



Windsor Park Community Newsletter



May 2004

Re-Zoning Application

You may have seen the proposed re-zoning sign spring up recently in front of the Windsor Park Shopping Centre. This sign is a notice that an application to re-zone that site from CNC (Neighborhood Commercial) to DC-2 for the purpose of building a four-storey condominium has been filed with Edmonton's Planning and Development Department.

About 130 neighbouring properties also received a notice in the mail, as Planning was of the opinion that those properties were directly affected by the proposed re-zoning. It is the Community League's view that all residents of Windsor Park are directly affected as this re-zoning decreases our access to services and decreases the walkability of our neighbourhood.



There is opportunity to provide input on this re-zoning application directly to Planning and Development.

The league encourages all Windsor Park residents to express their views and concerns to Planning before the end of May, as Planning will be preparing a report to City Council in June on the re-zoning proposal. That report will contain a recommendation of support or non-support of the proposal. The views of community members will have influence on that report. The league itself will also be providing its views, to be confirmed at the May Executive meeting, but it is also very helpful for Planning to hear from individual residents.

To provide comments to Planning, contact David Schoor at Policy and Planning Services by e-mail at David.Schoor@edmonton.ca, by fax at 401-7063, or by regular mail at 7th Fl., 10250 - 101 St., Edmonton, T5J 3P4. He can also be reached by phone at 496-6134.

For more information about the re-zoning application, please see the Windsor Park Community League [website](#).



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Community League Executive



Title / Role	Name	Address	Phone	E-mail
President	Edo Nyland	8954 Windsor Rd	433-2211	edo@phys.ualberta.ca
Past President	Ed Holmes	11902 – 89 Avenue	432-0600	
Vice President	John Collier	8620 Sask. Drive	433-1270	jbcollier@shaw.ca
Vice President	John Wilson	8915-120 Street	432-1042	jaydee.uu@ualberta.ca
Secretary	George Fitzsimmons	8910 – 117 Street	432-7357	george@psychometrics.com
Treasurer	Guy Woo	11712 Edinboro Rd	432-1885	guywoo@shaw.ca
Block Parents	Liz Miller	9247 – 117 Street	431-1585	
Building Rental	Sheri Samuels		433-3741	
Building Maintenance	Roger Toogood		439-5255	
Casino	Ed Holmes	11902-89 Avenue	432-0600	
Central Area Council	Elaine Solez	8711 Sask. Drive	431-0292	
Eye on Future/Planning	Elaine Solez	8711 Sask. Drive	431-0292	
Garden Club & Parks	Marilyn Gaa	9318 Edinboro Rd	432-7660	
Lost & Found	Sheri Samuels		433-3741	
Member-at-Large	David Marples	11719 Edinboro Rd	439-9912	
Membership	Sarah Nyland	8954 Windsor Rd	433-2211	
	Robert Gariepy		433-7238	
Neighborhood Watch	<i>Vacant</i>			
Newsletter Editor	Nicholette Anand	8468-118 Street	436-3143	anand3@shaw.ca
Newsletter Dist & Ad Payment	Guy Woo	11712 Edinboro Rd	432-1885	guywoo@shaw.ca
Nursery School	John Collier	8620 Sask. Drive	433-1270	jbcollier@shaw.ca
Parking Program	Liz Miller	9247 – 117 Street	431-1585	
Rink Maintenance	Joe Miller	9247 – 117 Street	431-1585	
Soccer	Russell Makar		430-1313	russell.makar@millardhealth.com
Social	<i>Vacant</i>			
	Ronnene Anderson	8739 - 117 Street	433-8632	

*Note: All new contact information appears in **bold**. Please send changes to Nicholette Anand.*



UNIVERSITY OF ALBERTA

NEIGHBORHOOD NOTE

April 26, 2004

This notice is to inform Windsor Park neighbors who will be directly affected by the completion of the work on the addition to the Windsor Car Park on 116 Street at 93 Avenue.

WINDSOR CAR PARK – Internal Seasonal Work and Landscape

Construction of the Landscape and Internal Seasonal Work to the north side of Windsor Car Park will take place between May and August 2004.

The proposed construction milestones are:

May 3	Fence construction starts
June 11 to July 8	Sidewalks work
July 16	New section of the Parkade park reopens
July 27 to August 11	Planting of new trees

Arrangements have been made for workers to park in both Windsor Car Park and Varsity Field. More than usual auto traffic on 116 Street is not expected, since construction is occurring while student traffic is reduced. Concerns about illegal parking by workers, or other issues, may be directed to the numbers below.

- University of Alberta Office of Public Affairs – Emily Rowan - 492-3024
- 24 hour emergency contact phone number – 492-0555

Kindly use this number only in the case of an emergency.

PHARMACY CORNER
Windsor Park Guardian Prescription Center
Pharmacist: Peter Mack
Phone: 433-6636
Fax: 439-3761



Brush Your Way to a Healthy Heart

While many people know that maintaining a healthy weight and regular exercise can prevent heart disease, you might not be aware that another step toward prevention is literally in the palm of your hand. Brushing and flossing your teeth regularly can actually lower your risk of heart disease. Researchers have found that diseased gums release high levels of harmful bacterial components into the bloodstream that travel to other organs in the body—such as the heart—and cause harm.

Here are some tips to keep your teeth (and your heart) in shape:

- Brush for at least two minutes to ensure you remove difficult plaque from your teeth and gums.
- Take it easy on your teeth and gums. Brushing hard is not the best way to remove plaque; instead, place your toothbrush at a 45-degree angle against your gums and gently brush up and down in a circular motion.
- Floss every day to remove plaque and bacteria your brush can't reach.
- Don't forget your tongue! A major cause of bad breath is the build-up of bacteria (the same kind that can damage the heart) on the tongue. Brush it or scrape it everyday.

Talk to your pharmacist about oral hygiene products that can give you and your heart a reason to smile.

---Article courtesy of *Pharmacy Practice*, a professional journal---

 Tea Lounge	<p>Steeps – College Plaza 11116 - 82 Ave 988-2386 Free ½ hr indoor parking on main level</p>
<p><i>Steeps is the only place to be to beat the summer heat. Our tasty iced Teas or blended drinks are the only drinks that quench the thirst and add that extra energy you need to cool off.</i></p> <p>Come and look at our Tea selection. Serving over 200 types of Tea and a great selection of deserts. We have White Tea, Green Tea, Oolongs, Blacks, Herbal, Maté, and the very famous Rooibos (the largest selection in Alberta).</p> <p><i>“Sun of the East” is our most popular iced Tea while Chai smoothies are</i></p> <p>Come to Steeps and realize the true value of a well Steeped Tea, traditional or iced.</p>	<p><u>May Special Events</u></p> <p>Spring Poetry Reading – www.strollofpoets.com</p> <p>Steeps Folk Music Concert Series Continues Come visit for our schedule, this has become the jewel of folk music with a very elite group of musicians playing at Steeps</p> <p>Tea Leaf Readings by Anita – every Tuesday evening by appointment only</p> <p>Hours of Operation: Sunday to Thursday 10:00 a.m. to 11:00 p.m. Friday & Saturday 10:00 a.m. to Midnight</p>

EDMONTON



Welcome to summer! Windsor Park Playground Program



11814 - 87 Avenue

A FREE drop-in program

The Benefits are Endless:

Fresh Air

Meet New Friends

A Friendly Leader

Be Entertained

Be a part of a Special Event

Join in Arts, Crafts, Games,
Sports, DramaAction

Laugh! Have *FUN!*

Come visit and *PLAY* in this
beautiful park!

July 5 - August 26

Monday - Friday 1:30 - 5:30 p.m.



Sponsored by:

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Windsor Park
Community League

Playschool News

The bottle drive on May 1 was a success! We raised a whopping \$1,670 to help fund the Windsor Park Co-op Playschool. A big thank you to the coordinator, John Collier, and to all the great people who helped out! But don't stop saving your returnables - a new bottle drive will be held in the late summer or early fall.

The Playschool offers two morning programs:

- ◆ 3-year-olds on Tuesdays and Thursdays.
- ◆ 4-year-olds on Mondays, Wednesdays and Fridays.

Our teacher has an ECE degree, and our emphasis is on learning through play, with seasonal themes, topics like health, safety, and nature, and related field trips. For more information, call John Collier at 433-1270.



MRI Study of Brain Development

Are you interested in the brain?

We are looking for healthy boys and girls aged 5 - 9 for an MRI study of brain development, and how it may relate to skills such as reading.

Children of all reading abilities are eligible (above, below and average).



Children will undergo an MRI scan and cognitive tests at no cost. Consent is required from both the parent and child, and the child's participation must be voluntary. If interested

contact Christian at 492 - 0908 or Lindsay at snook@ualberta.ca. Lunch and parking costs will be covered (\$25).

University of Alberta, Biomedical Engineering

Lost Bike?

Found in Windsor Park: adult's red bicycle with carrier rack and bungee cords. Call 433-8632.



Children's Swing Set to Give Away

Wood, heavy-duty, with two swings and a set of rings, plus platform with metal slide, in good condition; phone Sheila or Ray at 433-2546.



Next Community League Meeting

The Windsor Park Community League Executive will next meet on **May 18th @ 7:30 p.m.** in the Community League building. Community members are welcome to attend.

Newsletters at the Pharmacy

Several copies of this newsletter will now be available each month in the Windsor Park Guardian Prescription Center on 87 Ave. So, if you don't get the newsletter delivered, and don't wish to read it on the website, just stop by the pharmacy!

Notice to Advertisers

Are you a Community League member? Windsor Park members can take out a free quarter-page ad in this newsletter for personal items, such as garage sales, music lessons, etc.

Do you have a business, product or service you would like to advertise? Get your message out to Windsor Park residents in this newsletter at very competitive rates: *Full page: \$60, Half: \$30.00, Third: \$22.50, Quarter: \$15.00*

Send your cheque directly to the WPCL treasurer, Guy Woo, at 11712 Edinboro Road, T6G 1Z8.

Send your ad to the WPCL newsletter editor, Nicholette Anand, as below.

Newsletter Deadline

Do you have news about our community? We welcome your articles!

The submission deadline for the June newsletter is the **May 29th**. Forward your submission by e-mail to anand3@shaw.ca or deliver the material on disk to Nicholette Anand (436-3143). Word or PDF format is preferred.