

SUMMER CULTURE VULTURE

BIRTHSTONE: July
- Ruby
August - Peridot

BIRTH FLOWERS:
July - Larkspur or
Water Lily
August - Gladioli

ZODIAC:
Cancer (crab) June
21 - July 22

Characteristics:
Emotional and
loving, Intuitive
and imaginative,
shrewd and cau-
tious

Leo (Lion) July 23 - August 22
Characteristics: A born leader,
loyal, has a pioneering spirit, and
a desire to be the best.

Virgo (Virgin) August 23 -
September 22 Characteristics:
Earthy, meticulous, and carries
a broad base of knowledge.

DATES TO KNOW

July 1
Canada Day

July 28
Day of Commemoration of the Great Upheaval



August 9
International Day of the World's Indigenous People

August 12
International Youth Day

August 15
National Acadian Day

*Want to know more about monthly cultural obser-
vances? Visit www.pch.gc.ca, [www.janegoodall.ca/
UpcomingEvents.php/](http://www.janegoodall.ca/UpcomingEvents.php/).*

LOCAL FUN THIS SUMMER

There's no need to be bored in Nanaimo this sum-
mer. Here's a few thrifty ideas to keep you smiling:

- Swim in the outdoor pool at Bowen Park
- Take up Frisbee Golf at Bowen Park (discs can be purchased across the street from the park at The Velvet Paw. The course is free.)
- Visit one of Nanaimo's three farmer's markets for food, music, and crafts. Bowen Road (VIE X grounds) is Wednesdays from 4:00 to 6:30, Downtown on the waterfront is Fridays from 10 - 2, and Our Neighborhood Market at Nanaimo North Town Centre is Saturdays from 9:30 - 1:30. If you're really keen, take your bike on the ferry to Gabriola on a Saturday morning and check out their weekly market. As a bonus, ride around the island and create your own adventure.
- Check out the local festivals which often take place at Maffeo Sutton Park. Look at www.harbourliving.ca for upcoming events.
- Take a hike! Nanaimo is surrounded by amazing trails, both short and easy and advanced. Who knows, you may discover a new one in your neighborhood. For more info on the area's hikes visit: <http://www.nanaimoinformation.com/nanaimo-hikes.php>