelts. Further, steps from the SW corner of the playground to the entrance of Whispering Woods will be constructed, and stepping stone paths will be created with sandstone snuggled within the plants. These additional 'please walk here' pathways will invite pedestrians to immerse themselves in this naturalized space without simultaneously trampling the carefully nurtured native vegetation.

Whispering Signs

Be on the lookout for the installation of a unique collection of interpretive signage from Whispering Woods to Whispering Grasses Walkway. These signs will feature paintings, poetry, and pictures of the natural and cultural history of the area. Community artists, both young and young at heart, have been commissioned for each sign. This project has been many years in the making, has included dozens of students and neighbors, and it is finally coming very close to fruition. Stay posted for signs on posts, coming soon to a GPS location nearby.

Whispering Woods

Summer 2007 has seen Whispering Woods receive a second year of spot spraying of the creeping thistle infestation, and some of the pathways overgrown by invasive smooth brome grass have been trimmed back for ease of pedestrian movement. Volunteers have been fastidiously pulling goat's beard throughout the park and have been digging out other weeds around the Prairie Amphitheatre. Stroll by this very special remnant of world heritage rough fescue grassland right in our midst, and watch the colors deepen into a vivid autumn display.

It's never too late to join in on shared stewardship in these areas. Newcomers are welcome and wanted. Call 282-2014 or environews@shaw.ca

-Polly Lee Knowlton Cockett

Information Sessions Help Seniors Struggling in Calgary's Boom

Your home can be your greatest asset both emotionally and financially. Often seniors living on fixed incomes have most of their net worth tied up in their home. Unfortunately, the Calgary boom has resulted in rising costs, which can be difficult for seniors on fixed income to manage.

Help is available. A series of free information sessions, Financing Options: Choosing Wisely, will be held to help seniors understand different financing alternatives available to them. The City of Calgary Community and Neighbourhood Services and Credit Counseling Services of Alberta are partnering to offer these sessions that will explore financing options such as home equity lines of credit and reverse mortgages.

The sessions will also review The City of Calgary's Property Tax Assistance Program. This program is designed to provide assistance to residential property tax payers experiencing financial hardship, regardless of age, resulting from a property tax increase.

To be eligible for this program, you must:

- Experience an increase in municipal property taxes from 2006 to 2007
- Be low income (\$21,202 for a single person, \$26,396 for a couple)
- Be a residential property owner
- Reside in their own home for a minimum of one year
- Own no other property
- Be able to provide proof of income (copy of 2006 income tax return)

Financing Options: Choosing Wisely information sessions will be held around Calgary throughout the fall.

- September 11th, 1:00 to 3:00 pm
Haysboro Community Centre
1204 – 89th Avenue SW
- September 25th, 10:00 am to noon
Pineridge Community Centre
6024 Rundelhorn Drive NE
- October 17th, 10:00 am to noon
Canyon Meadows Community Centre
844 Cantabrian Drive SW
- October 22nd, 10:00 am to noon
Good Companions
2609 – 19 Avenue SW