



# Windsor Park Community Newsletter



December 2004

## Message from the President...

Constable Mark Dehid from the Edmonton Police Service's Strathcona Division came to our November Executive meeting to review the crime statistics for our area. While there had been an increase in calls to the police, we were relieved to find out that it was mainly due to an increase in parking complaints. John Collier confessed to having had a bit of a difficult time during the summer with a large commercial van being parked near his house, and making 10 or so calls to bylaw enforcement over a two week period. Everyone at the meeting had a good laugh at the thought of the community league president being responsible for a mini-crime wave.

There were six break and enter cases this year compared to two last year, and eight cases of property damage. Constable Dehid recommended that home owners keep bushes trimmed and the yard lighted to discourage trespassing. To review published neighbourhood statistics of infractions and services requested see <http://www.police.edmonton.ab.ca/Pages/Stats/neighbourhood.htm>

---John Collier, Windsor Park  
Community League President

## New Newsletter Editor

Nicholette Anand has been a superb newsletter editor and I have enjoyed her work over the past few years. I hope that I can do as well during my term as editor. Nicholette has provided me with detailed instructions so I hope the transition will go smoothly.

Many of you may know me as I have been a resident of Windsor Park since 1967 when I moved from Garneau with my parents, Elizabeth and Bill Frost. I have lived in both north and south Windsor Park and am now living in the 'Vant' house on Edinboro Road, a house I coveted since first moving to Windsor Park.

I have been community league secretary and president. My husband, John Shaw, and I work at the University. We have two sons, Stuart and Williams, both of whom are home this year. For years all of us have been involved in the community soccer scene as players and coaches.

I welcome your submissions to the news letter. Feel free to send me news of the neighbourhood and achievements of our community members.

--Jean Frost, News Letter Editor

## Social Committee



We now have a person interested in heading up a small team to organize social events for the community league. Please contact John Collier at 433 1270 if you are interested in helping out.

## Building Maintenance Manager Needed

Roger Toogood is stepping down as our building maintenance manager. Please contact John Collier at 533 1270 if you are willing to take on this responsibility. Many thanks to Roger for his time and energy.

## Winter is Coming



We are in need of a sidewalk shoveler to keep our walks clear this year. Remuneration would be on an hourly basis. Please contact John Collier at 433 1270 for more information.

## Playschool News



The Windsor Park Co-op 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.

## O Come All Ye Faithful

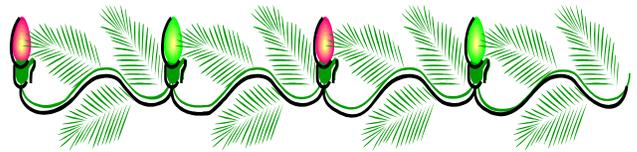
### A Festival of Readings and Music for Christmas

Sunday, Dec. 12  
7 p.m.



St. George's Anglican Church  
11733 – 87 Avenue  
Phone: 439-1470  
Email: [stgeorges@telus.net](mailto:stgeorges@telus.net)

**Christmas Eve Services: 7 p.m.  
and 11.p.m.  
Christmas Day Service: 10 a.m.**



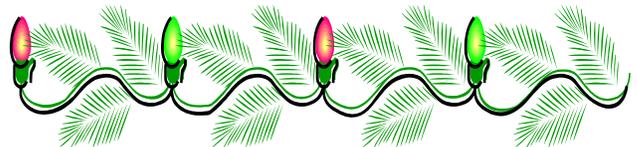
## Windsor Park Christmas Carol Sing

Sunday December 19  
Community Hall  
2 p.m.

Come one and all for live  
music, seasonal singing and a  
story from Jennie Frost!

Refreshments will be served.  
Orla Ryan will be accepting  
donations of baking (431 0358).

We are looking for more musicians  
to fill out the orchestra. Please call  
Sarah Nyland at 433 2211 if you  
can help out.



## Windsor Park After School Care

### ***New Summer Program!***

We're a non-profit registered charity, with WP and other south Edmonton families as our clients. We provide before and after school care for school-age kids, and also full-day care on PD days, during spring break, etc. We had been operating only 10 months of the year, but have very recently decided to offer a summer program.

Starting July 2005, children can attend full- or part-time, on a regular or drop-in basis, for 1 week or all 9 weeks. Activities & themes are being planned now. It's not too early to get information, & to put you child's name on our contact list.

Call Ruth at the WPASC Centre, 439-1456, or Carol evenings & weekends, 988-5068

 <p style="text-align: center;"><b>Tea Lounge</b></p>	<p><b>Steeps – College Plaza</b>  <b>11116 - 82 Ave</b>  <b>988-2386</b>  <b>Free ½ hr indoor parking on main level</b></p>
<p><i>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).</i></p> <p><i>“White Tea is the purest Tea that one can possibly drink. It has the most anti-oxidants of all the Teas. Steeps has a selection of four White Teas. Come and try the Leopard Snow Bud, White Monkey Paw, Peony White Needle or the Pai Mu Tan. When on Whyte Ave, drink White Tea”</i> <i>SSC - Steeps College Plaza Owner</i></p> <p><i>Come to Steeps and realize the true value of a well Steeped Tea, traditional or iced.</i></p>	<p><b><u>Winter Notes</u></b></p> <p><i>Come and visit with us to check out our new Japanese Tea Pots/cups selection. An excellent place to do all of your gift shopping. We have a new selection of Teas to try with 200 total types of Tea.</i></p> <p><b><i>Hours of operation:</i></b></p> <p><i>Sunday to Thursday 10:00 a.m. to 11:00 p.m.</i></p> <p><i>Friday &amp; Saturday 10:00 a.m. to Midnight</i></p> <p><b><i>Tea of the Month:</i></b></p> <p><i>Try the New Teas – Pineapple Ginger Gree, Silver White Cloud, Tiramisu Rooibos</i></p>

## PHARMACY CORNER

Pharmacist: Peter Mack

**Windsor Park Guardian Prescription Center**

Phone: 433-6636, Fax: 439-3761

### Flying high without jet lag

Modern air travel allows us to explore our planet as never before, but this rapid change of environment often comes at a price to our bodies. Jet lag refers to symptoms such as disturbed sleep, increased fatigue, irritability and loss of concentration that result from lengthy air travel. The more time zones you cross during your trip, the more likely you are to have jet lag, especially when your body's schedule for sleeping and waking is out of synch with the surrounding environment. (Traveling eastward tends to have more of an effect than going west, as it's easier for your biological clock to set itself backward rather than forward.)

Here are some ways to minimize jet lag:

- Get up and go to bed earlier for three days prior to an eastward trip and sleep later for a westward one.
- Sleep as much as you can during a long flight to ready yourself for the new time zone.

- During the flight, minimize your intake of alcohol and caffeine, since these can cause dehydration and sap your energy.
- After a westward flight, stay awake during daylight hours at your destination and try to stay awake until it gets dark.
- After an eastward flight, stay awake but avoid bright light in the morning and spend time outdoors in the afternoon to assist your body clock in adjusting to the new time zone.
- Don't drink alcohol or caffeine three to four hours prior to bedtime at your destination, as both can interfere with sleep.
- Eat a snack when you arrive, but try to adopt the meal schedule of the time zone immediately

Earplugs, eyeshades and medications can help you get the sleep you need during a flight, or stop you from tossing and turning once you've reached your destination. Your pharmacist can recommend a range of products to help you make the most of your travels.

---

Article is courtesy of *Pharmacy Practice*, a professional journal.

*Wishing You a Safe and Happy Holiday Season*

**Councillor Jane Batty**  
**Ward Four**

I look forward to working with your community over the next 3 years.

Phone 496-8140  
or email [jane.batty@edmonton.ca](mailto:jane.batty@edmonton.ca)



HANDKNIT PURE ALPACA SWEATERS  
TRADITIONAL & CONTEMPORARY DESIGNS FOR  
MEN & WOMEN

Non profit - all \$ returned to the Minkha  
women of Bolivia

Now also available in Peruvian Pima Cotton



## SWEATER SALE OPEN HOUSE

Windsor Park Community Hall  
11840 – 87 ave.  
Edmonton  
Saturday, December 11, 2004  
10:00 A.M. to 4:00 P.M.

You are invited to view the quality & artistry of the sweater samples  
from the  
Minkha Women's Knitting Cooperative in Bolivia.  
If you choose, you can order a sweater to be custom knit for you or  
as a gift.  
Samples will also be available for direct sale.

*Scarves, Hats, Vests, Cardigans, Pullovers, Long  
Vests & Coats*

PRICED FROM:     **\$25.00 - \$250.00**

### What is Minkha?

In 1989, in Bolivia, staff and volunteers of Save the Children Canada brought together a group of expert knitters and founded the micro industry **Minkha**. Through their skill and hard work, the women of Minkha have made their cooperatively owned enterprise self-sufficient and continue to provide for themselves and their children. **Save the Children – Canada** volunteers continue to assist the knitters, marketing the sweaters on a non-profit basis.

For further information call:   **Linda Haswell**                   **(780) 436-5732**  
                                                  **Bev Edwards-Sawatzky**   **(780) 433-3206**  
                                                  NON-PROFIT REPRESENTATIVES

[www.minkhasweaters.com](http://www.minkhasweaters.com)



## *Christmas With Kids!*

*The Lister Hall Students' Association invites you to join us for an afternoon of Christmas fun, on Saturday, December 11 from 1-3pm in the Alberta Room at Lister Hall. The event will include:*

 *Pictures with Santa and Mrs. Claus  
Cookie decorating  
Christmas crafts  
A Christmas Wish Tree*

*The residents of Lister Hall look forward to spreading a little Christmas cheer to you and your family this holiday season!*



## Win House Christmas Wish List

Alexandra Lapko is on the board of the Edmonton Women's Shelter Ltd. (WIN House). She has kindly volunteered to collect and deliver donations to Win House. Please take items to her home, 8914 Windsor Road. Phone 433 5655.

Please donate new items for Christmas gifts. The complete wish list can be viewed at [www.winhouse.org](http://www.winhouse.org)

If you would like to sponsor a family at Christmas, please call Connie at 471 6709 ext. 225.

If you wish to make a financial contribution to WIN House, make cheques payable to either WIN House or Edmonton Women's Shelter Ltd

---

## City of Edmonton Programs

Want to try something new? Pursue an existing interest? Get the kids busy? Check out the City of Edmonton Course and Activity Guide at [www.ereg.edmonton.ca/Activities/Activities.asp](http://www.ereg.edmonton.ca/Activities/Activities.asp)

Animals, Nature & Environment  
Aquatics & Swimming  
Arts & Crafts  
Camps  
Certification & Training  
Fitness, Sports & Wellness  
History  
Outdoor Pursuits

## Income Profile of Windsor Park

(from Edmonton's Monthly Economic Review, March 2004)

Households in Edmonton City Metropolitan Area had an average 2000 income of \$61,819—the fifth highest of Canada's 10 largest urban areas. The City of Edmonton's average household income for 2000 was \$57,360. Household incomes are higher in the area of the CMA outside the City with 57% of households having income higher than \$60,000 compared with 37% for the City. Average household incomes in city neighbourhoods range from \$26,000 to over \$200,000.

Where does Windsor Park fit in? Windsor Park had the 10<sup>th</sup> highest average household income by neighbourhood at \$130,167. Quesnell Heights at \$216,773 had the highest while Tawa had the lowest at \$48,920. Looking at Median Household Income, Windsor Park placed 4<sup>th</sup> at \$109,648. Median Household Income in Quesnell Heights was \$191,976 and \$35,830 in Strathcona.

## Bottle Drive

The Playschool will once again be holding a bottle drive in the spring. Please hold onto your bottles and returnables to help support our local playschool. If you have a bottle "emergency" before then, please call John Collier at 433-1270.

## Newsletter at the Pharmacy

For your convenience, several copies of this newsletter will now be available each month in the Windsor Park Guardian Prescription Center.

## Next Community League Meeting

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

## Notice to Advertisers

Are you a Community League member? Windsor Park members can advertise personal items, such as garage sales, music lessons, babysitting services, etc. **FREE** in this Newsletter.

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

Payment is required prior to the monthly production deadline of every 3<sup>rd</sup> Friday. Cheques can be sent directly to the League treasurer, Guy Woo.

Send your ad via e-mail or on disk to Jean Frost at [jean\\_frost@yahoo.com](mailto:jean_frost@yahoo.com).

## Newsletter Deadline

We welcome your articles & news! The deadline for newsletter submissions is the **January 20**. Forward your submission by e-mail to [jean\\_frost@yahoo.com](mailto:jean_frost@yahoo.com) or deliver the material on disk/cd to Jean Frost (433 7472).