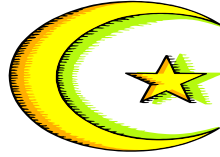


Windsor Park Community Newsletter



December 2005

Message from the President...

I have a bit of a grab bag for you this time around: a few updates, a little neighbourhood gossip...I wish I could say that all of it is good news, but it's not – and even the good news seems to come with a catch!

The ongoing West High Speed Transit study has released an analysis of the proposed alignments for the West LRT (WLRT). The analysis seems to favour a bridge at University Avenue over to 87 Avenue.

The good news is that the proposal is for a mid-level bridge. That means the entire portion of the line running through Windsor Park would be underground. Houses to the north and east of University Avenue and Groat Road/Saskatchewan Drive should not have a clear view of the bridge. However, the ten or so houses in the 8600 block of Saskatchewan Drive (west of Groat road) would have a direct view of the proposed bridge.

The bad news? Well, there is lots of it on this one. First, it seems the City did not properly consult with the Cross Cancer Institute. It may not be possible to have both a University Avenue LRT alignment and a functioning Cross. Thankfully, after a good deal of strong encouragement by Windsor Park, dare I say nagging, the City has now hired consulting engineers familiar with nuclear medicine to investigate.

At a recent Transportation and Public Works committee meeting, some representatives of City Council made it clear they were not thrilled with the idea of more (expensive) LRT tunneling. In fact, when another community league president tried to compliment the proposal, saying his community was happy with the mid level bridge, as it would have the line running underground through their neighbourhood, he was roasted by the Mayor. I'm hopeful City Council may come around, as it appears that the cost of a longer, high-level bridge would actually be about the same as a mid-level bridge with the extra tunneling.

Of course, any University Avenue/87 Avenue bridge would have considerable impact on the river valley parks system. Buena Vista Park has one of the most heavily used dog off-leash areas in Edmonton and is also home to a busy hot air balloon launch area and other activities. There is also a steady stream of joggers, walkers, strollers, bicycles and what-have-you between Hawrelak and Laurier Parks. It is hard to imagine a bridge there being greeted with much joy.

What about the Quesnell alignment? Well, the City seems to have shot itself in the foot by doing the planning for south LRT (SLRT) without consideration for a potential WLRT link to South Campus. According to their plans, the SLRT will have a train every two and a half minutes during the peak periods. Vehicular traffic projections indicate that they could just barely handle that

volume at the level crossing at 114 Street and University Avenue – wait until you hear McKernan and Belgravia erupt over the new intersection design – let alone any increase in traffic from the WLRT. Can you imagine how the intersection would work with a train every minute and fifteen seconds?

What will happen next, we do not know. We can say that any West LRT is a long way off. How long, we do not know. Alas, we live in interesting times.

Now for some other news.

There is still nothing new on the proposed VOCO redevelopment of the strip mall between 117 and 118 streets. Hard to say if this is good news or bad. We would like to see the strip mall redeveloped, as it is getting run down. Ideally, we would like to see another neighbourhood commercial development, perhaps with a top floor of apartments. Unfortunately, our dealings to date with VOCO have not been particularly cordial. There may well be some tough negotiating and lobbying to do if and when VOCO does decide to proceed.

We have been having some troubles in our park and at our school. Someone young and bright actually lit a fire on the roof of the school! The only way to

ensure a safe park is for us to use it. If you are going for a walk, make part of it through the park. If you are going for a drive, have a look in the park as you go by. If you see anything suspicious then call the police non-emergency line at 423-4567 and report it. Nosy neighbours make for safe neighbourhoods!

Winter is almost upon us and I would like to remind you please to be prompt about removing ice and snow from your walks. Your neighbours depend on you to be able to walk safely through their community. If you notice a sidewalk that is not being properly cleared, you are free to call the Planning and Development Department's Complaints and Investigations Section at 496-3100. You will have to give your name and address, but the information will not be given to the offending property owner.

That about wraps it up for now. I would be delighted to hear from anyone on these or any other issues in Windsor Park. My phone number is 433-1270 and my email address is jbcollier@shaw.ca

---John Collier, Windsor Park
Community League President



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Edmonton

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Terwilliger Park

The EFCL has a long tradition of defending the integrity of city parkland in general and of river valley parkland in particular. Those river valley parks form a jewel in Edmonton that is matched by very few municipalities in North America and they are there largely as a result of public pressure to remove heavy industry such as gravel pits, garbage dumps, and the Rosedale Electrical Generating and Transmission Facility. Population pressure now means that Terwilliger Park is receiving increasing scrutiny.

Public consultation on Terwilliger Park arose from the passionate response by current park users to plans to drive a paved trail through the southern part of the park. This proposal was a logical outcome of the Ribbon of Green Plan approved in 1990, but the use of bulldozers to open a piece of forest south of John Jansen Nature Center and to level steep slopes in Terwilliger Park, struck a jarring note with Edmontonians. The dog walkers and mountain bikers of Terwilliger Park also feared that their use would be threatened.

The central issue is to what degree Terwilliger Park ought to be developed; presently it's a wild area with very limited accessibility for the handicapped and for organized recreation. Many people from all parts of Edmonton, Sherwood Park, and St. Albert come to Terwilliger Park to walk their dogs, but Terwilliger Park is much more than a place for dogs to play. It has also seen everything from filming of that abysmally bad movie "Santa's Slay" and a bush navigation exercise by the Canadian Forces, to orienteering, foot, and mountain bike races. The Klondike Raft Race always starts from Terwilliger Park. The voyageur canoe trips that introduce students to the view of Edmonton from its river begin there all summer long.

Since it was abandoned thirty years ago, the old gravel pit has acquired an amazing

variety of plants and wild life. It has become an oasis in the bustling city. Tundra swans, eagles, hawks and coyotes show up there. Beavers, muskrats, and porcupines are often seen and through benign neglect the dogs, mountain bikers, and people have learned to coexist with this ecology. Yes there are problems at times, but they can be and have been solved.

Leaving Terwilliger Park largely alone is realistic. Collection of the contents of dog waste barrels works very well; there are a few major mud holes that need attention; the road into the park needs a couple of culverts; and the parking lot needs a toilet facility that is not prone to being tipped over by night time hooligans. Reducing the degree to which the grass is mowed would save the parks budget some money and please those of us who feel gang mowers destroy biodiversity.

Terwilliger Park has 200,000 visitors in a typical year and since they are spread over all days of the week and all seasons of the year, there is no sense of crowding. As more Edmontonians discover the place (on foot by preference) they will find a resource like no other. Instead of forcing this place into a hypothetical over-regulated mold, let us watch the way it evolves and respond only when clear problems manifest themselves. There are no clear problems now and the park works; give it a little help, but other than that, leave it alone.

Leaving the area alone is very attractive for those who would save money. Not only does infrastructure cost, it implies an ongoing maintenance budget. Such moneys seem better spent helping communities develop and run their local parks and playground facilities. On the other hand, the Ribbon of Green grand project is a very attractive proposition. Perhaps a wild space fits into that concept.

--Edo Nyland

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	vacant			
Treasurer	Guy Woo	11712 Edinboro Rd	432-1885	guywoo@shaw.ca
Block Parents	Gabriella Maddelenz-Makar		430-1313	Gabriella.makar@shaw.ca
Building Rental	Ivy Neuhouse		433 2623	
Building Manager	Dave Austen	9023 Sask Drive	439-2612	
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	
Landscaping	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	Amanda Brisbois		439-3909	abrisebois@shaw.ca
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		
Rink Maintenance	Joe Miller	9247 – 117 Street	431-1585	
Soccer	Russell Makar		430-1313	rgrmakar@shaw.ca
Social	Melita Allan	9308 Edinboro Rd	484-8132	Gregor.allen@telus.com

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

Worried About Your Heart Health? Biofeedback Training Can Improve Heart Functioning.



Learn to reduce the negative impact of daily stress and negative emotions on your heart. Heart Rate Variability biofeedback training can help you reduce your blood pressure, stabilize your heart rhythms, improve your breathing, and balance your autonomic nervous system

**For more information, call
Dr. Horst H. Mueller, RPsych, CRHSPP
423-6633**

Season's Greetings and Best Wishes for the Holidays

**Councillor Jane Batty
Ward Four**

Phone - 496-8140
Fax - 496-8113
Email - jane.batty@edmonton.ca

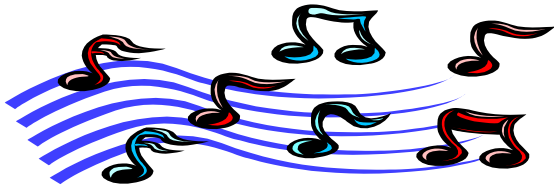


Day Care in Windsor Park

Spaces available in an approved family day home.

- Providing childcare in a comfortable family setting.
- Healthy meals and snacks.
- References available on request.
- Subsidy available.

Call 437-0932
Rose Harb

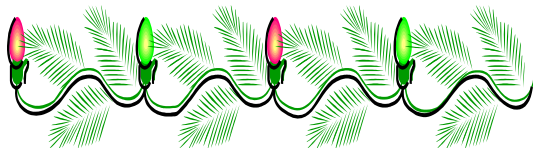


Windsor Park Christmas Carol Sing

**Sunday December 18
Community Hall
2 to 4 p.m.**

Come one and all for live orchestra, seasonal singing and a story from Jennie Frost! Refreshments will be served.

Although Lillian Upright moved from Windsor Park she especially wants to continue conducting the Christmas chamber orchestra. We have called those musicians that we already know, but please do not be shy. If you would like to join the orchestra please call Sarah Nyland at 433 2211. There is a one hour rehearsal for the musicians at 1 p.m.



Christmas with Kids

**Saturday, December 10
2 to 6 PM
Lister Hall**

Christmas with Kids is a party for the whole family where holiday joy is spread!

Visit Santa and Mrs. Claus, make some crafts, get some yummy holiday goodies, and watch a movie or two! We'd be delighted to see you for a few minutes or a couple hours!

Come and enjoy the holiday with your friendly neighbourhood Lister residents!

The Public Relations Committee
Lister Hall Students' Association



.PHARMACY CORNER

Pharmacist: Peter Mack

Be heart smart for a healthy future

While it's estimated that one in four adult Canadians has some form of heart disease or is at risk for a stroke, many are unaware or misinformed about the risk factors for cardiovascular disease.

Family history, high blood pressure and cholesterol can all play a role in the development of heart disease and stroke. However, a recent study by the Heart and Stroke Foundation found that of 1,200 adults surveyed, only one-third (34%) were able to name even one of these three risk factors.

It is estimated that of the 22% of Canadian adults who have high blood pressure, almost half (42%) are unaware of their condition. Of those who know they are suffering from high blood pressure, only 16% have sought treatment to bring it under control.

By working with your physician and pharmacist, you can do your part to protect your heart and reduce your chances of suffering from these conditions.

See your doctor or pharmacist on a regular basis to have your blood pressure and cholesterol levels checked. If you are taking medication to control your blood pressure, take it regularly as prescribed and if you are having difficulty sticking to a regular medication schedule, talk to your pharmacist about ways to help keep you on track.

Learn how to better cope with stress. Studies have shown that people who suffer from high or prolonged levels of stress have higher blood cholesterol and experience increases in blood pressure.

Diabetics are also at higher risk of cardiovascular disease, particularly if blood sugar levels are not kept in check. If you have not been diagnosed with diabetes but have a family history or the disease, ask your doctor to check your blood sugar levels. If you have been prescribed medication to control your diabetes, take it as directed and monitor your blood sugar levels regularly.

Smoking, excess weight and lack of physical activity also increase the odds of cardiovascular disease. Despite these risks, recent national

surveys have shown that 23% of the Canadian population still smoke, 48% are overweight and 55% are physically inactive. Talk to your physician or pharmacist about treatment options to help you kick the habit or get your weight on track. Follow a healthy diet that is low in fat, cholesterol and salt. Your heart will thank you!

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

Does your child have Attention-Deficit Disorder?



**Are you looking for
a Drug-Free
Treatment
Alternative?**

**Brainwave
Biofeedback is The
Answer.**

Brainwave or EEG biofeedback is a research-proven technology that helps individuals learn to control their own brain functioning to reduce distractibility and improve focused attention.

EEG brain mapping to properly diagnosis ADD and EEG biofeedback to treat ADD have both been endorsed by Dr. Phil on his TV show and website.

To obtain more information on EEG brain mapping and EEG biofeedback treatment for ADD children and adults, please contact Dr. Horst Mueller.

**Dr Horst H. Mueller, RPsych
Miramas Health Clinic
Whitemud Crossing
423-6633**

HANDKNIT PURE
ALPACA SWETERS



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.

Saturday, December 10, 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 info call: **Linda Haswell (780) 436-5732 Bev Edwards-Sawatzky (780) 433-3206**
NON-PROFIT REPRESENTATIVES www.minkhasweaters.com

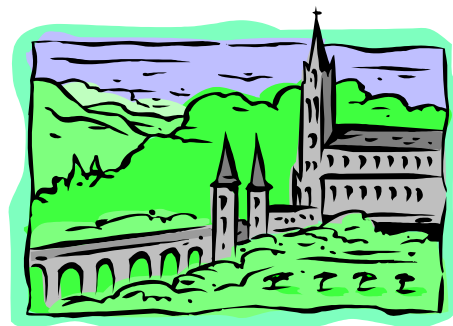
The WPCL Membership Drive

A huge thank you to all our 55 canvassers for WPCL's Membership Drive this autumn.

This year we had some new canvassers but the majority have been faithfully canvassing either on their home block or off-block for many years. If you have never canvassed please consider taking a turn next fall! It is a great way to meet/see your neighbours.

Thank you also to all those who took out a membership & or made a donation to WPCL. It is so important for residents of all ages to realise that we need a strong league membership both for the health of our community and for presenting a powerful case for the continuing work that the hard-working members of your WPCL executive do for you in their day to day dealings with many groups including the City, the University of Alberta and the Federation of Community Leagues as a whole.

--Sarah Nyland and Robert Gariepy



Holiday Rental in South of France Village

- Languedoc area near Montpellier and Mediterranean.
- Medieval house or studio apartment.
- Self Catering.
- From CDN\$350/week for 2 people.

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salliejohnson@shaw.ca



Beaver Flats

P O T T E R Y

7609 115 St., Rear 437-5254

30th Anniversary
Sale and Open House

December 1 – 2, 2005 10:00 a.m. to 8:00 p.m.

December 3 – 4, 2005 11:00 a.m. to 5 p.m.

December 5 – 7, 2005 10 a.m. to 6 p.m.

Discounts of 30 to 50%

Spend More – Save More

Spend over \$100, save 15% *

Spend over \$200, save 25%*

Spend over \$300, save 30%* and receive a BFP souvenir

* applies to regularly priced merchandise only

NO GST this week only

**TALES Edmonton presents
Stories and More Stories!**

**Tellabration 05
Friday, December 2, at 7:30 p.m.**

This evening of stories is for adults and older children, at the Stanley A. Milner Library Theatre.

Start your holiday season with this gift of stories from **Marie Anne McLean, Kathy Jessup, Nadine Bailey, Sheila Taylor, Twyla-Rae Guenette-Wachno, and Jennie Frost.**

Tickets \$10, or \$25 for a family of 2 adults and 2 children, available at the door or from TIX On the Square. This concert is a benefit for the Edmonton Artists' Trust Fund and is co-sponsored by the Edmonton Public Library. For more information, call Jennie at 433-2932.



**Story Café
Thursday, December 1, 7:00 –
9:00 p.m**

TALES Edmonton presents a story cafe at the Upper Crust, 10909 – 86 Avenue.

Storytellers **Kathy Jessup, Twyla-Rae Guenette-Wachno, Stephanie Benger, and Helen Lavender** will bring you **Home for the Holidays**—stories while you eat.

Cover charge \$5.00. For more information, phone Jennie at 433-2932.

Santa's Workshop

Holyrood Community League Hall
Greenfield Community Hall

9411 Holyrood Road
3802 114 Street

Join us for a Saturday afternoon of fun and creativity. We will make and decorate holiday crafts to bring Christmas cheer to your homes.

December 3 Ornaments and Christmas decorations (Course code 197461)

December 10 Presents for parents (197566 Holyrood; 197568 Greenfield)

December 17 Be an ELF? (197567 Holyrood; 197569 Greenfield)

Who: Children aged 6 to 12 Cost: \$17/Session Time: 1:00 – 4:00 pm

To register:

Call our Registration Line at 496-2966

In Person at any City of Edmonton Leisure Centre

On line at [eReg.edmonton.ca](http://ereg.edmonton.ca)

Jackie Parker Park Winter Festival

Jackie Parker Park 44th Avenue & 50th Street

Attention all families of South Edmonton. You are invited to the 2nd annual Jackie Parker Park Winter Festival! Enjoy a field trip to Jackie Parker Park for various winter activities. These activities include tobogganing, snowshoeing, sleigh ride, and many more cool winter activities.

Date: Thursday January 5, 2006

When: 1:00 pm – 4:00 pm Who: All Families Cost: Absolutely Free!!

An indoor & outdoor special event in Jackie Parker Park!

Special Event Activities Include

- ✓ Tobogganing (please bring your own toboggan)
- ✓ Snowshoeing
- ✓ Sleigh Ride
- ✓ Face and Snow Painting
- ✓ Ice skating (if ice is usable)

Free Snacks & Drinks will be provided!!

For more information about this event please call our Registration line at 496-2966. If the WEATHER is -20C or colder with the Windchill, the event will be cancelled!!



Edmonton THE CITY OF
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Windsor Park Community League CASINO

Palace Casino West Edmonton Mall
Monday March 6 and Tuesday March 7, 2006

This is our major fundraiser. Proceeds support all aspects of community activity, including advocacy, soccer, ice rink, league building rehab, and Windsor Park School Programs. We have supported other charities in the greater Edmonton community.

Volunteers are needed for all positions.

Less paperwork when signing up this year.

Just give us your name and availability.

Shifts are generally 11 AM to 7 PM (day) and 7 PM to 2 AM (evening)

Please	email	Ed Holmes	<esholmes@shaw.ca>
	fax	Ed Holmes	474-8001
	phone	Ed Holmes	432-0600
	mail	Ed Holmes	11902 – 89 Ave, T6G 1A3

Name	Availability
	Mon Mar 6 Tues Mar 7
	AM PM AM PM

Address

Phone

Any Position Preference?

Why not call some friends and spend a fun day or evening working our casino?

Hope to see you there,

Ed Holmes

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.

Next Community League Meeting

The Windsor Park Community League Executive will next meet on **January 16** @ 7:30 p.m. in the Community League building. Community members are

Looking for a Home

We are looking for a smaller home now that our sons are adults. We would like a two or three bedroom house. If we find a 'new home', our house on Saskatchewan Drive will be for sale.

Elizabeth Richards and John Clark
433 3782

Judo Uniform For Sale

- Mikado Size 4 (Looks like an adult small or medium)
- 100% Cotton
- Worn about twice—my son lost interest!
- \$35

Jean Frost 433 7472

Notice to Advertisers

Windsor Park Community League 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*
Send your ad via e-mail to jean_frost@yahoo.com

Requests from Residents:

Please pick up after your dog and deposit litter in your own garbage pail.

Please shovel your sidewalks.

Please remove leaves from roadway drains so puddles don't back up.

Thank you.

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 or deliver the material on disk to Jean Frost (433 7472).