

# Windsor Park News



## The Community Newsletter

### The Southwest Community Health Council: Your Voice to Capital Health

Have you ever wondered how to make your voice heard by those who govern our Capital Health region? Have you wanted to make a point, or learn more about what health care initiatives are being examined or implemented by the Capital Health Authority? Have you ever wondered whether a forum already exists where volunteer members of the community gather to discuss health-related issues, make suggestions and recommendations to the Board on the health needs communicated by individuals in the community (and if you could attend this forum)? If so, read on!

Capital Health Authority has seven Community Health Councils in the region. Each of these advisory Councils is comprised of up to 12 volunteer members from each respective area, as well as representatives from Capital Health. Councils are charged with responding to specific health consultation requests put forth by the Capital Health Board and act as a liaison between the public and the Board. Discussions are often lively and always informative. All meetings are open to the public.

Besides taking part in interesting debates and experiencing the opportunity of having your voice heard by those with the power to respond, attendance at Council meetings also provides an individual with a direct ear to what is happening in the region. The Board member provides the Council with timely information on key Capital Health initiatives such as the Prevention Power Awards Program. The meetings are also attended by an area manager from Community Health Services, who gives a report on current community health issues in their respective area (For instance, updates regarding vaccine campaigns & development of the new Twin Brooks Public Health Center). Attendees of the meetings have an opportunity to ask questions of the Board members about health-related interest areas, such as the status of

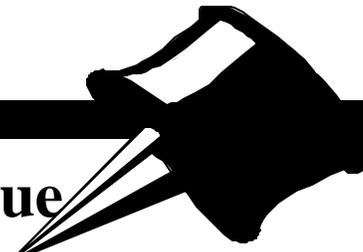
admitting privileges for nurse midwives, or where certain legislation (for instance, the helmet law) stand. It's great having so much knowledge about the health region congregated in one room.

And just in case you wondered whether or not the Capital Health Authority actually listens to what is presented by Councils, here is a success story for you: Capital Health LINK, the new health advice and information telephone service, is now used by thousands of individuals every week. The development of this project was a largely a result of input from the Health Councils regarding what members of their communities stated would be helpful in receiving health advice and information. An evaluation and survey of Health LINK callers was completed covering January to March 2002. Results showed that 92% of callers rated the services as very good to excellent. LINK has been so successful that Federal Primary Health Care Funds have recently been allocated to expand the program province-wide.

Interested in coming to a meeting? You are invited to attend and make your voice heard! Our current consultation topic is on "How to enable individuals and communities in our region to take more responsibility for their health". How's that for a mandate? How would you address this topic?

The Southwest Community Health Council meets monthly, usually during the evening of the fourth Tuesday. If you are interested in attending a meeting, please call Shannon Gosior at 413 -7690, the Friday prior the meeting you would like to attend. Alternatively, you could write us to discuss health issues that are important to you. Our mailing address is #300, 10216-124 St. Edmonton, T5N 4A3. Our e-mail address is [Community.health.councils@cha.ab.ca](mailto:Community.health.councils@cha.ab.ca). We welcome your participation!

# Community League



# Roster

President	Edo Nyland	8954 Windsor Rd. edo@phys.ualberta.ca	433-2211
Past President	Ed Holmes	11902 - 89 Ave.	432-0600
Vice President	David Marples	11719 Edinboro Rd.	439-9912
Secretary	George Fitzsimmons	8910-117 St.	432-7357
Treasurer	Guy Woo	11712 Edinboro Road	432-1885
Block Parents	Liz Miller	9247-117 St.	431-1585
Bottle Drive	Ramona Kearney	8626 Sask. Dr.	433-9386
	Keith Goulden		
Building Rental	Sheri Samuels	--	433-3741
Building Maintenance	Roger Toogood	--	439-5255
Casino	Ed Holmes	11902 - 89 Ave.	432-0600
Central Area Council	Elaine Solez	8711 Sask. Dr.	431-0292
Community Relations	John Wilson		
Eye on Future/Planning	Elaine Solez	8711 Sask. Dr.	431-0292
Garden Club/Parks	Marilyn Gaa	9318 Edinboro Rd	432-7660
Lost & Found	Sheri Samuels	--	433-3741
Member at Large	Brian Silzer	9211 - 118 St.	434-5208
	Peter Schnurr	9210 - 117 St	433-3354
	Jim Stock		439-0964
Membership	Sarah Nyland	8954 Windsor Rd.	433-2211
	Robert Gariepy	--	433-7238
Neighborhood Watch	VACANT		
Newsletter	Linda Hallworth	9231 - 118 St.	438-2895
	e-mail: <a href="mailto:ianlinda@telusplanet.net">ianlinda@telusplanet.net</a>	Fax: 439-7598	
Newsletter Dist./Ad Payments	Guy Woo	11712 Edinboro Road	432-1885
Nursery School	John Collier	8620 Sask Dr.	433-1270
Parking Program	Liz Miller	9247-117 St.	431-1585
Rink Maintenance	Joe Miller	9247-117 St.	431-1585
Soccer	David Alton	9207 - 117 St.	438-1009
Social	Marilyn Gaa	9318 Edinboro Rd	432-7660
	Ronnene Anderson	8738 - 117 St.	433-8632
Telephone	Willa Woods	8424 - 117 St.	433-8397
Transportation	Peter Wooding	8606 Sask. Dr.	439-8816

## NEWSLETTER DEADLINE

Newsletter deadline for submissions are the **3rd Friday** of the month.

*Please forward your submission by e-mail or on disk*



## NEXT COMMUNITY LEAGUE MEETING

Windsor Park Community League Executive meets the **3rd Tuesday of the month @ 7:30 pm** in the Community Centre.

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## PHARMACY CORNER

*Pharmacist Peter Mack*  
**Windsor Guardian Prescription Centre**

**PHONE 433-6636**  
**FAX 439-3761**

*Articles courtesy of Pharmacy Practice, a professional journal*

### THE CONCEPTION COUNTDOWN

If you're planning on starting a family, you can take these steps beforehand to protect your fertility and optimize the health of your future child.

1) Six months before you start trying to conceive, schedule an appointment with your doctor to determine if any medications you are currently taking (prescription, over the counter or herbal) could be harmful to your pregnancy, or whether

the baby you conceive could be harmed by any substances you're exposed to at work or at home. Schedule a pap test (if needed) and blood tests to screen for sexually transmitted diseases. Quit smoking and coffee, keep physically active and make healthy food choices.

2) If you're on birth control pills, be sure to stop taking them three months prior to trying to conceive so your menstrual cycles have a chance to return to normal (in the meantime, use a barrier method of contraception like condoms or a diaphragm).

3) Two months before you start trying to conceive, start taking folic acid to reduce your chances of a neural tube defect. Your doctor or pharmacist can help you determine what dose is best for you. This is also a good time to start taking a pre-natal multi-vitamin.

4) Before the big day, stop drinking alcohol. Researchers have yet to identify a safe level of alcohol consumption during pregnancy, so it's best to avoid it entirely.



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## SOCCER NEWS

In an exciting finale, the Belmac Under 18 Girls came home with the gold medal in the Polar Cup tournament, defeating their arch rivals. Carol Frost and Sarah Rankin are team members from our community. Way to go, girls!

Belmac Under 18 Boys Indoor Soccer Team also competed in the tournament and would like to thank the Windsor Park community for their support in the Polar Cup. Once again, the team did very well, winning a silver medal in the top community tier. Nick Ritchie joined the team for tournament. Windsor Park/Garneau team members are Tristan Mustard-Khaner, Kieran Ryan, Brian Dickie, Tys Klumpenhauer and Will Shaw. John Shaw is head coach.



## ST. VINCENT SCHOOL Celebrates 50 Years

In 1952 - 1953, St. Vincent School at 10530 - 138 Street in central Edmonton welcomed its first students.

Now, fifty years later, we want to welcome back all former staff, students and families to celebrate our golden anniversary on Saturday May 3, 2003.

There is a mass at the school at 1:00 p.m. and a reception to follow.

For more information visit our 50<sup>th</sup> Anniversary website at <http://www3.telus.net/stvin50/> or call Janice at 454-4439.

## COMMUNITY NOTES

### KARATE LESSONS

University Area

Youth beginner karate Saturday mornings, \$17.50/mo and adult beginner karate classes

Tuesday and Friday evenings, \$25.00/month.

James Freeman: 433-3807 or [freejame@telus.net](mailto:freejame@telus.net).

### MOM'S MORNING MOVIES

See first run movies at South Edmonton Common. Starts 10:00 am the first Tuesday of every month.

The environment is feeding, sleeping, walking, rocking, changing, baby & mom friendly. The volume of the movie is adjusted accordingly. \$8.50 per adult.

### HOUSEKEEPER WANTED

Housekeeper wanted in Windsor Park for 10 hours per week: cleaning and some laundry. Call Gordon or Myra, 432-1574 after 6 pm.

### NEED A MATH TUTOR?

Math tutoring for junior high and high school students by experienced math teacher. Contact Mrs. Sabac at [msabac@shaw.ca](mailto:msabac@shaw.ca) or call 437-2517.

# U of A NEIGHBORHOOD NOTE

## COMMUNITY INFORMATION MEETING

Re: Long Range Development Plan – Sector Planning

Thursday, March 6, 2003 7 to 9 p.m.

Room 1-003 Engineering Teaching & Learning Complex (ETLC)

ETLC is attached to ECERF at 116 St. and 92 Ave; use east (back) door

— Free parking in Windsor Car Park 116 Street and 93 Avenue —

Please join us to learn about University of Alberta sector planning as the first stage of implementation of the Long Range Development Plan, and to share your ideas.

**Sector planning deals with the principles of development. It does not deal with specific land use, but sets general development guidelines such as generic types of building use, setbacks, building heights, green space, and routes of walks & roadways.**

**The University of Alberta lands are divided into 19 sectors, each having unique characteristics. In 2003, sector planning is proceeding for seven sectors. At this time, the University has some draft plans prepared for Sectors 3, 4, 7 and 8 (north main campus).**

**Sector 3 – Engineering    Sector 4 – Sciences    Sector 7 – Academic centre east of HUB**

**Sector 8 – NE campus housing (Saskatchewan Drive to 87 Avenue, 110<sup>th</sup> to 111<sup>th</sup> Street)**

Development guidelines for these four sector plans will have an impact primarily on the University community and the neighboring communities of Garneau and Windsor Park. Your questions and ideas will be welcome at the meeting following a presentation outlining the initial planning for these sectors. For more information, please consult [www.ualberta.ca/publicaffairs](http://www.ualberta.ca/publicaffairs) and follow the Community Consultation link.

**If you have any questions regarding this information, please feel free to contact our community relations representative, Judy Goldsand, at 492-0443 or e-mail:**

**[judy.goldsand@ualberta.ca](mailto:judy.goldsand@ualberta.ca)**



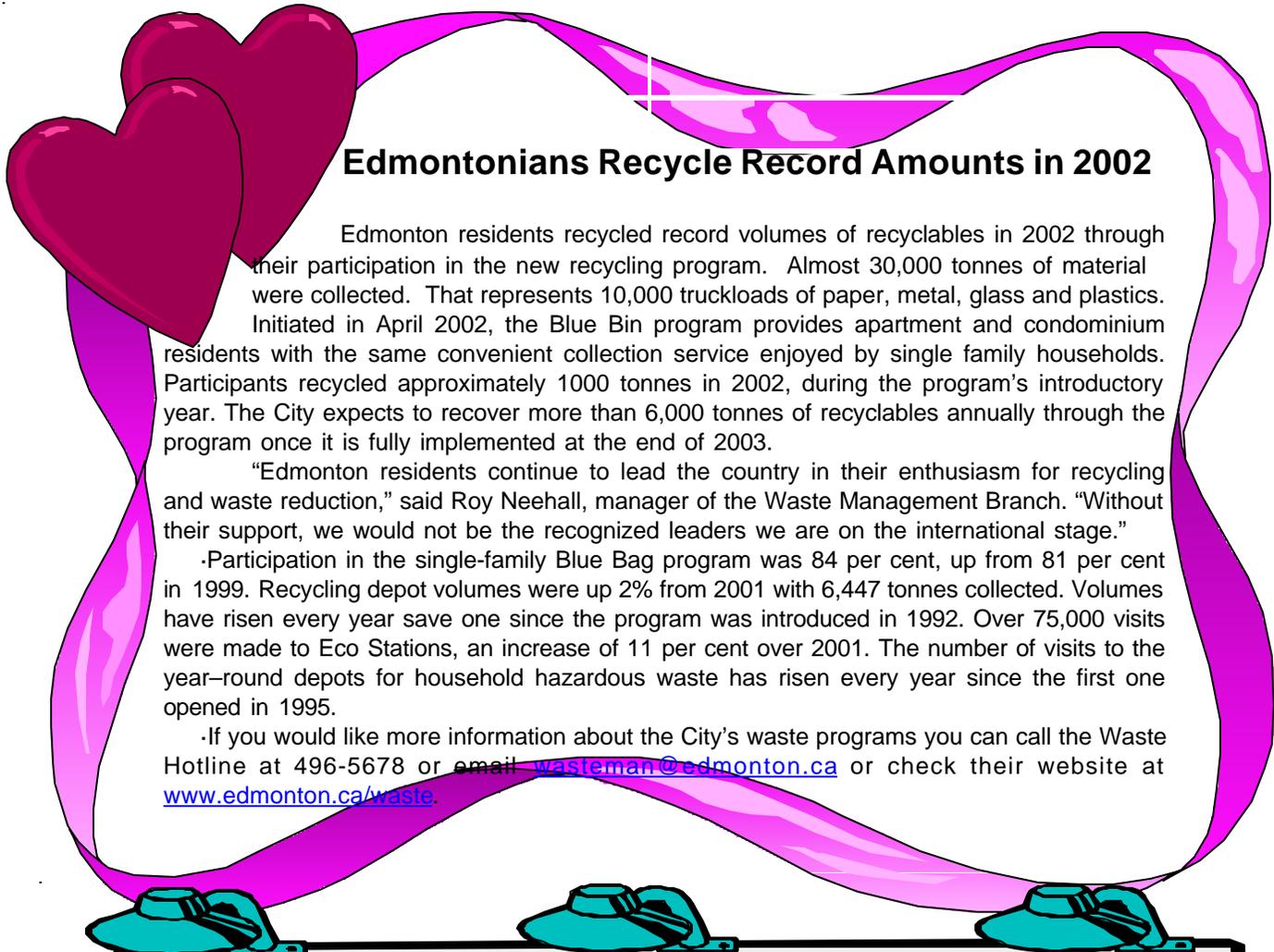
## **INCREASE IN 2003 COMMUNITY LEAGUE FUNDING ASSURED** **by Michael Phair, Councillor Ward 4**

I am pleased with the City Budget set by Council for the 2003 year. One of the issues discussed by City Council was level of funding needed for the Community Leagues. City Council directed that the Community Services budget be increased by \$200,000 for grants to the Community Leagues. While this may not be a large figure when divided among all the Leagues, it should be helpful in maintaining existing programs as well as addressing rising expectations for more and better-quality programs for kids and families.

Along with most members of Council, I recognize that some services have been downloaded to Community Leagues in the past years without significant financial resources to go along with those service expectations.

Besides hearing from Community Leagues, Council has also received a lot of pressure on providing better quality or more services in the area of Policing and Ambulance Services. These areas in 2003 have received substantially more funding to meet needs, as well as the Library system has also been given enough to keep existing services intact.

The impact on residential taxes has been kept minimal, amounting to \$2.50 per month to the average sized home. This compares favorably to surrounding municipalities, with Edmonton coming in the second lowest in eleven municipalities locally.



## Edmontonians Recycle Record Amounts in 2002

Edmonton residents recycled record volumes of recyclables in 2002 through their participation in the new recycling program. Almost 30,000 tonnes of material were collected. That represents 10,000 truckloads of paper, metal, glass and plastics. Initiated in April 2002, the Blue Bin program provides apartment and condominium residents with the same convenient collection service enjoyed by single family households. Participants recycled approximately 1000 tonnes in 2002, during the program's introductory year. The City expects to recover more than 6,000 tonnes of recyclables annually through the program once it is fully implemented at the end of 2003.

"Edmonton residents continue to lead the country in their enthusiasm for recycling and waste reduction," said Roy Neehall, manager of the Waste Management Branch. "Without their support, we would not be the recognized leaders we are on the international stage."

Participation in the single-family Blue Bag program was 84 per cent, up from 81 per cent in 1999. Recycling depot volumes were up 2% from 2001 with 6,447 tonnes collected. Volumes have risen every year save one since the program was introduced in 1992. Over 75,000 visits were made to Eco Stations, an increase of 11 per cent over 2001. The number of visits to the year-round depots for household hazardous waste has risen every year since the first one opened in 1995.

If you would like more information about the City's waste programs you can call the Waste Hotline at 496-5678 or email [wasteman@edmonton.ca](mailto:wasteman@edmonton.ca) or check their website at [www.edmonton.ca/waste](http://www.edmonton.ca/waste).



## NOTICE TO ADVERTISERS

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### RATES

Full Page	\$60.00	Third	\$22.50
Half	\$30.00	Quarter	\$15.00

