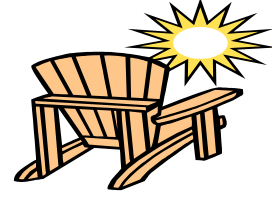




Windsor Park Community Newsletter



June 2006

Message from the President...

Council Considers Future of Edmonton's Trolley Bus Service

Did you know that Edmonton is the only city in North America with trolley bus service that is not renewing its fleet? While Vancouver is expanding its trolley bus system and has 228 low-floor trolley buses on order, Edmonton is again looking at eliminating its trolley buses.

Operating quietly and producing no street level emissions, trolley buses are community-friendly, and tend to have a higher ridership than diesel buses. And, when all environmental and cost considerations are weighed, their use of electricity and the greater efficiency of their motors make a compelling case for trolleys.

The Windsor Park Community League has written City Council supporting the continuation of Edmonton's trolley bus system. You can let City Council know your own opinion, by calling the Citizen Action Centre at 496-8200. More information on this issue is available from <http://trolleycoalition.org/> and <http://www.bettertransit.ab.ca/>

Quick News & Thanks

➤ Our March casino brought in a little over \$82,000, which will be used to help fund future community league activities. Thanks again to all the volunteers!

➤ The application to redevelop the old strip mall is now officially stale-dated.

➤ The West High Speed Transit Study is ongoing. Open houses are currently planned for the fall. The City's consultant has not yet reported on whether an LRT line can be built next to the Cross Cancer Institute.

➤ Spring has arrived and, along with it, quite a few development permits for new houses and renovations. A big thank you to our planning committee for reviewing all the plans and variance notices.

➤ The Play School bottle drive raised just over \$1200. Thanks to the playschool parents for their hard work, and, thanks to all of you for saving up your returnables.

➤ As the rink ice melts, the grass greens up. Thanks to Joe Miller for maintaining our rink over the winter and to Russ Makar for organizing soccer.

➤ After a few years' absence, the summer picnic is back, scheduled for Saturday, June 24. Thanks are due to Melita Allan, our new social coordinator.

➤ And, a big hand all around to all the coaches, editors, workers, organizers, cleaners, gardeners, litter collectors and others who work to make this a wonderful community.

Thoughts, complaints, questions? Call me at 433-1270 or email me at jbcollier@shaw.ca.

---John Collier, Windsor Park
Community League President



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	Ronnene Anderson	8738 117 Street	433-8632	anderpep@telus.net
Treasurer	Guy Woo	11712 Edinboro Rd	432-1885	guywoo@shaw.ca
Block Parents	Gabriella Maddelenz-Makar			
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	
Membership	Sarah Nyland	8954 Windsor Rd	433-2211	
	Robert Gariepy		433-7238	
Neighborhood Watch	Amanda Brisbois		439-3903	abrisbois@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	Kristi		429 3356	onefitnum@hotmail.com
Parking Program	Janet Sperling	9131 118 Street		
Rink Maintenance	Joe Miller	9247 117 Street	431-1585	
Soccer	Russell Makar		430-1313	rgmakar@shaw.ca
Social	Melita Allan	9308 Edinboro Rd	484-8132	Gregor.allen@telus.com

Please send changes to Jean.

6TH Annual Alberta Diabetes Foundation

Fun Run and Walk 2006

Saturday June 10th

Come out and enjoy a day with friends, running or walking to raise funds for diabetes research. The Fun Run and Walk will feature a 5 km run and a 3 km Walk circuit. So ... throw on your running or walking shoes, gather your family and friends, raise money through pledges, and run or walk towards a cure for diabetes.

Joining us is Sandra McCallum, an ultra marathoner and an Edmonton athlete. Sandy McCallum has become the first woman in the Western Hemisphere to race 1,000 miles through the hostile Sahara Desert! She marked this major milestone at the base of the ancient pyramids in Cairo, Egypt. This was the finish of another 150 mile ultra marathon that saw her place first in her age group! She placed 6th among women, and finished 30th overall among 100 competitors.

Start time: Saturday June 10th, 2006 at 8:30am. Pledges must also be turned in at this time.

Where: 2015 Oak St, Sherwood Park, (Broadmoor Lake Park) Alberta, Canada

3 km Fun Walk and 5 km Fun Run starts at 10:00 am

Hamburger and Hot Dog BBQ to follow

For further inquiries contact Valerie Goodman at valerie@afdr.ab.ca or 447-1451.



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**Councillor
Jane Batty**

WARD FOUR

**Wishing you a safe and
happy summer!**

2nd Floor City Hall
1 Sir Winston Churchill Square
Edmonton, Alberta T5J 2R7

Phone: 496-8140

Fax: 496-8113

Email: jane.batty@edmonton.ca

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Agent, Jarvis Realty, Westlock, AB
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email: pflick@telus.net.

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Do you know? The acute stage of frozen shoulder can be cured in 10 days instead of suffering for years. We've done it many times!

After being educated in **Shanghai TC Medical University** & with 22 years clinical practice experience, **our unique formulas & methods** we are able to give our thousands of patients surprising satisfaction.

1) "My mother had constant coughing bronchitis over 6 months, & drugs after drugs but nothing worked until Dr. Chen cured her." **Researcher of U of A Ms. A**

2) "I had constant shoulder & back pain for 5 years since the car accident until I had 4 treatments from you. It's really amazing!"—Miss. A **student of U of A**

3) "I had suffered 4 years with bad back pain which sent me twice to the emergency service until Dr. He gave it a proper diagnosis and your treatments put me back playing golf!"—**Family MD Dr. A**

4) "All the patients including my wife, I referred you to, were satisfied!"— **Sports Medicine Clinic Physiotherapist Mr. B**

We've great success with the following:

frozen shoulder tendonitis/bursitis	sciatica/arthritis, fibromyalgia
migraine/stress allergies/sinusitis	insomnia/fatigue menopause/PMS

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side-effects of chemo/radiation therapy
Any pains & more...

To check if our treatments are suited for your conditions.

Please call:

Dr. Cheng & Dr. He, TCMD, R.Ac. R.MT
238-5710 or 432-4157
Suite 606 College Plaza
8215-112 Street U of A



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

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



Beaver Flats

P O T T E R Y

Summer Solstice Sale and Open House

Saturday, June 24, 2006, 11:00 a.m. to 5:00 p.m.

Artists' reception, Refreshments served in the garden, weather permitting.

SUNDAY June 25 10:00 a.m. to 5:00 p.m.

June 26 – 30, 10:00 a.m. to 6:00 p.m.

- **Pansy Rings, Vases and other creative flower arranging tools**
- **Fabulous new Copper Red Ware**
- **All New "Bent Bowls" in several colors and sizes**
- **Outstanding selection of functional Stoneware Pottery**
- **New Willow Furniture from Greg Ani**

Discounts of 10 to 50% on all ceramics this week only.

Bring in this ad and pay no GST on purchases made during this event.

7609 115 Street, Rear

437-5254

info@pottery.ab.ca

Barnswallow Corner Farm, A Community Shared Agriculture (CSA) project

What You Get:

- ~ Weekly Delivery Of Fresh, Local, Naturally Grown Vegetables
- ~ Weekly Newsletter With Information About What's Grown Plus Preparation And Storage Information.
- ~ 30 Minute, Country Drive To Farm (From South Edmonton).
- ~ Organized Community
- ~ A Say In How Your Food Is Grown And A Hand In A Grassroots Effort Here's How...
- ~ Pay A One-Time, Seasonal Fee Of \$375 (Amount Of Vegetables Received Is Based On A Family Of 4).
- ~ Commit To 2 Days To Work In The Garden.
- ~ Pick Up Your Vegetables At The Drop-Off Location Once A Week (Located In Lansdown).

CONTACT MARGOT- 387 3588

Call to Action: Trolley Buses under Threat

Councillor Kim Krushell has announced that she intends to bring a motion before City Council in May to scrap Edmonton's trolley bus system rather than purchase new low floor trolley buses. If this is approved, the trolley buses would be replaced by diesel buses.

Edmonton's trolley system was recently valued at \$73 million (2002 Asset Assessment). It spans 140 kms and serves 46 communities in the city core. It would cost taxpayers \$13-15 million to tear the system down, plus additional costs for streetscape modification. This would be a significant capital loss to the citizens of Edmonton.

Unlike diesel buses, trolley buses release no harmful exhausts into our streets, and are quiet in operation. As we all know, oil prices are rising quickly

and experts foresee continued price increases. Many cities with large diesel bus fleets have had to cut transit service or raise fares to balance their budgets in recent months. Scrapping a system that doesn't depend on oil at this time is not prudent. Locally produced electricity offers greater price stability.

New trolley buses are available in Canada. They have low floors to offer easy access for disabled people, they are very reliable and can even travel away from the wires in emergencies or during construction. While they cost more than diesel buses, they last longer and have lower maintenance costs.

All other cities in North America with trolley systems either have or are getting new trolleys. Getting rid of the trolley system in Edmonton would be a big mistake. To voice your concerns, please contact your city councillor.

www.trolleycoalition.org

www.bettertransit.ab.ca



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Windsor Park Community Hall, 11840 87 Avenue

Saturday June 3, 2006 10:00 A.M. to 4:00 P.M.

**Purchase or order from a selection of vests, cardigans, pullovers, long
vests, coats, shawls & capes;**

All hand knit by the Minkha Women's Knitting Cooperative in Bolivia.

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 436-5732 or Bev Edwards-Sawatzky 433-3206**

www.minkhasweaters.com

Smart Money Management Tips for Single Parents

For a single parent, it is often difficult to stretch dollars from one pay cheque to the next, let alone save for rainy days or special purchases. There are 116,520 single parent families in Alberta, earning an average household income of \$32,765. Many are solely responsible for their household expenses and either work full-time or juggle two or more jobs to help make ends meet.

Credit Counselling Services of Alberta offers money management advice on budget, debt and credit issues. Fran Smith, Executive Director, says, "We understand the unique challenges facing single parents. We have many ideas that can help them better manage their budgets and maximize those precious dollars."

As a starting point, Smith suggests establishing a budget using your regular income to cover rent and living expenses like groceries, clothing and transportation.

Next, look at your supplementary income and determine where it is going. If you receive child support, use this toward seasonal expenses, such as insurance or school fees. Put a portion of it aside for savings to help cover unexpected expenses, or extra-curricular activities such as sports or music lessons. GST tax benefits, Child Tax Benefit and Alberta Family Employment Tax Credit are also supplementary income and can be saved for larger expenses. You can also use this income to get ahead by prepaying utility bills or buying grocery gift certificates to help you ease the burden during "leaner" months.

Is there an opportunity for you to make extra income from home? For example, if you sew, can you make clothes or decorating items for sale? If you have strong computer skills, could you provide administrative support to another business?

Finally, look for new ways to save

money. "For some single parents, time and money are at a premium, but there may be a way to form a network that will ultimately save you both," suggests Smith. "For example, can you offer another family house cleaning services in exchange for home repairs or lawn maintenance? Have a look at your talents and interests and then use them to help you budget and save."

While a budget is an important tool for all families, it is especially important for single parents, who often experience a few more "bumps in the road." The following tips offer some practical ways to help stretch your dollar:

Choose your work wardrobe carefully. If you need outfits for work, buy clothes that don't require dry cleaning. There are many washable fabrics that look good and won't cost you extra cash to keep clean. Choose clothes in neutral colours that can be mixed and matched to extend your wardrobe.

Be a savvy shopper. Visit used sporting goods stores for kid's sports equipment. Go to consignment, thrift and discount department stores for good deals on quality clothes. Buy clothing for next year at the end of the season to get fantastic deals. For example, a t-shirt that is usually \$20 may cost as little as \$3 at an end-of-season sale.

Offer salon services in your home. Learn how to cut your kid's hair. Trade pedicures or manicures with a friend, instead of paying spa prices.

Cook up a storm on the weekend. Processed and takeout foods cost more money and don't offer as much nutrition as foods made from scratch. Take a few hours on the weekend to make a variety of casseroles or a big batch of soup that can be frozen and reheated on those busy weeknights. Consider setting up a food swap with friends where you exchange food to add some variety.

Visit www.creditcounselling.com or call 1-888-294-0076 toll free to speak with a counsellor.

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Windsor Park Community League



ORGANIC MATERIAL FOR YOUR GARDEN

Date: May 23, 2006

To: Anyone Removing Organic Material from the Edmonton Research Station (ERS)
University of Alberta

From: Dr. Barry Irving, APO/Manager Research Stations
Dept. of Agricultural, Food & Nutritional Science, University of Alberta

Re: Disclosure of Hazards of Handling Organic Material

Welcome to the Edmonton Research Station, University of Alberta. The purpose of this note is to advise you of the cautions you need to take when handling and using organic material obtained from ERS.

All the organic material obtained from ERS originates from a manure base from our livestock operations. We blend manure from dairy, swine, poultry, beef and sheep with woodchips and shavings to initiate our compost process. The blended organic material is then aged and turned according to generally accepted methods. Although we test the final product to satisfy our own requirements for disposal we cannot guarantee the safety of the product beyond our boundaries.

If you are taking organic material from the ERS you should be aware that it is derived from a livestock manure base and you should be prepared to handle and use it accordingly.

We are recommending that anyone taking organic material from the ERS should follow good personal hygiene practices during and after handling. At a minimum this should entail protective clothing that are washed frequently and washing your hands with a disinfectant soap immediately after handling the material. Of course, you will be ultimately responsible for the decisions you make in relation to handling and using organic material from the ERS and should structure your activities accordingly. Your own personal situation might require a higher level of personal hygiene and we leave that up to you to determine.

The organic material you are receiving is also high in nutrients and should be mixed with soil to dilute it for plant growth. Again, you will need to use your own discretion in mixing as you will reap the eventual benefits.

Thanks again for your interest in organic material from the Edmonton Research Station, University of Alberta



Come and join the fun at the *Annual Windsor Park Picnic*

Saturday, June 24, 2006

3 p.m. onwards

- **Two Parks and Rec coordinators will be on hand in and around the Community Hall from to entertain children preschool to age 12 with games, face painting and other fun activities**



- **BBQ grills will be set up. Condiments, plates cups utensils, soft drinks and coffee provided by your Community League**
- **Bring a salad, casserole, bread, dessert or what ever you like to share and your own meat to grill. Don't forget your flippers & tongs!**
- **Make a special effort to invite new neighbours to this picnic — a great opportunity to get acquainted!**

**Rain or Shine,
we have plenty of room indoors if necessary!**

This is a free event for everyone in Windsor Park.



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.

Day Home in University Area

Home Space for 3 years and older children

Availability for September

Good Quality Care, Good Food and Lots of Outside Play

Experienced Provider

Call Rose Harb at 437 - 0932

Flea Market / Rummage Sale

Saturday September 9, 2006

St. Paul's United Church
11526 76 Avenue

Free Admission
Refreshments Available

Next Community League Executive Meeting

June 20th @ 7:00 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*

Send your ad via e-mail or on disk to jean_frost@yahoo.com (11626 Edinboro Road; 433 7472)

Newsletter Deadline

We welcome your articles & news! The deadline for newsletter submissions is the **September 15**. Forward your submission by e-mail to jean_frost@yahoo.com or deliver the material to Jean Frost (433 7472).