



# Windsor Park Community Newsletter



October 2005

## Message from the President 2005 AGM;

### Wine, Cheese and NO Arm-twisting

I am a bit surprised to find that almost a year has gone by since the last AGM. It was a busy time, as I slowly learned the ropes of being WPCL president. Fortunately, I'm surrounded by active and thoughtful fellow executive members; in fact, it was they who gently reminded me that it was time to organize another AGM.

**The 2005 AGM will be held on Friday, October 28, at 7:00 pm, in the community hall.** The business of the meeting will be kept as short as possible and there will be NO arm-twisting of attendees. The executive will have updates on new development in our neighbourhood and on West High Speed Transit. There will be plenty of time for questions and comments from the floor. And, we'll have wine, cheese, sweets and socializing after the meeting ends.

I am pleased to announce that we have three new executive members: Gabriella Maddelena-Makar has taken over Block Parent responsibilities; Amanda Brisbois will co-ordinate Neighbourhood Watch; and Marilyn Gaa has taken charge of Community Landscaping. It is great to have new people involved!

This leaves just a few vacancies on our executive. We need a Social Coordinator, Building Manager and a Secretary. We are not looking for people

to do everything, just people to coordinate getting the work done. For example, we do not necessarily need a handyman as building manager; anyone who can use a phone and a phone book would be effective and welcome.

The president's job is to represent the community's views. I am looking forward to meeting you, and hearing your suggestions and concerns on October 28.

---John Collier, Windsor Park  
Community League President

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## NEIGHBORHOOD WATCH NEEDS YOU TO HELP!

If we want Neighborhood Watch signs in our Community, we must have 25% of our population on a Neighborhood Watch List (Names, phone numbers, and addresses). No time commitment is required, just a contact name. If you are interested in maintaining Windsor Park as a peaceful community, please sign up!!

Email [abrisebois@shaw.ca](mailto:abrisebois@shaw.ca) if you want to help!

Thanks!!

---Amanda Brisebois  
Neighbourhood Watch Co-ordinator

## 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>	<b><a href="mailto:jbcollier@shaw.ca">jbcollier@shaw.ca</a></b>
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>
<b>Secretary</b>	<b>Vacant</b>			
Treasurer	Guy Woo	11712 Edinboro Rd	432-1885	<a href="mailto:guywoo@shaw.ca">guywoo@shaw.ca</a>
Block Parent	Gabriella Maddalena-Makar		430 1313	<a href="mailto:gabriella.makar@shaw.ca">gabriella.makar@shaw.ca</a>
<b>Building Rental</b>	<b>Ivy Neuhouse</b>		<b>433-2623</b>	
<b>Building Maintenance</b>	<b>vacant</b>		<b>439-5255</b>	
Central Area Council	Elaine Solez	8711 Sask. Drive	431-0292	
Eye on Future/Planning	Elaine Solez	8711 Sask. Drive	431-0292	
<b>Landscaping</b>	<b>Marilyn Gaa</b>	<b>9318 Edinboro Rd</b>	<b>432-7660</b>	
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	
<b>Neighborhood Watch</b>	<b>Amanda Brisbois</b>		<b>439-3903</b>	<b><a href="mailto:abrisebois@shaw.ca">abrisebois@shaw.ca</a></b>
Newsletter Editor	Jean Frost	11626 Edinboro Rd	433 7472	<a href="mailto:Jean_frost@yahoo.com">Jean_frost@yahoo.com</a>
Ad Payment	Guy Woo	11712 Edinboro Rd	432-1885	<a href="mailto:guywoo@shaw.ca">guywoo@shaw.ca</a>
Nursery School	Jannine Otto	8923 120 Street	439 4235	<a href="mailto:jannineotto@shaw.ca">jannineotto@shaw.ca</a>
<b>Parking Program</b>	<b>Janet Sperling</b>	<b>9131 118 Street</b>	<b>432-0714</b>	
Rink Maintenance	Joe Miller	9247 – 117 Street	431-1585	
<b>Soccer</b>	<b>Russell Makar</b>		<b>430-1313</b>	<b><a href="mailto:rmakar@rentcash.ca">rmakar@rentcash.ca</a></b>
<i>Social</i>	<i>Vacant</i>			

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

## **Minkha Alpaca Sweaters Bolivian Sweater Project**

Over the past three years, Windsor Park Community League has been a partner in supporting this project by offering the community league building as a facility for selling these wonderful garments in December and June of each year. These hand knit garments are made by the women of the Minkha Cooperative of Cochabamba Bolivia. The project supports 45 women and their families.

In Edmonton, the project is supported by a terrific group of volunteers and all of the money raised goes directly back to the cooperative in Bolivia. Over the last three years, over \$150,000 has been sent back to Bolivia.

Thank you to all the residents of Windsor Park who have been part of supporting the project. It continues to make an enormous difference in the lives of these Bolivian families and it honors the artistry and craftsmanship of the remarkable knitters.

**The next sale will be held at the community league, December 10.**

This will be a wonderful opportunity to purchase a unique Christmas gift. Not only do you purchase a beautiful sweater, you also directly support the community of the cooperative. It's green Christmas giving at its best.

For further information contact:  
Bev Edwards- Sawatzky 433-3206

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## **Volunteer Drivers Needed**

Lifestyle Helping Hands Seniors' Association has an ongoing need for volunteer drivers who provide transportation to seniors living in SW Edmonton. Drivers receive a monthly honorarium. Also needed are office volunteers and service providers.

Call 450-2113 for more details.

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For those who value solitude, undisturbed natural habitat, ecological diversity and wildlife. On river's edge, heavily treed, view of valley. Two bedroom home and artist's studio on 10.23 acres. Power by generator and storage cells. Cistern and septic holding tank.

For further information, contact  
**Phyllis Frick, Agent**  
**Jarvis Realty**  
**Westlock, AB Phone: 780-307-1209**

## Book and CD Launch An Invitation from Jennie Frost

This summer I received a Canada Council grant to publish a 2-CD set of my stories. Sandy Middleton of Sheer Vanity Productions recorded and produced the CDs and they are now available for purchase. So I am having a launch of both my first book—*The Courtship of Hippodameia* (Edwin Mellen Press, Lewiston NY, 2005)—and my CD set *Pygmalion and Other Greek Myths*.

The launch will be held on **Friday, October 21, at 7:30 p.m. at Belgravia Books & Treasures, 7609 – 115 Street, Edmonton.**

Come hear a story and help me celebrate my first major publications!

For more information call or email  
Jennie: (780) 433-2932  
[mjfrost@shaw.ca](mailto:mjfrost@shaw.ca).



## Urban Parks Management Plan

The City of Edmonton Community Services Department is in the midst of developing an Urban Parks Management Plan. The plan outlines principles and action steps that will direct the future development and management of all parks in Edmonton including our neighbourhood parks.

For more information please see <http://www.edmonton.ca/portal/server.pt> and click on Urban Parks Management Plan



*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. We are the only ones in Edmonton to carry non-sweetened iced beverages.*

### *Steeps – College Plaza*

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*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*

## PHARMACY CORNER

Pharmacist: Peter Mack

Hi gang! I hope you are all well. I hope Maurice Pharmacy has been providing the great service all you Windsor Parkers supremely deserve. I am still on holidays from pharmacy. It has been a very unique and relaxing summer. I am traveling to Hong Kong and China in November so I don't anticipate working till the New Year. When I finally reassign I shall inform you. Peter Mack

### What to do when they wet the bed

Another soggy morning? If changing your child's wet sheets has become part of your morning routine, take heart. You're not alone. It is estimated that at least 15 to 20 per cent of five-year-olds wet the bed on a regular basis. It is a condition that tends to run in families, with boys more likely than girls to have trouble staying dry throughout the night.

Often, children who wet the bed are deep sleepers who have difficulty waking up for a trip to the bathroom when they sense their bladders are full. Bedwetting (especially after a dry stretch of six months or more) can also be related to an emotional event such as moving to a new home or the loss of a loved one.

The good news is that children often outgrow this condition by puberty, as their bladders increase in size and they develop better bladder control.

Children seldom wet the bed on purpose and are often embarrassed when it happens. Rather than make them feel ashamed, parents need to lend their support and encouragement to help them overcome this problem.

Parents can also help by:

- Limiting liquids (and caffeine) before bedtime;

- Encouraging the child to go to the bathroom before lights out;
- Waking the child during the night for a bathroom trip;
- Praising the child on dry mornings; and
- Avoiding punishments.

In some cases, bedwetting is related to a medical condition. Parents should discuss bedwetting with their child's physician, who can investigate further. A number of medications and therapies are available for the treatment of bedwetting. Your pharmacist can answer your questions about these options.

Health topics is courtesy of *Pharmacy Practice*, a professional journal



The Seniors' Alpine Ski Club and Snow Valley are proud to present the second annual **Seniors' Winter Expo** to be held at the **Snow Valley Lodge** (enter off 122 Street just south of the Whitemud Freeway) on **Tuesday November 15, 2005** from **9:00 am to 4:00 pm**.

The purpose of this event is to promote the benefits to being a healthy active senior. Drop by to hear a speaker or visit one of the many displays. Attendance is free.

For more information phone the Snow Valley office at 434-3991.



## Windsor Park Summer Playground Program

It's over for another year! The Summer Playground Program held at the Windsor Park playground from July 4-August 26 was a great success! The program ran from 1:30-5:30 p.m. Monday to Friday afternoons. Except for one very rainy (versus the slightly rainy) week, over 10 children per hour, on average, were at the park having fun with the most awesome leader, Amanda.

The program is a joint effort with City of Edmonton, Community Services and the Windsor Park Community League. Community Services recruits, trains, and supervises the leader. The League pays the salary of the leader with some support from a Student Temporary Employment Grant (STEP). The program would not happen without the involvement of the League. Just another example of the Windsor Park League in action.

If you missed the fun this year, be sure to mark on your July and August 2006 calendar as "good times at the park". .....and it's right in your own neighbourhood. Best of all...it's FREE.  
**SEE YOU NEXT SUMMER!**

## Bullying Busting for Parents



Are you interested in learning more about:

- A definition of bullying
- The importance of dealing with it as early as possible
- Warning signs to look for
- Building a toolbox of parent strategies

Free 2 hour workshop

7:00—9:00pm

Tuesday, October 11, 2005

Mill Creek Site of Community Services  
(2nd floor Bonnie Doon Mall)

Please pre-register by calling 496-5858

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## A Smile or Two

Those who get too big for their britches will be exposed in the end.

Once you've seen one shopping centre, you've seen a mall.

Bakers trade bread recipes on a knead-to-dough basis.



We understand that no two small businesses are alike. That's why we offer a complete range of business and consulting services to help small business owners succeed. We offer these and many other services:

- accounting/bookkeeping
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Call Bob Costall or Bill Robertson at **434-7146** for a free initial

## Alberta Caregiver College Caregivers of Survivors of Brain Injury and Stroke

Alberta Caregiver College is a virtual college dedicated to providing courses to enhance the knowledge and skills of caregivers to provide for their family member.

The Alberta Caregiver College offers courses for caregivers of brain injury and stroke survivors. Courses are from 4:30 to 6:30 p.m. and are held at the Glenrose Rehabilitation Hospital (10230 111 Ave.

Coming course dates:  
6 consecutive Tuesdays from Oct.4 to Nov. 8, 2005  
6 consecutive Tuesdays fro April 4 to May 9, 2006.

For topics covered, further information or to register call:  
The Glenrose Rehabilitation Hospital  
780 735 7912  
or email  
grhedservices@cha.ab.ca

**THE EDMONTON CHAMBER MUSIC SOCIETY**

Presents:

<b>The Arianna String Quartet</b>	OCTOBER 8, 2005
<b>Turtle Island String Quartet</b>	OCTOBER 22, 2005
<b>Pacific Baroque Orchestra</b>	NOVEMBER 19, 2005
<b>Red Priest</b>	JANUARY 14, 2006
<b>Dang Thai Son</b>	FEBRUARY 11, 2006

All concerts at Convocation Hall at 8pm  
Tickets at Tix on the Square, The Gramophone & at the door  
[www.edmontonchambermusic.org](http://www.edmontonchambermusic.org)

Alberta Foundation for the Arts | City of Edmonton | Edmonton Arts Council | EDMONTON JOURNAL



## 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 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 429 3356.

## Next Community League Meeting

The Windsor Park Community League Executive will next meet on **October 18 @ 7:00 p.m.** in the Community League building. Community members are welcome to attend.

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## Parkallen Scouting Group

Parkallen Beavers (ages 5-7), Cubs (8-11), Scouts (11-14) and Venturers (14+) will begin meeting again in mid September.

Beavers & Cubs

Wednesdays: 6:30 p.m. to 8:00 p.m.

Scouts

Thursdays: 6:15 p.m. to 8:15 p.m.

Venturers meet on less frequent basis

For more information ,please call  
Joanne Paisley  
434 2941

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## Community League Annual General Meeting

### Friday, October 28

### 7:00 p.m.

### Community League Building

### Newsletter Deadline

We welcome your articles & news! The deadline for newsletter submissions is the **November 20**. For advertising rates please contact Jean Frost. Small ads for community league members are free. 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).