



6th Annual Walk for Values

Saturday, June 5, 2010

1.00 - 4:00 P.M.

(On-site Registration begins at 12.30 PM.)

Start & Finish at McIntyre Park, 83rd Avenue & 104 Street, Strathcona

***“A Walk for Me, my Family,
my Community & my Planet”***

“Global Conservation through Self-transformation”

Why Walk for Values?

We live in anxious times. Global studies on climate change warn that the earth is on the road to disaster. Our social landscape too appears none the better. Violence and bullying in our schools, drugs on our streets, gang wars in our neighborhoods, and greed and corruption in our institutions are all too often the stark reality of our lives.

“We have to better manage planet earth,” says Ken Denman, a Canadian Scientist.

In reality, we have to manage mother earth as well as ourselves. The values of tolerance, understanding, respect, and other virtues such as strength of character, and concern for others and our environment are gradually being eroded by negative forces.

Those of us who long for a more caring and kinder world can make a difference by our collective will and leadership to act.

By walking together as kindred spirits, we can achieve two things: we can raise awareness of positive human values such as love, truth, non-violence and peace; and more importantly, we can bring attention to the urgent need to practice them for the betterment of ourselves, our communities, and our planet.

How is this Walk different?

Unlike other walks, **this is not a money-raiser.** You will not raise money for any cause by soliciting pledges for money! **Rather, you will make the world richer and healthier by pledging your commitment to practice values.** You may also be motivated to serve your community through volunteer work, or by donating blood or food for the needy or cleaning up your neighborhood.

Hosted by: Sai Baba Centre of Edmonton.
Registration and Participation is Free
Register online at: <http://edmonton.walkforvalues.com>

If it's not a money- raiser, what do we pledge?

Mahatma Gandhi said: "Become the change you want in the world." Your pledge is not monetary, but a pledge or commitment to practice one value of your choice. To show your resolve to be an example of the change you want, you will be required to wear a badge which labels the value which you plan to practice. For example, if you are impatient with your children as a parent, you may wish to choose the value "Patience."

We pledge to practice one or more of the following values:

LOVE: caring, compassion, reverence, forgiveness, generosity, kindness, enthusiasm, tolerance, dedication, devotion, unity, respect

PEACE: contentment, discipline, humility, patience, satisfaction, self-control, self-confidence, self-respect, understanding, modesty, limiting desires

TRUTH: honesty, integrity, optimism, excellence, loyalty, purity, sincerity

NON-VIOLENCE: gentleness, consideration, moderation, co-operation, brotherhood, equality, cultural respect, social justice, sharing, concern for the environment, conservation

RIGHT-CONDUCT: courtesy, gratitude, perseverance, determination, responsibility, sacrifice, initiative, leadership, courage, duty, ethics, going green

We love Edmonton! ...Are you concerned about the safety of our schools and streets, and the health of our environment?

If yes... this community Walk for Values is for you...

Route

From McIntyre Park (104 St and 83 Ave)

- go south on bus lane to 82nd Ave
- then westbound on 82 Ave to 107 St.
- then south bound on 107 St to 76 Ave
- then east on 76 Ave to 104 St. (Calgary Trail)
- then north to McIntyrePark (104 St and 83Ave)

Program:

On- site Registration at McIntyre Park	12:30 p.m.
Assembly & Opening ceremonies	1.00 - 2.00 p.m.
Walk begins	2.00 p.m.
Refreshments and closing ceremonies	3.00 - 4:00 p.m.

T-Shirts: T-shirts with Walk for Values Logo & **Go Green** theme available for \$10.00

FOOD BANK DONATIONS ARE WELCOME

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