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into the future
at Centre Square Mall**
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Entertainment & Arts

ENTERTAINMENT HOTLINE • DARON LETTS
Phone: (867) 873-4031 • E-mail: entertainment@nnsi.com • Fax: (867) 873-8507

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hit the beach for
Canada Day tournament**
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Getting their start at Folk on the Rocks

Musicians inspired by early opportunities to play at our territory's biggest music festival

by Daron Letts

Northern News Services

EREBUS AND TERROR is scheduled to perform at Folk on the Rocks next week. It will not be the first time members of the popular Yellowknife band have been featured on the festival's stages.

Drummer Walter Girrior, lead guitarist Travis Mercredi, bassist Dave Whittaker, rhythm guitarist Steve Whittaker and keyboardist Brendan Callas have all appeared at Folk on the Rocks multiple times in the last decade representing various bands or backing other acts.

As a result, the festival has played a big role in their development as performers, said Callas, 23.

"I think Folk on the Rocks has done a great job of balancing young acts and veteran acts when selecting their Northern performers," he said. "I'm really grateful to be part of the festival's 30th year. We're really pumped to be playing."

Callas first played the festival with his former band, The Greasy Twigs, alongside Girrior and musician Bryce Styan. The band won the Rock the Folks competition

in 2005 and 2006, and returned again in the regular festival lineup in 2007. He also performed in 2008 backing Yellowknife songwriter Shea Alain and in 2009 as a member of Giant Con, with Steve Whittaker and Bryce Styan.

Earlier this year Callas performed in front of an international audience at B.C. Place stadium in Vancouver as part of the NWT showcase concert at the Winter Olympics.

Mercredi, 28, also credits past appearances at Folk on the Rocks with inspiring him to pursue music. The guitarist played the festival in 2005 with Mandeville Drive alongside Girrior, Steve Whittaker and Dave Whittaker, and in 2006 with Esker, in which both Whittakers also played.

In addition to performing with Erebus and Terror, Mercredi, a professional sound designer, established his own business earlier this year, Outland Sound Design.

He is producing the band's first four-track EP for release at Folk on the Rocks next week.

Please see **Bands, page 14**



Daron Letts/NNSI photo

Travis Mercredi, left, and Brendan Callas are reflecting on the impact Folk on the Rocks has on young Northern performers. Both musicians are members of Erebus and Terror, a popular Yellowknife band scheduled to play at Folk on the Rocks, which runs from July 16 to 18.

ENTERTAINMENT Notes

with Daron Letts

entertainment@nnsi.com



NNSI file photo

Chef Pierre LePage will rule over the outdoor patio behind his Le Frolic Bistro this weekend.

auction has been organized to raise funds for Side Door Youth Ministries.

Vive Le Frolic

Bastille Days celebrations storm Le Frolic this weekend. Festivities kicked off yesterday at the popular downtown bistro bar. Many more events are planned for today and Saturday.

Rick and the Relics perform on the outdoor stage from 6 to 11 p.m. tonight and Saturday. Inside, James Boraski and MomentaryEvolution entertains from 11 p.m. until 1 a.m. both nights, as well.

The annual pétanque tournament begins tomorrow at 11 a.m. A silent

Music and boats

The 19th annual Abilities Cup returns to the Great Slave Cruising Club on Sunday, July 11. The club is located near the Mining Museum on the Ingraham Trail.

Free entertainment fills the stage from 1 to 4:30 p.m. The lineup features Jim Taylor, Joanne Stassen, Jonathan Churcher and Friends, a.k.a. The Ad Hawks, Timothy Henderson and Friends: the Youth Fiddle Ensemble, Local Smoke, a new bluegrass ensemble, and James Boraski and MomentaryEvolution.

Last year the annual competition raised \$5,368 for the NWT Council of Persons with Disabilities.

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Bands vie for festival spot

Getting, from page 14

Another Yellowknife artist who got her start at Folk on the Rocks has been added to the schedule, as well. International recording artist Tanya Tagaq will perform at the festival for her fourth time. Originally from Cambridge Bay, Nunavut, Tagaq is now based in Yellowknife.

The 1999 festival marked the first time ever Tagaq performed her original style of throat singing on a big stage.

"It was the first time I'd ever done a festival," she said. "That's what I love about Folk on the Rocks. It was my first festival and I was treated beautifully and I'm still treated beautifully by them. I feel so at home here."

More bands

On Thursday night more young bands will vie for an opportunity to play at this year's festival. Rock the Folks features nine acts that will compete for a spot on the festival's beer garden stage. Hello Paisley, Atisa, Whiskey Jack, Scott Walker, The Beat Officers, Billy Bangarang, Flaherty's Wake, Tina Roy and the band David Strauss perform for an all-ages audience beginning at 7 p.m. on Thursday, July 15.

One of the acts will be selected to play during the festival that weekend.



Daron Letts/NNSL photo

OUTDOOR ACTING

Local actor Roya Yazdanmehr portrays a 22-year-old art student in *Just Think*, a new play written by Yellowknife playwright Kevin Kennedy. The one-hour play, starring Yellowknife actor Paul McKee, explores a middle-aged man's peculiar approach to the existential questions encountered in midlife. The production completes its four-night run in front of Sir John Franklin High School tonight at 7 p.m. Seating is limited. Advance tickets are available through the Northern Arts and Cultural Centre box office.

ON THE Big screen

at Capitol Theatre
entertainment@nnsi.com

Movies screening for the week of Friday, July 9, to Thurs., July 15



Despicable Me

G
Comedian Steve Carrell provides the voice for the cartoon villain in this animated comedy. Nightly at 7 and 9:10 p.m. Matinees Fri., Sat., Sun., Tues. and Thurs. at 1:45 and 4:10 p.m.

The Twilight Saga: Eclipse

PG
A teenage girl negotiates a love triangle with a vampire and a werewolf. Nightly at 6:45 and 9:20 p.m. Matinees Fri., Sat., Sun., Tues. and Thurs. at 1:15 and 4 p.m.

Grown Ups

PG
A group of adult men misbehave like children. Nightly at 7:15 and 9:30 p.m. (ends Tues.) Matinees Fri., Sat., Sun. and Tues. at 1:30 and 3:50 p.m.

The Sorcerer's Apprentice

PG
Nicolas Cage plays a super sorcerer in this fantasy adventure flick. Starts Wednesday at 7:15 and 9:30 p.m. Matinees Thurs. at 1:30 and 3:50 p.m.

Capsule Comments

with Stephen Gwilliam



- Hot flashes affect three out of four women going through menopause. One method that may be effective in reducing the number of hot spells is to practice deep breathing. This involves inhaling slowly through your nose for 5 seconds then exhaling slowly for 5 seconds. Doing this twice daily for 15 minutes for prevention or while you are having a hot flash can minimize its severity.
- Extreme heat conditions can sometimes occur in these summer months. Extreme heat is when temperatures rise 10 degrees or more above normal. During these times it is important to drink plenty of fluids, wear loose, lightweight clothing, use sunscreen and limit your outdoor activities to mornings and evenings.
- Our skin ages as we age. We can choose to speed up this ageing through smoking and unprotected exposure to the sun. Skin cancer will affect 20% of North Americans in their lifetime. Skin ageing and skin cancer... two skin problems we can control by choosing the right lifestyles.
- Certain aromas can have a positive mental effect on some people. People suffering from dementia and agitation were calmed by the aroma of lemon balm. The nice thing about this treatment is that there were no side effects.
- We are always expanding our knowledge about the research going on in the world of medicine and pharmacy. If you hear something interesting you'd like verified, we'd be happy to help.

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The Secret Life of Emily Dickinson

by Jerome Charyn

SPOTLIGHT on books

with Heather Finlayson
Yellowknife Public Library

Emily Dickinson has never been a poet who captured my imagination. While I spent years pouring over the works of Tennyson and Shelley, and then later Sylvia Plath, Emily Dickinson was left on the shelf to gather dust.

When I saw the cover for *The Secret Life of Emily Dickinson*, however, I couldn't resist it. The cover has, in fact, been voted as one of the top 50 covers of 2009 by AIGA (the professional association for design). The cover gave me pause to think, perhaps there was more to Miss Dickinson that I had thought and it turns out I was right. Jerome Charyn breathes incredible life into the reclusive poet and gives her a unique and powerful voice. While you never quite understand Emily, you certainly learn to love her.

Charyn imagines the Emily that might have been while marrying fact and fiction. We follow her through her early life when she had an adventurous and stubborn streak up to her later years when she became the "Queen Recluse."

This is certainly not a biography, but an interpretation of Emily. Charyn takes her mysterious, erratic, and playful poems and turns them into a character that you won't soon forget. *The Secret Life of Emily Dickinson* is a great historical read to bring on vacation. Don't forget that you can get vacation loans from the Yellowknife Public Library if you will be away when the book is due!

