



Windsor Park Community Newsletter



February 2005

Message from the President...

The truth is that I am president of the WPCL because I volunteered to fix broken toys at the playschool. As Gilbert and Sullivan might have chimed, "I fixed those toys so carefully, that now I am the president of the community." Repairing toys led to being the playschool's WPCL representative and the rest flowed from there.

I am not a longtime resident of Windsor Park, nor even of Edmonton, for that matter. I came to the city in 1983 from Castlegar, a small town in the southern interior of B.C. I moved into Windsor Park in the spring of 2001 with my wife Janet, our son James and my daughter Emily.

I have held a number of other volunteer positions in the city, including three terms as president of the Edmonton Bicycle Commuters. I work with the City on bicycle/pedestrian issues and teach bicycle on-road riding courses to young and old alike.

Cycling is my main form of transportation; mostly self-propelled in winter, but supplemented in the summer by a motor-cycle or two. You may have noticed me, behaving myself I hope, on an older, bright orange Vespa. My current project is building up a Ducati single whose bits and pieces are currently scattered around my basement and garage. Not to panic; we have a car as well.

I have spent the last five years as a stay-at-home parent. Now that James is

in Grade One, I am back to part-time work as an automotive mechanic in a shop specializing in older, European cars – everything from minor repairs to full-blown race conversions.

I have greatly enjoyed my time thus far on the WPCL executive and am looking forward to serving as best I can as your president. Please feel free to call with your concerns and questions. My phone number is 433-1270.

---John Collier, Windsor Park
Community League President

Vacant Executive Positions

Social Events coordinator

We have two people interested in working with a small group to arrange social events in Windsor Park. They would like a few more people involved before getting started.

Building Manager

We are not looking for someone to do the all the work, just coordinate it.

Please contact John Collier at
433-1270 for more information.

**NEXT NEWSLETTER DEADLINE
MARCH 18. Contact Jean Frost
jean_frost@yahoo.com 433 7472**

Community League Executive



Title / Role	Name	Address	Phone	E-mail
President	John Collier	8620 Sask. Drive	433-1270	jbcollier@shaw.ca
Past President	Edo Nyland	8954 Windsor Rd	433-2211	edo@phys.ualberta.ca
Casino	Ed Holmes	11902 – 89 Avenue	432-0600	
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	vacant			
Building Rental	Ivy Neuhouse		433-2623	
Building Maintenance	vacant			
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 Moveable Text Sign	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	Jean Frost	11626 Edinboro Rd	433 7472	Jean_frost@yahoo.com
Newsletter Dist & Ad Payment	Guy Woo	11712 Edinboro Rd	432-1885	guywoo@shaw.ca
Nursery School	Jannine Otto	8923 120 Street	439 4235	jannineotto@shaw.ca
Parking Program	Janet Sperling	9131 118 Street	432-0714	
Rink Maintenance	Joe Miller	9247–117 Street	431-1585	
Soccer	Russell Makar		430-1313	russell.makar@millardhealth.com
Social	<i>Vacant</i>			

*Note: All new contact information appears in **bold**. Please send changes to Jean Frost.*

Windsor Park Naturescape



As many of you will be aware, the Windsor Park School Council wanted to create a legacy in honour of the 50th anniversary of Windsor Park School, and thus initiated a project to naturalize a space in front of Windsor park School. The project consists of the development of a naturescape situated to the right of the school's front entrance, adding substantially to the few existing trees and plants. It includes: an amphitheatre, seven raised planters, and a nature interpretive area. The area will provide food and shelter for wildlife, will be for use by staff and students of the school for curriculum activities, and will provide a communal space for the enjoyment and use of the Windsor Park Community. This project will both help to enhance the environment as well as provide educational benefits to students and community members alike.

The amphitheatre area will be available for use by the community for meetings, educational programs and even musical presentations. It would also be available to be an integral part of the summer playground program.

The total budget for the project amounts to about \$83,000.00. This budget includes the hard landscaping, amphitheatre, plant materials, planters, landscape architect costs and a maintenance fund. An ongoing working group of the school council has been struck to ensure that the program continues to be maintained when present members and school staff have changed. Already, the Windsor Park Community League has made a wonderful, much appreciated donation to the project, and we are currently very busy applying to all available government and private foundation grants that are available for such a

project. We have applied to the Centennial Trees program, and are currently applying for the Edmonton Community Foundation, and Federal EcoAction grant programs.

Please consider making a donation to this project, and provide your own lasting legacy to the neighbourhood. A donor recognition monument is planned for the naturescape, and gifts of \$1000 or greater would be recognized on the monument. Any amount you and your family would like to provide for this project would be very much appreciated. A charitable donation receipt will be provided for any gift over \$25.00. If we can come closer to our goal in the next few months, we could break ground in 2005. Please help!

Donations can be dropped off in the school office or mailed to:

Windsor Park School Fundraising
Society
C/o Windsor park School
8720 – 118 Street
Edmonton, Alberta
T6G 1T5

Please make cheques payable to: Edmonton Public School Board, and please add a note on the memo line saying: Windsor Park School Naturescape Fund.

If you have questions, feel free to contact one of the following working group members:

Dorothee Feils phone 437-2517
Email: dfeils@shaw.ca

Linda Climenhaga phone 433-7348
Email: lindaclimenhaga@shaw.ca



Tea Lounge

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).

Come and try our new Teas (100 in total) which we will introduce over a four month period. Pineapple Ginger Green and Silver White Cloud have been a favorite among the new teas and we hope to find some more favorites for your enjoyment.

The Tea categories have changed as we have secured long term overseas supplies. Save some money and buy bulk Tea at Steeps.

Steeps – College Plaza

11116 – 82 Ave

988-2386

Free ½ hr indoor parking

Winter Schedule

Stroll of Poets – this is the second annual booking from the Poets society. Look out for the Spring series coming in April/May 2005.

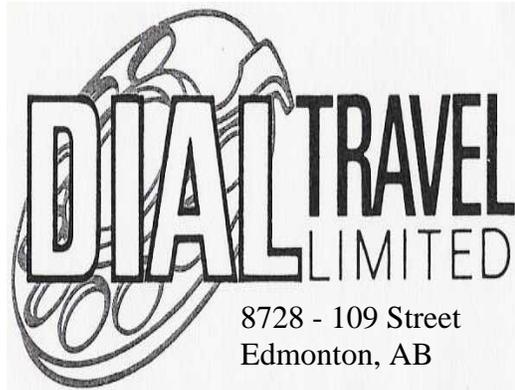
Hours of operation:

Sunday to Thursday 10:00 a.m. to 11:00 p.m.

Friday & Saturday 10:00 a.m. to Midnight

Tea of the Month:

Cape Town Rooibos – excellent lemon flavoured Rooibos



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Excerpts from the WPCL Executive Council Meeting January 18, 2005

Summer Playground Programme

Playground use increased last summer. Reasons suggested were an outstanding leader and more young families in the neighbourhood. Motion was carried to continue the programme.

Parking in Emily Murphy Park)

John reported that Emily Murphy is still being used as a University Parking Lot and will be asking City By-Laws to look into the problem.

Dogs barking

There was some discussion regarding what to do about dogs barking. Suggestion to talk to the neighbour first, then call Bylaws.

PHARMACY CORNER

Pharmacist: Peter Mack
Windsor Park Guardian Prescription
Center

Phone: 433-6636, Fax: 439-3761

First Aid for Seizures

An epileptic seizure is caused by an electrical discharge in the brain that affects body function for a short time. Symptoms include a brief loss of consciousness, a change in motor activity, or behaviour. These episodes often occur without warning and vary in type from person to person.

Excessive alcohol consumption, stress, flickering light, fever and sleep deprivation are all known to trigger seizures, which can be grouped into two types: convulsive and non-convulsive.

People experiencing a convulsive seizure become rigid and may fall. Their muscles relax and tighten, causing their body to convulse. During a non-convulsive seizure, an individual will experience a brief interruption of consciousness and appear blank or staring and unresponsive to those around them.

If someone experiences a seizure, here are steps you can take to ensure his or her safety:

- Stay calm and do not restrain the person having the seizure; let it take its course.
- Move hard or sharp objects out of the way, loosen tight clothing (especially at the neck) and place something soft and small under the head.
- Do not put anything into the person's mouth as this can pose a choking hazard.
- Roll the person onto his or her side, allowing saliva or other fluids to drain away.
- If the seizure lasts longer than five minutes, call for medical help.
- Stay with the person after the seizure, providing comfort until he/she becomes re-oriented to the surroundings.

Anti-epileptic drugs have proven effective in preventing or reducing the frequency of

seizures in 70-80 per cent of patients suffering from recurrent epileptic seizures. When diagnosed, your doctor can recommend the right therapy for you. Your pharmacist can also help you make the most of your medications, ensuring the correct dosage and suggesting strategies to minimize or manage the side effects of these drugs.

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

The Alberta League of Storytellers

TALES presents a Story Café at The Melting Pot Asian Cuisine and Lounge, 10352 Whyte Avenue on Thursday, February 3 and every first Thursday in the month, 7:00 – 9:00 p.m. Cover charge \$3.00. Four storytellers entertain you while you eat delicious food. February's theme is Love and Hate.

An evening out – of the ordinary!
Reservations recommended -- phone Randy 433-6336. For more information, phone Jennie Frost at 433-2932.

TALES presents *Living, Laughing, and Loving*, a storytelling concert Friday, February 18, 7:30 p.m. at the Stanley Milner Library Theatre. Two guest tellers from Quebec (Denise Markhame and friend), Pearl-Ann Gooding from Wainwright, and Edmonton tellers Bethany Ellis, Kathy Jessup, and Marie Anne McLean will present an evening of stories for adults and older children. Tickets \$10.00 (\$25.00 family: 2 adults, 2 children) available from TIX on the Square, from Jennie Frost, or at the door. This concert is a benefit for StorySave, a project of the Storytellers of Canada/Conteurs du Canada designed to preserve and make available by CD and website the voices of Canada's most notable storytellers. For information, call Jennie Frost 433-2932.



SOCCER REGISTRATION WINDSOR/GARNEAU



Registration for the 2005 outdoor season will take place on Saturday, March 5th from 10 AM to 1PM at the Windsor Park Community League Hall.

- Registration is first come first serve. Space may be limited on some teams. Every effort will be made to place players on Windsor/Garneau teams; however players and teams may be amalgamated with teams from other communities if a full team cannot be formed or more than a full team is registered.
- Community League membership is required to participate.
- The Youth Outdoor Season begins (weather permitting), the last week of April, and continues through to the end of June. Teams finishing first in their Division advance to EMSA City Finals the last weekend of June. The Southwest Edmonton Minor Soccer Association (SWEMSA) holds a Fall Round the first 3 weeks of September, that culminates in a Fall Championship Tournament the 3rd or 4th weekend of September.
- Youth referees needed (training provided, good pay)

Team	Birth Date	Game Times
Under 6 (mixed only)	1999 or 2000	Mon (practice)Wed(game) 6:15
Under 8 (mixed only)	1997 or 1998	Tues/Thurs 6:15
Under 10 (mixed or girls)	1995 or 1996	Mon/Wed 6:15
Under 12 (mixed or girls)	1993 or 1994	Tues/Thurs 6:15
Under 14 (mixed or girls)	1991 or 1992	Mon/Wed 7:30
Under 16 (mixed or girls)	1989 or 1990	Tues/Sundays 7:30/5:00
Under 18 (mixed or girls)	1987 or 1988	Thurs/Sundays 7:30

- **Coaches and volunteers needed!**
- **For more information contact the soccer coordinator, Russell Makar at 430-1313, email russell.makar@millardhealth.ab.ca**
- **For more information on soccer in South West Edmonton go to www.SWEMSA.com**

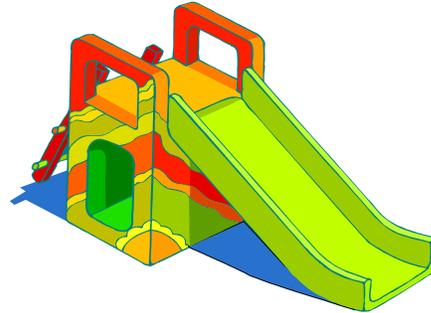
Playschool News



The Windsor Park Co-op Playschool has an excellent programme based on the "Learn through Play" model, lead by our enthusiastic and well qualified teacher, Allison Neudorf.

Registration for the 2005/1006 year will begin February 1. Registration forms will be available at the playschool or at 429 3356. Residents of Windsor Park and siblings of children currently enrolled will have first priority until March 31, 2005. There are two morning programs:

- 2 to 3-year-olds on Tuesdays and Thursdays, 9:00 – 11:30. Child must be 3 years old by March 1, 2006.
- 4-year-olds on Mondays, Wednesdays and Fridays. Monday, Wednesday and Friday 9:00 – 12:00 Child must be 4 years old by March 1, 2006.



Play Equipment Wanted

The Windsor Park Nursery School is looking for a donation of an inside climbing gym/playhouse, in safe, workable condition for the 3 and 4 year old children to play on. I am happy to come and pick it up from your home. Janine Otto 439 4235

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 429 3356.



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 Jannie Otto at 439 4235.

LOOK AHEAD TO THE END OF WINTER!!

Start saving for the 2005 Allendale Garbage Fair

Allendale Community Hall (6330 – 105 A Street)

Saturday, March 12, 2005 10 AM to 3 PM

What is a Garbage Fair? A Garbage Fair is a one-day recycling event where volunteers collect and redistribute the items listed below to different schools, daycares, playgroup, and church/senior organizations, mostly within our immediate community. The purpose is to promote the idea of recycling to benefit other groups and to assist in decreasing the amount of garbage going to the landfill.

But it's more than a month away! That's the idea. Put this list in a handy spot for quick reference and start collecting today! Then you can really make a difference for groups in our area.

PLEASE LIMIT YOUR DONATIONS TO ITEMS ON THE LIST BELOW. THANKS!

<p>Animal bedding: washable & absorbent sheets, towels, pillowcases, blankets</p> <p>Beads</p> <p>Broom handles</p> <p>Buttons</p> <p>Calendars: with pictures only</p> <p>Campbell's soup /V8 labels</p> <p>Candle wax: used/unused</p> <p>Cards: greeting, playing</p> <p>Cord</p> <p>Corks</p> <p>Crayons: wax, pencil</p> <p>Dowels</p>	<p>Envelopes: useable, plain</p> <p>Felt or leather scraps</p> <p>Glass baby food jars</p> <p>Games: complete only</p> <p>Ice cream pails with lids</p> <p>Jewelry: including broken</p> <p>Keys</p> <p>Magnets</p> <p>Material</p> <p>Men's ties</p> <p>Paper: good, letter 1-sided</p> <p>Paper Towel /Xmas rolls (not toilet paper rolls)</p> <p>Pet supplies (leashes, brushes, durable toys)</p>	<p>Perfume/colognes</p> <p>Puzzles (please mark complete or incomplete)</p> <p>Pipe cleaners</p> <p>Popsicle sticks</p> <p>Ribbon</p> <p>Seashells</p> <p>Spices</p> <p>Stainless steel bowls</p> <p>Tennis balls, any condition</p> <p>Thread</p> <p>Toys, stuffed</p> <p>Watches, including broken</p> <p>Wool & knitting supplies</p> <p>Wrapping/tissue paper</p>
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There will also be a plant exchange and magazine exchange

This special community event is being organized by the #24 Parkallen Scouting Group and the Allendale Community League. If you have questions about any needed items or know of another group that could benefit from this event, please phone Karen at 436-4899 or Susan at 434-5853.

PLEASE LIMIT YOUR DONATIONS TO THE ITEMS LISTED ABOVE.

THANKS and SEE YOU IN MARCH!



Cross Cancer Institute to Begin Phase 1 Redevelopment

Basement excavation will provide much needed space for patient care and laboratory upgrades

The Alberta Cancer Board works to provide cancer care and compassionate support to the many thousands of Albertans who walk through our doors each year. We also deliver cancer services to Albertans in a variety of means, collaborating with many health regions around the province to bring cancer services close to home for our patients. In a similar spirit of working together we have engaged members of the community league executives of the neighbour-hoods around us regarding our re-development project.

In February 2005, the Cross Cancer Institute is scheduled to begin Phase 1 of a redevelopment project, that will add between 2,400 to 2,500 square metres (24,000 to 27,000 square feet) of much needed new space on its basement level. The renovation is required for two reasons: to increase space for patient care; and to upgrade radio-pharmaceutical-production laboratories to make them compliant with new federal standards.

Excavation is expected to begin in February and to last three to four months. During this time, area residents may see an increase in truck traffic during normal business hours as the basement is excavated and debris is hauled away. However, ACB is committed to minimizing as much as possible the disruption this important redevelopment causes to our neighbours.

We have shared information about the impact of the project on our cancer-

care efforts with members of the Windsor Park and Belgravia community league executives. Those representatives also toured the proposed redevelopment area.

During our discussions, your community league representatives asked that ACB provide residents with up-to-date information on the project and a means to register concerns regarding noise, traffic, parking or other issues. We expect that noise will be mitigated in large part because the excavation and construction will occur underground. In addition, the ACB and its contractors will comply with the City of Edmonton's noise bylaw #7255.

The Cross Cancer Institute is committed to providing you with timely information about our redevelopment project as details are finalized in the coming weeks. We will soon publish www.cancerboard.ab.ca/crossreno to provide you with easy access to information about our activities, including FAQs. We ask that if you have questions or concerns, to please call us at 432-8508 during business hours.

We look forward to maintaining contact with you, the residents of Belgravia and Windsor Park, and to working together on any concerns that arise out of the redevelopment project.

Thank you for your consideration,

Carol Cass, PhD
Cross Cancer Institute
Alberta Cancer Board

2004 Membership Campaign

A huge thank you to our 54 canvassers for all your help and hard work for the WPCL annual membership campaign. To make the job as convenient as possible most canvassers are responsible for their own block. I hope we will have some new canvassers next year—it is a great way to meet and see your neighbours.

Thanks to all those who support our community through their memberships and donations which help to strengthen our neighbourhood. There are now 80 honorary members and 210 members, up slightly from last year. Approximately 60% of the 487 households in WP have memberships. Please contact us if you still wish to purchase a membership.

Your membership convenors—
Sarah Nyland and Robert Gariepy.

December 26 Tsunami

Edo Nyland

Now that the tsunami disaster in the Indian Ocean has moved off the front pages and the breathless TV headlines, it may be worthwhile to consider what should be done in the long term. I am curious how the skill set resident in Windsor Park can, and probably already does, contribute to the long term recovery of the area. Many of you will know that I have a professional interest in earthquakes and some exposure to SE Asia, but that professional skill is not very useful after the fact. I suspect that others have more useful skills and similar cultural understanding though.

It was very clear by noon on Boxing Day that Sumatra had been hammered. Everything below 10 m. above sea level on a lot of that island's west coast was destroyed, in some cases as far as 5 kms inland. The impact on the society and economy of the fertile coastal plains is enormous. The shaking from the earthquake will have done damage in Sumatra much further from the sea. Sri Lanka's damage was solely due to the tsunami but it too has a lot of development on a low coastal plain.

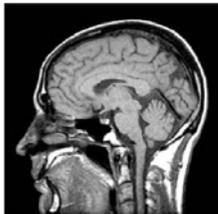
It strikes me that the relief organizations currently working in the area might be able to place engineers, medical people, educators, and agricultural specialists where they can help rebuild the infrastructure. There is unlikely to be a financial profit, but the work will no doubt be interesting. If there are Windsor Parkers interested in some such activity, please feel free to get in touch with me (edo@phys.ualberta.ca). With enough interest I'm sure we can find the right contacts. If there are those already at work, please let Jean (jean_frost@yahoo.com) know so she can profile them in a future issue of this publication.



MRI Study of Brain Development

Are you interested in the brain?

We are looking for healthy boys and girls aged 13 - 21 for an MRI study of brain development. Volunteers will undergo an MRI scan for about 30 - 40 minutes. Parental consent is required for volunteers under age 18 years.



Volunteers must not be claustrophobic, and cannot have any metal in their bodies (fillings are okay).

Contact Christian at 492 - 0908 or Lindsay at snook@ualberta.ca. Participants will be reimbursed \$20.

University of Alberta, Biomedical Engineering



Neighbourhood Planning

EFCL Representative

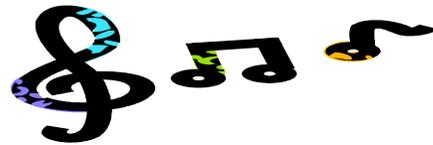
Development issues are beginning to bubble at the EFCL Board level. No one in Edmonton's communities seems happy with the current consultation process. In spite of the Plan Edmonton, planning seems to be driven by the ideas of developers who quite correctly first consider their own bottom line. The planning department appears to be understaffed and demoralized but council is beginning to recognize there are problems. South Edmonton Common was a wake-up call. Heritage Mall is also drawing attention.

At a planning Committee meeting, EFCL's planning specialist Felix Horne described a Vancouver model for planning that could be adapted to Edmonton. The approach emphasizes consensus rather than confrontation. In essence Vancouver neighbourhoods design a plan for their community while they are not under pressure of developers and validate that with a local plebiscite. Businesses, and the city planners have input into the plan, but ultimately a majority of residents (including renters and business proprietors) must vote for it.

Once the plan is in place, the city tests development proposals against it and usually considers them if they meet the plan or rejects them if they do not. There are a few exceptions such as heritage buildings. There is little or no input from the community. There

appears to be little use of the DC2 zoning so abused in Edmonton; the conflict inside the community is reduced; and the divisive statutory hearings before council are largely eliminated. The community plans are reviewed, by the community, typically every 5 years and it is at the review that developers can attempt to influence the process.

Let Edo Nyland know what you think of this. (edo@phys.ualberta.ca)



Carol Sing

The December 19, 2004 carol sing was a great success! Thank you to our conductor, Dr. Lillian Upright, for a beautiful job of leading the orchestra's rehearsal and performance.

We had a super orchestra whose musicians rehearsed for only an hour then accompanied all of us who came to sing. Thanks to all these musicians!

Everyone enjoyed the tale told intriguingly by Jennie Frost as a change of pace during the afternoon programme. Thanks Jennie!

Thanks also to Orla and Eddie Ryan for purchasing, setting up and arranging the delicious refreshments.

Sarah Nyland

Windsor Park House Wanted to Rent

Seeking a long term rental of a 2 bedroom or larger family home in the Windsor Park or University area beginning April or May 2005. Sabbatical or rental home, furnished or unfurnished. Non smokers without pets. References provided. Phone 434-0656.

Nanny Required

We are a Windsor Park family looking for a full time live out nanny to care for our two children, ages 1 and 3. Start date flexible, but must be no later than June 2004. If interested or know of someone who is, please call Sandra at 433 4754.

FOR SALE

Ikea white cupboard and hutch in good condition. Cupboard is 31 ½" wide, 19 ½" deep, 27" high with four drawers on left, cupboard with one shelf on right, pink drawer fronts and door. Desk extension 27 ¾" wide, 19 ½" deep. Hutch 31 ½" wide, 11" deep, 37 ½" high, divided vertically with one fixed, one adjustable shelf each side. \$50.00
Phone Jennie Frost (433 2932).

Next Community League Meeting

The Windsor Park Community League Executive will next meet on **March 15 @ 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 3rd Friday. Cheques can be sent directly to the League treasurer, Guy Woo.

Send your ad via e-mail or on disk to
Jean Frost 433 7472
jean_frost@yahoo.com

Newsletter deadline: March 18, 2005

Visit the Windsor Park Website at
<http://www.ualberta.ca/~edo/websiteWPCL/league.html>

Copies of this newsletter are available at
Windsor Park Guardian Prescription Center.