



**Newsletter #97
July 2009**

Around the House (1) – Mail Deliveries

In the name of efficiency (make of this what you will) Canada Post has reassigned our trusty mailman Ben, and moved our mail delivery time later in the day. From now on, unless advised otherwise, your letters are unlikely to be here much before 2pm. We're sorry, but the changes weren't of our making.



Around the House (2) – P1 Bicycle Storage Room

July will be your last month to identify your bike, before it is removed and given to charity. If you haven't let us know at the desk which bicycle is yours, please do so post haste. We need to free up space for new residents, and some of the bikes in there look as though they haven't seen the road in quite a few years.

Around the House (3) – Bosch Dishwashers

If you have a Bosch dishwasher in your suite, and it's the original appliance, please note that there is a service recall on these machines. This isn't one to disregard, as there is a fire risk if you don't have the repairs made. They take about an hour,

and are free to you. We have detailed instructions at the desk on how to arrange for this work to be carried out. If you haven't already done this, please ask for a copy when you are next passing. We can arrange for the service technician to access your suite if you expect to be away.



Around the House (4) - Health Club (Fitness Centre)

We have been asked to remind residents of a couple of policies relating to the use of the hotel's Health Club. When using the Club, please take your Resident Card/s with you, so that the staff can identify you as a One Wall resident. You will have been issued with your card soon after you moved in.



If you want to exercise under the supervision of a professional trainer, he or she must have insurance to cover the possibility of injury, and they will be required to pay a fee of \$15 for each visit. Please remember, too, that if someone new moves into your suite, such as a member of your family, they will also need a Card in order to use the facility. Please let us know at the desk, and we will be happy to issue an additional one.

Around Town (1) – Vancouver Folk Music Festival

"It's magic. You walk through the gates and you feel like you've stepped into a different time and place – a mini-city of people, food and music from around the world that appears for three days, and then it's gone, destined to reappear a year later. We call it Brigadoon." That's how Barbara Chirinos, Managing Director of the

Festival, describes the enduring appeal of one of BC's best-loved summer happenings.

Now drawing its third generation of fans and volunteers to Vancouver's Jericho Beach Park, this 32-year-old event showcases more than 70 hours of world, folk and roots music on eight outdoor stages, all set against the park's ocean and mountain backdrop.

"We hope to introduce a whole new generation to roots and blues, hip hop, gospel, Appalachian music, bhangra and more. Folk is, after all, more than a guitar and a banjo" observes Chirinos.

Or, as the WestEndr puts it, welcome to three days of peace, love and hummus!

Around Town (2) – Camp Moomba Yogathon

Why not join 2,000 people and participate in the Camp Moomba Yogathon and Blissfest to raise awareness and funds for children impacted by HIV/AIDS. The much-needed funds raised from this event will help send a child to summer camp for the experience of a lifetime.



This is Western Canada's largest gathering of yoga instructors, yoga students, health and wellness professionals, and regular folks who share a passion for love and bliss.

And the Blissfest, I hear you ask? Well, that's a sustainability fair (a showcase of sustainable consumer products, clothing, services and delicacies) a community picnic, children's activities, musical performances and prizes. Children 12 and under get in free, and if you register for the Yogathon for \$20, you will receive a tax receipt.

The whole banana takes place at UBC Thunderbird Stadium, on July 11th, between 9:30am and 2pm. There are more details at

www.campmoombayogathon.com.

Around Town (3) – Relish

You've known Relish - The Restaurant & Lounge for almost 5 years as home to award-winning food and wine and a great place for small and large parties alike. The lounge is now open until 3:00am, so go down and join them for a drink! Relish is just in the next block down the hill from the Wall Centre at 888 Nelson Street.

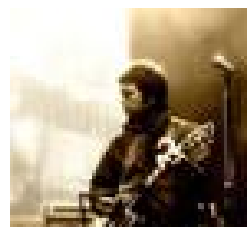
The restaurant side of things still features brunch until 4pm every day, affordable lunch specials, and incredible dinners with unique items such as a Seafood Wonton Stack, Salmon Gravlax, Ahi Tuna Tartare, Cranberry Baked Brie, Walnut Crusted Salmon, Seared Duck Breast, Lobster Ravioli and much more.

The restaurant sizzles with its beautiful décor featuring rust ultra-suede, hand crafted booths, its gorgeous slate foyer, an inviting warm fireplace, a huge salt water fish tank and a sexy lounge with big, comfy suede chairs as well as 3 huge plasma TVs so that you can catch the game.

You can make reservations by calling 604-669-1962 or you can visit them online at www.relishtherestaurant.com. Please note that we have a few of their sample menus at the front desk.

Around Town (4) – The Virgin Festival

What is it they say – that if you can remember Woodstock, you can't have been there? Well, now there's a chance to relive that experience (without the mud, we hope) in our own backyard. After 13 successful years in the UK, the Virgin Festival is coming to Deer Lake Park in Burnaby on July 25th and 26th.



The Festival is an event for all ages. Children over the age of 4 are admitted free, but they must be accompanied by an adult. (You weren't thinking of sending your toddler alone to a rock concert, were you?) Performers will include Broken Social Scene, Our Lady Peace and Sonic Youth, and if you are over 40 you won't be expected to have heard of any of them!

Doors open at 1pm each day, and the music ends at 10pm. Please see www.virginfestival.ca/bc for more information. And don't forget your head band and tie-dyed Levis.

Around Town (5) – Surrey Fusion Festival

Surrey's annual Fusion Festival is described as the ultimate celebration of food, music and culture. On July 18th and 19th, you can celebrate with 60,000 of your closest friends at this free outdoor festival. This is Surrey's largest two-day multicultural celebration, and it will be home to 40 international pavilions. There will be headline

performers on the World Music Stage, and the Celebrations stage will feature dance of all kinds.



The festival will bring together many distinct cultural heritages represented by ethnic and community groups hosting pavilions to present the music, food and costumes of their country of origin. We're talking samosas, perogies and tzatziki, all washed down with Peroni beer.

The Festival will take place at the magnificent new Holland Park, located at King George Highway and Old Yale Road. Please see www.fusionfestival.surrey.ca for more details. And, as mentioned, entry is free.

Around Town (6) – Caribbean Days Festival

If it's July, it's time for the Caribbean Days Festival in North Vancouver, at Waterfront Park, a mere hop and a skip from the Seabus terminal. There will be a costumed parade, steel drum bands and lots of spontaneous (but not compulsory) dancing.

On the food front, there will be Jamaican jerk chicken, Marva Vidal's roti (yum yum) and goat curry, a popular Trinidadian dish, along with African and Malaysian dishes. These can all be washed down with the Real McCoy, Carib or Red Stripe beer.

The festival takes place on July 25th and 26th, and you can find out more from www.caribbeandaysfestival.com, or by calling 604-515-2400.

Around Town (7) – Brazilian Film Festival

This is the second year for a Portuguese language cinematic collection from the land of Copacabana and Ipanema. Four dramatic features, four

documentaries and six animated shorts will tackle subjects such as smoking, sex trafficking and Brazilian music. There's no word yet on whether there is a film on sex and smoking...



As usual with film festivals of whatever stripe, this one takes place at the Vancity Theatre, on Seymour Street just a short downhill walk from One Wall. The web site www.brazilianfilmfestival.com has all of the details, but please note that the site is still under construction. The showings run from July 8th until the 12th.

Further Afield – Whistler Children's Art Festival

The 26th annual Whistler Children's Art Festival will jam Creekside with art workshops, music, acrobatics, theatre, dance and fun in every corner that encourage kids to embrace their imaginations.

As well as workshops for kids aged 5 to 11, the Festival includes a pre-school area for children aged 3 to 5, intermediate workshops for kids in grades 7 and 8, and activities for the whole family. This year's performers include Bob and Lolo, Will Stroet, Zany Zack and Matthew Johnson's Magic Show 2 Go.



The Festival is on the weekend of July 11th and 12th. For all details and ticket prices, please see www.whistlerartscouncil.ca.

**Your One Wall Concierge Team:
Eleanor, Kerry, Sunny and Maria.**