



# Windsor Park Community Newsletter



June 2005

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## West End High Speed Transit Study

The City is consulting with various communities about how and where to implement high speed transit from the west end to the university and downtown. Why is Windsor Park involved? Anything that is going to change the traffic situation in our area is of interest to us. Furthermore, one of several proposals being considered is for a Light Rail Transit (LRT) only bridge, stretching from 87 Avenue in the west (above Buena Vista Park) to University Avenue in the east. There is no need to panic, as the bridge is just one of the options under consideration. High speed transit will be implemented in stages, starting with various forms of Bus Rapid Transit (BRT). There is also the South LRT to complete before any more LRT expansion will be considered.

To find out more about the ongoing West End High Speed Transit Study, BRT and LRT, point your Internet browser to “takeets.com”, scroll down and click on the West High Speed Transit link. Also, plan to attend the open house on June 23, 4:30 PM – 8:00 PM at Foote Field, U of A South Campus, 11601-68 Avenue. Your involvement is important for the future of our community and our city.

A major impetus for this study is the planned rehabilitation of the Quesnell Bridge in 2009. City Council wants to have West BRT running before the

bridge work starts. This will help to alleviate some of the inconvenience of the bridge reconstruction and also encourage people to leave their cars behind when they head to the university or downtown.

Most of this is good news for our neighbourhood, especially when combined with the proposed UPass for university students. The UPass is a transit pass that will be a part of the university tuition package. With transit systems, LRT and BRT running north, north-east, south, and west, we may see a significant reduction in the number of university bound commuters using our roads and neighbourhoods.

If adopted, the 87 Ave – University Ave LRT bridge proposal could well have a significant impact on both Windsor Park and Belgravia, depending on how it is designed (*ie.*, underground, above-ground; north, south or middle of the avenue; or ?). Some of the potential routings would involve major property acquisition and considerable neighbourhood noise from the LRT as it rounds corners. The bridge would also have significant impact on our river valley park system, with a new major transportation corridor being created.

Issues, issues and more issues, and no obvious, simple solution. What is going to happen? No one knows yet. But I am encouraged that the City has involved affected communities early in the process. I am also pleased with the

appointment of an independent facilitator.

Watch our newsletter and the ETS website for updates. Attend the open house and make your opinions known. Call me with your questions and

concerns. Together, we can help shape transportation planning for the benefit not only of our community, but the city as a whole.

*John Collier*  
*Community League President*

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## West Edmonton High Speed Transit Planning Study Underway

The City of Edmonton, Transportation and Streets Department has initiated a planning study to further evaluate alignments and recommend High Speed Transit (HST) routes from West Edmonton to the South LRT and from West Edmonton to Downtown. Work on this planning study began in March 2005 and recommendations are scheduled to be presented to City Council in December, 2005.

The alignments to be evaluated for a Bus Rapid Transit (BRT) route(s) and an ultimate LRT route are shown in the following figures.



Representatives from surrounding communities and institutions have formed a stakeholder committee which will meet monthly to discuss the HST planning components as they relate to the alignments. The planning components include corridor location, station locations, transit system operations, community and property impacts and requirements, roadways and pedestrian access, river valley impacts, visual impact of the system, transit oriented development opportunities, and costs and benefits.

Stakeholder committee members will act as a liaison between the committee and their community. In addition, two sets of open houses will be held for the public to review planning materials and provide comments.

The first set of open houses will be held

**June 20, 4:30 PM – 8:00 PM**

**Meadowlark Hall**

**15961 – 92 Avenue**

**June 22, 3:00 PM – 8:00 PM**

**Grant MacEwan City Centre Campus Cafeteria**

**10700 104<sup>th</sup> Avenue**

**June 23, 4:30 PM – 8:00 PM**

**Foote Field, U of A South Campus**

**11601-68 Avenue.**

Details regarding the open house locations and times are also on the City website, [www.takeets.com](http://www.takeets.com) under the West High Speed Transit link. A second set of open houses will be held in October.

Inquiries regarding the West HST stakeholder process can be directed to Marilyn Steers, Kaleidoscope Consulting, [marilyn@kaleidoscopeconsulting.ca](mailto:marilyn@kaleidoscopeconsulting.ca) or (780) 487-5139. General inquiries regarding West HST can be emailed to [hst@edmonton.ca](mailto:hst@edmonton.ca)

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## **A Few Smiles**

If you don't pay your exorcist, you get repossessed.

With her marriage, she got a new name and a dress.

When a clock is hungry, it goes back four seconds.

The man who fell into an upholstery machine is fully recovered.

You feel stuck with your debt if you can't budge it.

Local Area Network in Australia: the LAN down under.

Every calendar's days are numbered.

A lot of money is tainted - It taint yours and it taint mine

## Peter Mack

After 16 years as an integral part of Windsor Park, Windsor Drugs has closed. Rising rent and uncertainty about the future of the site led Peter make to make this decision. Many of us will miss Peter as we relied on him for excellent service. I stopped by Windsor Drugs and chatted to him a couple of days before the drug store closed.

Peter, his Mother, Father and 3 older siblings moved from Hong Kong to Saskatoon when Peter was nine, arriving in October. Peter said the differences that he noticed most about Canada and Hong Kong were the coolness, well actually the cold, the expanse of the country and the flatness, the greenery of trees on the boulevards and many more cars on the streets. After graduating from the University of Saskatchewan, Peter moved to Edmonton. He first worked at Johnson's Drugs in the Mill Creek area then at London Drugs. Peter bought Windsor Drugs in 1990.

Over the years, Peter has noticed many changes in shopping patterns, drugs dispensed, his role as a pharmacist and in Windsor Drugs. Two neighbouring drugstores, Sprague Drugs and Campus Drugs closed; Safeway opened a pharmacy; Shoppers Drug Mart began opening 24 hours a day; the Bank of Montreal moved to the premises vacated by the Toronto Dominion Bank; and the front part of Windsor Drugs stopped making money.

Peter enjoyed his customers. He spoke sadly about a man and woman with whom he had had lively conversations which he missed as they succumbed to Alzheimer's. One customer came everyday and spent some time looking at car magazines and then once a week bought a couple. He watched our children grow up 'amazingly fast'. Peter's customer base,

60% of whom are seniors now, declined as clients died.

I asked Peter how his work changed. Patient counselling, he replied, became more important. Patients often don't remember the names of drugs or what they do, although they know the colour or the shape. Peter now routinely gives written information about new medications. The drugs he most often dispenses are sleeping pills—seniors have trouble sleeping—painkillers and heart medications. The drugs that have increased most in use are metoprolol, (a drug that was once used for high blood pressure but is now used to prevent secondary heart attacks) and viagra.

With the closing of the store Peter hopes to have more time to pursue the sports he enjoys—tennis twice a week, running in the Mill Creek area where he lives, playing hockey in the winter and soccer in the summer. He wasn't sure he would take up ballroom dancing which he had enjoyed some years ago. Peter will make his first trip back to Hong Kong in the late fall when he attends a nephew's wedding. He will look for part time work and perhaps a new business.

As we talked customers came in and all told Peter how sorry they were that he was leaving.

One man said the sense of community diminishes with each business that leaves. Another customer told Peter to make sure we were told of any new business, should he start one, because the customer 'would drive 100 kilometres to it'.

The Community League honoured Peter on May 17 with a small reception before the monthly meeting. Peter was given an honorary lifetime membership—for which his attempts to pay were stoutly refused. He has promised to continue his contribution in the Pharmacy Corner of the newsletter.

*(continued next page)*

Peter's files will be handled by Maurice Pharmacy, 11212 76 Avenue, next to the McKernan IGA. The phone number is 436 4516.

I, like many in Windsor Park, am sorry to see the pharmacy close and to say goodbye to Peter. We wish him the very best in future endeavours and we are pleased that he will stay in touch with the community.

*Jean Frost*

**EDMONTON**



**Welcome to summer!**

*Windsor Park Playground Program*

**11814 – 87 Avenue**

**A FREE drop-in program**

**The Benefits are Endless:**  
**Fresh Air**  
**New Friends**  
**A Friendly Leader**  
**Be Entertained**

**Be a part of a Special Event**  
**Join in Arts, Crafts, Games,**  
**Sports, Drama, Action**  
**Laugh!**  
**Have *FUM!***

**Come visit and PLAY in this beautiful park!**

**July 4 – August 26**



Sponsored by:



**Windsor Park  
Community**



## Outdoor Pool Public Consultation

City Council has asked the administration to prepare a report with recommendations for the future of outdoor pools. To assist in this work, an Outdoor Pool Stakeholder Committee was created comprised of representatives from local organizations with a broad focus, a mandate to serve the citizens, and an interest in recreation. This Committee has worked with the Administration to develop a framework for the research and, when the research component is completed, the Committee will provide input into the final recommendations.

The 5 outdoor pools are:

Queen Elizabeth Pool 89—106 Street  
Mill Creek Pool 9555 82 Street  
Borden Park Pool 11200 74 Street  
Oliver Pool 10315 119 Street  
Fred Broadstock Pool 10515 158 Street

A very important element of the research is gathering citizen and stakeholder opinions and feedback so the Committee has scheduled five community input sessions

- **Monday June 13 7:to 8:30 p.m.**  
**Meadowlark Community Hall**  
**15961 92 Avenue**
- **Tuesday June 14 7 to 8:30 p.m.**  
**Commonwealth Stadium**  
**11000 Stadium Road**
- **Monday June 20 7 to 8: 30 p.m.**  
**Grand Trunk Pool**  
**13025 112 Street**
- **Tuesday, June 21 7 to 8:30 p.m.**  
**Pleasantview Community League**  
**10860 57 Avenue**
- **Thursday, June 23 7 to 8:30 p.m.**  
**Mill Woods Recreation Centre**  
**7207 28 Avenue**

The format will include a brief presentation of current findings, a view of current trends in outdoor aquatic facilities and a round table dialogue about options for the future of Edmonton's outdoor pools. A workbook will also be available for individuals to provide their comments.

Those planning to attend a community input session are asked to RSVP at 496 4855. For those unable to attend an input session, a workbook and information about how to complete it will be available on line starting Monday, June 13 at [www.edmonton.ca](http://www.edmonton.ca) (click on the 'Outdoor Pool Public Consultation' link) or you can request a copy by phoning 496 4855

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## Beacon Home Stay™

Do you want to meet new people, share our wonderful Canadian culture, and learn about other cultures? Do you have a Spare room? **Yes?** Then we've got a great deal for you. **We will pay you to enjoy this wonderfully rewarding experience.**

Our business is growing rapidly! We have many foreign visitors coming to



Edmonton soon. We need to find them great Canadian families to live with. Some will be here for a short stay while others will stay longer

time. Some are adults and some are children. All need good homes. If you're interested or know of someone who is, please phone us at **434 7926** or e-mail [beacon@shawbiz.ca](mailto:beacon@shawbiz.ca)

Contact us soon, so you will be ready when they come!

## PHARMACY CORNER

Pharmacist: Peter Mack

### 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.

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



## 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).*

*Do you need something to quench your thirst this summer? We have the best cold Tea beverages in Edmonton. Iced cold Tea or Tea Frappes are a great way to cool off this summer. We are the only ones in Edmonton to carry non-sweetened iced beverages.*

***Steeps – College Plaza***

***11116 – 82 Ave***

***988-2386***

***Free ½ hr indoor parking***

### ***Benefits of White Tea:***

- *Most natural tea available*
- *A high source of anti-oxidants (more than Green or black tea)*

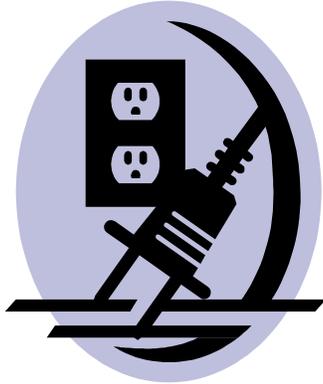
### ***Hours of operation:***

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

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

### ***Tea of the Month:***

*Dew Drops – very sweet and refreshing*



Connect your spirit without  
disconnecting your mind

## St George's Anglican Church

11733 – 87 Ave. Phone 439-1470  
[stgeorges@telus.net](mailto:stgeorges@telus.net)  
Sunday worship: 8 a.m. and 10 a.m.

## Lumberjack Tree Removal Tree Removal Stump Grinding

**\$24 discount with your neighbourhood  
community league membership card on  
orders of \$150 or more**  
For your free estimate cal  
Stan @ 914 4474



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### Theft in Belgravia

Over the past couple of months Belgravia has been plagued by a series of burglaries. According to police there have been over 22 house/garage break ins from 109<sup>th</sup> Street to Saskatchewan Drive from April 1<sup>st</sup> to May 17<sup>th</sup>, with more after the 17<sup>th</sup>. Vehicle and property thefts may be 3 times this and many are not reported. Residents think that the thieves are cruising alleys on bicycles looking for opportunities for quick gain.

The following suggestions came from Belgravia:

- Don't leave anything on the seats or visible in you vehicles; move your registration and insurance to a safe place or a wallet

- If you park your car in the garage, lock the garage but leave the car unlocked as the thief is likely to damage your car breaking the locks;
- Talk to your neighbours and raise the awareness



**Huge  
Used Book Sale  
Strathcona Place  
Senior Centre  
10831 University Avenue  
Friday June 10  
3:00 p.m. to 8:00 p.m.  
Saturday June 11  
9:00 am to 1:00 p.m.**

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**Flea Market/Rummage Sale  
St. Paul's United Church  
11526 76 Avenue  
Saturday September 10<sup>th</sup>  
8:30 a.m. to 2:30 p.m.  
Free Admission**

**A GALA GARAGE  
GIVE - AWAY  
Saturday June 4  
9:00 a.m. - 3:00 PM  
11704 - 84 Avenue.**

Lillian Upright & Henk Hullemen are about to make the move to a condo, and are down-sizing big-time!

Items ranging from pots to pictures, from gardening gear to houseplants, will not be priced, but donations to the Cross Cancer Institute's "Arts in Medicine Program" will be gratefully received, and tax receipts issued for all amounts over \$15.00.

So, you all come! Grab a bargain and a coffee, and have a visit with your neighbours.

**A GARAGE "SALE" with a  
DIFFERENCE!!**

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## Councillor Jane Batty



**WARD FOUR**

*Wishing you a safe and happy summer!*

*I would be pleased to hear from you.*

**2nd Floor City Hall**

**1 Sir Winston Churchill Square**

**Edmonton, Alberta T5J 2R7**

**Phone: 496-8140**

**Fax: 496-8113**

**Email: [jane.batty@edmonton.ca](mailto:jane.batty@edmonton.ca)**

HANDKNIT TRADITIONAL &  
PURE CONTEMPORARY  
ALPACA DESIGNS  
SWEATERS 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, June 18, 2005  
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**  
**Bev Edwards-Sawatzky** (780) 433-3206  
NON-PROFIT REPRESENTATIVES  
**www.minkhasweaters.com**

**(780) 436-5732**

## Relationships With Your Adult Children Drop In.

A free group for men or women, 60 +, who are having challenges with their adult children.

Combines education with support through discussion to identify safe relationships, learn communication and limit setting skills. We meet on the second Tuesday of every month from 1:30 - 3:30 PM. Location TBA.

For more information contact Grace at 496-5919 or Jeannette at 496-5942.

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## Found in Windsor Park-

Abandoned older child's bicycle.  
Call 433-3741 to identify.

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## Next Community League Meeting

The Windsor Park Community League Executive will next meet on **June 21** @ 7:30 p.m. in the Community League building. Community members are welcome to attend.

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## Playschool News



The Windsor Park Co-op Playschool offers two morning programs:

- ◆ 3-year-olds on Tuesdays and Thursdays. There are only two spots left for this group.
- ◆ 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.

## 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 at Jean Frost at [jean\\_frost@yahoo.com](mailto:jean_frost@yahoo.com) or phone 433 7472.

### Newsletter Deadline

We welcome your articles and news! The tentative deadline for the submissions for the next newsletter is the **August 31**. Forward your submission by e-mail to [jean\\_frost@yahoo.com](mailto:jean_frost@yahoo.com) or deliver the material to Jean Frost (433 7472).

## Community League Executive



Title / Role	Name	Address	Phone	E-mail
<b>President</b>	<b>John Collier</b>	<b>8620 Sask. Drive</b>	<b>433-1270</b>	<a href="mailto:jbcollier@shaw.ca">jbcollier@shaw.ca</a>
Past President	Edo Nyland	8954 Windsor Rd	433-2211	<a href="mailto:edo@phys.ualberta.ca">edo@phys.ualberta.ca</a>
Casino	Ed Holmes	11902 – 89 Avenue	432-0600	
Vice President	John Wilson	8915-120 Street	432-1042	<a href="mailto:jaydee.uu@ualberta.ca">jaydee.uu@ualberta.ca</a>
Secretary	George Fitzsimmons	8910 – 117 Street	432-7357	<a href="mailto:george@psychometrics.com">george@psychometrics.com</a>
Treasurer	Guy Woo	11712 Edinboro Rd	432-1885	<a href="mailto:guywoo@shaw.ca">guywoo@shaw.ca</a>
Block Parents	vacant			
<b>Building Rental</b>	<b>Ivy Neuhouse</b>		<b>433-2623</b>	
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>			
<b>Newsletter Editor</b>	<b>Jean Frost</b>	11626 Edinboro Rd	433 7472	Jean_frost@yahoo.com
Newsletter Dist & Ad Payment	Guy Woo	11712 Edinboro Rd	432-1885	<a href="mailto:guywoo@shaw.ca">guywoo@shaw.ca</a>
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Parking Program	Janet Sperling	9131 118 Street	432-0714	
Rink Maintenance	Joe Miller	9247–117 Street	431-1585	
Soccer	Russell Makar		430-1313	<a href="mailto:russell.makar@millardhealth.com">russell.makar@millardhealth.com</a>
Social	<i>Vacant</i>			

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