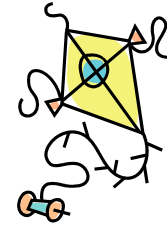


Windsor Park Community Newsletter



April 2010

Message from the President...

Windsor Park Community League has a website again!

Thanks to the hard work of Scott Delinger, we are again live on the web. Our temporary home is:
<http://www.altadel.com/windsorparkcommleague>

This address will be changing to either windsorpark.ca or some variation, depending on availability. The link above will be redirected to the new URL.

Many, many, many thanks to Scott for building and hosting the website. It will be very useful, especially in the next while, as the Park Redevelopment Committee starts its work.

Did Somebody Mention Parking?

If you are ever feeling a bit lonely and friendless, I heartily recommend writing an editorial on parking as a sure-fire way to meet people. I had dozens of emails and phone calls in response to the last newsletter item on visitor parking passes. It was both enlightening and good fun talking to residents, many of whom I hadn't met yet. The overwhelming majority of respondents told me they use and want to keep the visitor passes. Those who would like to see changes mostly live in areas bearing the brunt of the visitor pass abuse.

So, what happens next? First, the City has just announced a new parking policy whereby, on a third parking violation, the offending vehicle will be towed. This will be a boon when it comes to out-of-province vehicles whose owners don't seem to mind if the parking violations pile up. Secondly, I plan on arranging a meeting with the City to discuss if there

are any tweaks we could implement to make enforcement easier.

Also, I was delighted to have Evan Foster take over as Parking Coordinator. Our thanks to him and let's all see if we can work together to make sure he has very little to do!

Yeoman of the Rink

After years of yeoman's service, Joe Miller has stepped down as Windsor Park's Rink Manager. For longer than I have been a resident here, seldom has a cold winter's night gone by without finding Joe, and often his sons, working on our rink. Nights, that would have seen most of us curled up with a good book, in front of a warm fire found Joe out in the cold, flooding the rink with a fire hose! A whole generation of our children have grown up skating on his ice. Thank you, Joe, for all you and your family have done for the community.

Chemical & Materials Engineering Building Renovation and Expansion

Dr. David Lynch gave a detailed presentation at our February executive meeting on the renovation and expansion of the Chemical & Materials Engineering Building that is located next to the Windsor Car Park on 116 Street. The ongoing renovations to the current building are proceeding, two floors at a time, with more floor pairs to be scheduled as funds allow.

The proposed expansion would be on the north side of the current building towards the Windsor Car Park and over the present loading docks which would be retained. The side of the building facing the street will be set back the same distance from the curb as the

current building. Once the expansion reaches the height of the current building, it will be set back a further 60 feet. The proposed total height is 18 floors with a (small) possibility that it will be reduced to 14 floors.

Dr Lynch presented shadow studies, and I have copies of these as well as other drawings if anyone would like to see them. The expansion's narrow front facing Windsor Park means that the shadow will move at a brisk pace, with houses shaded for no more than 15 minutes or so and will, of course, be gone by noon.

The expansion depends on available funds, but things are in motion. The absolute earliest construction start would be very late this year. The University will have a community open house on the proposed expansion when plans firm up. Lastly, and thankfully, piles will be drill and poured. There will be no driven piles.

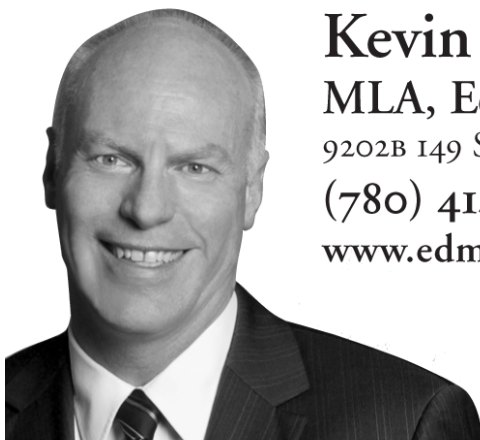
General Services Building Noise

Some years back an additional cooling unit was added to the west side of the General Services Building. It was a slap-dash affair that made one heck of a racket. The University responded to residents' complaints by building "acoustic fencing". Unfortunately, I was led to believe that the residents were satisfied with the noise levels after the fencing was put in place. Just last year, I learned in a chance conversation of the true state of affairs: the noise levels had hardly been reduced.

We are currently working with the University to have the offending additional cooling unit assessed for noise output and to determine ways and means of further reducing the racket. If you live near the General Services Building, I need to hear from you on this issue.

Please feel free to contact me with any issues or concerns you might have. I can be reached at :
780.433.1270
jbcollier@shaw.ca

---John Collier, Windsor Park Community League President



Kevin Taft,

MLA, Edmonton Riverview

9202B 149 Street Edmonton, AB T5R 1C3

(780) 414-0719

www.edmontonriverview.com

Your Voice in the Legislature

Community League Executive



Title / Role	Name	Address	Phone	E-mail
President	John Collier	8620 Sask. Drive	433-1270	jbcollier@shaw.ca
Vice President	John Wilson	8915-120 St	432-1042	jaydee.uu@ualberta.ca
Secretary	Ronnene Anderson	8738-117 Street	433-8632	anderpep@telus.net
Treasurer	Russ Makar	9127-118 Street	430-1313	rgmakar@shaw.ca
Bottle Drive	Sheri Samuels		433-3741	
Building Rental	Ivy Neuhaus		433-2623	
Building Manager	Dave Austen	9023 Sask. Drive	439-2612	
Casino	Betty Millar Melita Allan	9303 Sask. Drive 9308 Edinboro Rd	439-0130 484-8132	
Central Area Council/Planning	Elaine Solez	8711 Sask. Drive	431-0292	
Eye on the Futre/Planning	Elaine Solez	8711 Sask. Drive	431-0292	
Landscaping	Marilyn Gaa	9318 Edinboro Rd	432-7660	
Membership	Janet Millar	8620 Sask. Drive	433-1270	jlmillar@shaw.ca
Movable Sign	Sheri Samuels		433-3741	
Newsletter Editor	Jean Frost	11626 Edinboro Rd	433-7472	Jean_frost@yahoo.com
Nursery School			439-0919	
Parking Program	Evan Foster	8731 120	433-0646	esfz24@shaw.ca
Rink Maintenance	VACANT			
Soccer	Larry Burnstad	11003-85 Ave	445-4013	weslar@telus.net
Social	Gabriella Makar Jannine Otto Linda Toal	9127-118 St 8923-120 St 11632 Edinboro Rd	430-1313 439-4235 733-1377	
Web Master	Scott Delinger	8908 116 St	439-2912	scott@altadel.com



University of Alberta Research Project

We are presently conducting a study in the Physical Education and Recreation Faculty at the University of Alberta which looks at the influence of print advertising on physical activity. The purpose of this study is to determine how people view and process printed physical activity advertisements.

To successfully complete this study, we are recruiting members of the general public who are 55 years of age and older and who can volunteer 30 minutes. The study itself involves watching a series of print advertisements on a computer screen and then answering questions about what you saw.

If you're interested in taking part in our study or if you have additional questions about it, please feel free to contact Ivan Todosijczuk, research assistant, at (780) 492-9777 (or via email at ivan@ualberta.ca).

Windsor Park Play Space and Park Redevelopment

The Windsor Park Play Space Project is underway. Committees are in place but we're still looking for input, feedback and volunteers for this very exciting project. Your attendance is welcome at our next meeting: April 6th at 19:00 at the Windsor Park Community League Building. Visit us online at www.windsorparkplayspace.ca for more information or email Jody Harris at harrisjody@shaw.ca

In order to receive feedback from you, we will be conducting surveys in the near future about our community's playground and park redevelopment. If you would like to contribute to this and/or be kept informed of news and developments, please send us your email address and/or your home address:

Send it to:

harrisjody@shaw.ca or call 780-432-7332



LINDA DUNCAN, MP
Edmonton-Strathcona

10049-81 Avenue
Edmonton, AB T6E 1W7

Phone: 780-495-8404
Fax: 780-495-8403
Duncal1@parl.gc.ca



*Working on behalf
of our community*



University Branch of Bethune Oriental Medicine Center

11710 – 87 Ave. Edmonton, AB, T6G 0Y3 (780) 988 – 1188
www.bethune68.com

Dear Residents

University Acupuncture, Massage & Herbal Therapy Center is privileged for all the support received from Windsor Park residents, University professors and Alumni in the last three years.

We are pleased to inform you that we have partnered with The Bethune Oriental Medicine Center of Edmonton. The University Acupuncture is now a branch of the Bethune Centre.

Our center strives for top quality service therefore you will experience Traditional Chinese Medicine and Complimentary Medicine in our treatments. We are always innovating to serve you better.

This partnership will bring good changes at our Centre: more specialized practitioners that offer knowledge, skills, experience and dedication.

We invite you to visit our Clinic and explore our new services.

Traditional, Complimentary and Alternative services:

Acupuncture – Herbal Therapy – Tuina – Electromagnetic stimulation

Massage – Auricular medicine – Cupping – Guasha – Ear candling

Energy medicine – Diet Therapy – Facial rejuvenation – Infrared – Reflexology

Team members:

Dr. Frank Fu-Lin Wang, R.Ac. MD (China), PhD, Herbalist

Dr. Shusheng Tai, R.Ac. TCMD, PhD, Herbalist

Dr. Kenny Wenkai Zhang, R.Ac. TCMD, RMT, Herbalist

Dr. Ying Ling, Ac., TCMD, Herbalist

Dr. Xutian Wu, R.Ac. PhD, Herbalist

Dr. Xiaoning Wei, Ac., TCMD, Herbalist

Dr. Zong Chao Ling, R.Ac. MD (China), PhD, RMT

Dr. Cecilia Acat, Registered Acupuncturist

Mrs. Maria Linarez, Registered Massage Therapist



University Acupuncture Health Corner –SPRING 2010

In **Oriental Medicine**, the spring season is connected with the **liver**, it is the organ that allows the free flow of energy (Qi, Chi) and creates harmony within the other organs. If your liver is in disharmony you will experience symptoms like depression, frustration, pain, eye fatigue, skin disorders (like acne), allergies and so on. A good way to help clear this blockage of energy from the liver is by paying attention to what we eat and awareness of our emotional environment. To help the liver to regain its harmony we suggest eating more vegetables, lettuce, cereal grasses, asparagus and sprouts. In the spring we need to eat simple and eat less.

At the arrival of spring, you will be taking your precautions in regards to Seasonal Allergies. After a long winter, our tired bodies start backfiring allergens with antibodies. The allergy cycle begins: our cells release histamines, which are powerful substances that cause an inflammatory process. The release of Histamine has a negative impact in our body as it attacks its own tissues and you experience some of these symptoms: sinus discharge or congestion, asthma attack, itchiness, runny nose, hives and so on. Not only molds and pollen cause allergies, foods can also weaken our bodies.

Here are some helpful tips to lessen symptoms:

- Avoid allergens in your diet (Wheat products, refined pasta, breads are mucous forming, dairy and products exacerbate phlegm production. Denaturalized products like sugar is damp forming.
- After spending time outside take a shower especially wash hair
- Use a neti pot or nasal rinse to cleanse sinus of pollen
- Gargle with salt water to soothe sore throat.
- Do not dry clothes outside.
- Avoid early walks or late strolls as it is when pollen is released from trees and plants.
- Dust with a wet cloth, keep children outside when you clean.

Children need to enjoy being outside to play, parents are responsible for what they eat, if your child wakes up with a cough runny nose or is most time congested, keep in mind that it could be food related allergy, either dairy, wheat (refined flours), corn or sugar.

At our Center, we have a goal in mind, and that is to offer you a chance for change in your health ambitions. Good Health is the road to Happiness.

2010 Big Bin Events

The City of Edmonton is hosting Big Bin events for household items that can't be set out for regular waste collection. Twelve weekend events will be held in various locations throughout the City. City residents will be able to drop off items such as old couches, chairs, mattresses, and appliances free of charge. Computers and other electronics will also be accepted for recycling.

Note: Do not bring household hazardous waste like paint, varnish, household cleaners or batteries. Please take those items to an ECO Station.

All events will run from 9:00 a.m. to 5:00 p.m.

Date	Location	Address
May 1 & 2	Callingwood	17740 – 69 Avenue
May 8 & 9	Millwoods Town Centre	23 Avenue & 66 Street
May 29 & 30	Blue Quill	11304 – 25 Avenue
June 5 & 6	Woodcroft	13915 – 115 Avenue
June 19 & 20	Northlands	11203 – 73 Street
August 14 & 15	Callingwood	17740 – 69 Avenue
August 28 & 29	Blue Quill	11304 – 25 Avenue
September 11 & 12	Millwoods Town Centre	23 Avenue & 66 Street
September 18 & 19	Commonwealth Stadium	112 Avenue & 90 Street



Windsor Park After School Summer Program *Theme: Be a Star*

Windsor Park After School is once again planning a fun-filled summer with fantastic field trips, great games, activities and crafts for your school-aged child. To give you and your child an idea of what to expect this summer, please see the below for a fabulous week we did last year.

For more information call Ava or Ruth at 780-439-1456.

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:30-9:00	Free Play	Free Play	Free Play	Free Play	Free Play
9:00-9:30	Snack	Snack	Snack	Snack	Snack
9:30-9:45	Announcements	Announcements	Announcements	Announcements	Announcements
9:45-10:30	Story Creation for movie	Craft: Boogie Monsters	Craft: Musical Shaker	Craft: Colorful Sun Catcher Game: No Way Out!	Craft: Summer No Snow Globe
10:30-11:30	Set Design and Costuming	Field Trip: Street Performers Festival	Game: Dance Dance Revolution	Field Trip: Swimming @ Bonnie Doon Pool	Game: Wits and Consequences!
11:30-12:30	Lunch		Lunch		Lunch
12:30-1:00	Getting Ready		Field Trip: B Scene Studios Make your own CD!		Getting Ready
1:00-3:30	Rehearse and Film Movie & Share with the group		Game Show Day		
3:30-4:00	Snack	Snack	Snack	Snack	Snack
4:00-5:45	Free Play	Free Play	Free Play	Free Play	Free Play

“Immigrant Women’s Student Award

As part of our efforts to increase the education level of those women who have immigrated to Canada, the Faculty of Extension, at the University of Alberta, is offering a student award. This award will provide opportunities to four women per year to participate in programs offered by the Faculty of Extension. (The programs include: Human Resource Certificate, Management Development Certificate, Supervisory Development Citation)

Our goal is to increase learning opportunities in professional development to immigrant women so they can play a significant role in the workplace and community at large.

If you have questions about the award, or are interested in the Business Programs offered by the Faculty of Extension at the University of Alberta please visit our web-site at www.extension.ualberta.ca/business/index.aspx (under News & Events please click on the “Immigrant Women Award” link)

Please Note: The Application Deadline Date is: April 30, 2010

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Scona Pool

The good news about Scona Pool is that City Council has decided to keep it open for another year and attendance has increased under the new management.

The Central Area Council of Community Leagues, of which Windsor Park Community League is a member, has established a sub-committee to find ways to improve Scona Pool. The sub-committee is being organized by Rob McDonald, President of Strathcona Centre Community League and co-chair of the school council at Strathcona High School. The group is looking for members and for ideas.

If you are interested in being part of this group or if you have ideas for improving the pool, please contact Rob McDonald by phone at 780-433-1831 or by email at neufmcd@shaw.ca.

**Special 2010 offer for Windsor
Park community members
from the Northern River Karate**



**School (a
non-profit
association):**

**One month
of free
classes
(Yoga
classes included!)**

**Tuesdays, Thursdays & Saturdays
in the Belgravia Community Hall
(11540-73 Avenue)**

Get Fit, Feel Great!

**free Karate uniform on full
enrollment**

**for more information contact Ken
at kenanjen@shaw.ca or 780 707
3693**

www.ThreeBattles.com



Our Annual Summer Social

**Summer Sizzler
Windsor Park
Community Hall
Saturday June 5
3 p.m.**

Look for more details in the June
Newsletter.

Garneau United Church
*A congregation of faith and action
that welcomes all*

**11148 84 Avenue
Edmonton, Alberta**

**We invite you to join us for
Lent and Easter events:**

March 28: Palm Sunday

10:30 a.m. Worship Service with the
Procession of the Palms

March 29: 7: 00 pm. "A Holden Evening
Prayer", a musical vespers - Join in
simple song and reflection.

April 1: Maundy Thursday - 6:00 pm
Seder Supper

April 2: Good Friday - 7:00 p.m.
Tenebrae Service – service of
darkness

April 4: Easter Sunday - 9:00 a.m.
Easter Breakfast in the sanctuary -
10:30 a.m. Easter Communion
Service

For further information contact us at
780-439-2501 or garneauuc@shaw.ca

**St. George's Anglican Church
Spring Bazaar**

Here comes spring, and it's time for the
great St. George's Bazaar. This year we
are concentrating on the things you
REALLY need-like plants for your
garden, baking for your table, books for
your reading pleasure(St. George's book
selection is well known!),and a chance to
rest and relax with dessert and coffee or
tea, or a deluxe hot dog.

Come and have a good time with us!

St. George's Anglican Church
11733 87th Ave.
Saturday, May 15
9 am-1 pm



University News



The Green & Gold Community Garden
is looking for volunteer gardeners, and
would like people know about their
produce. Check:
(www.publichealth.ualberta.ca/green&gold.cfm)

The GO Centre will be having a public
open house on 20 April. The place will be
built by next summer! I suspect many in
our neighbourhood, and of all ages, will
find this facility of interest. For example, it
is to have a high quality walking floor that
ought to be better (physically) for seniors
than strolling in Southgate Mall. And
there are basketball, volleyball and
badminton courts. Their web site is
www.gocentre.com.

Windsor Park Preschool



- ◆ **We are accepting registrations for the 2010/11 school year now!**
- ◆ Join our fun and stimulating morning programs for three and four year olds.
- ◆ Our parent-run cooperative school has a fully-certified and experienced teacher plus a light-filled and large space for children to learn and play in.
- ◆ Call 439-0919 for more information about our school or visit our website at www.windsorparkpreschool.com.



WINDSOR PARK BOTTLE DRIVE



Reminder – Mark the calendar for **Saturday May 29, 2010**

Proceeds for this first community league-sanctioned bottle drive will go to Strathcona High School Theatre Dept's Edinburgh Fringe Festival fundraising efforts.



Please save those recyclables (including well-rinsed milk containers).

Place them in on your doorstep by 9:00 a.m. and attach this notice to the front of one of the bags.

If you do not have any bottles and do not wish to be disturbed, you can attach this notice to your mailbox with an X drawn through it.

If you want to donate your recyclables but have no storage space, or have any questions, please call Sheri at 433-3741.

(Based on the results of this drive, we will then plan future drives for various fund-raising groups).

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including Plumbing and
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**No Job Too Small
References**

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SOUTH OF FRANCE

Experience the charm of French village life in this medieval wine grower's house down a narrow, quiet street in the Languedoc town of Montagnac.

A two-bedroom house and a one-room suite are for rent in La Maison Rouge.

For more information
www.sjevent.ca
sjevent@shaw.ca

Bicycle crashes are the leading cause of brain injury in school-aged children. Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist or pedestrian. Remember – it is the law in Alberta that cyclists under the age of 18 must wear a helmet (and highly recommended for all ages).

Helmets should be CSA approved and worn during recreational activities such as skateboarding, in-line skating, or cycling.

Getting informed

- Wearing a helmet while cycling can prevent a serious injury or save a life.
- Brain injuries can cause permanent disability or death.
- Reduce your risk by always wearing your helmet.
- Replace any helmet that has been involved in a crash, even if it appears undamaged.

Community Hall

As you may know, we are looking at putting up mural(s) on the side(s) of our hall. The murals would be designed in conjunction with the school children. We are strongly considering hiring Theodora Harasimiw to do the project.

If you'd like to see samples of Theo's murals, go to her website (www.paintingtheo.ca), then select Galleries, then Murals. Most are indoor but the two at the centre of the bottom row of thumbprints are exterior.

A Smile

Q. What did the spider do on the computer?

A. Made a website!

Getting the right fit

- Take the time to properly fit and adjust your helmet to ensure maximum protection in case of a crash.
- When worn properly, helmets should fit level, not tilted up or down over the forehead.
- Helmets should feel snug, but not too tight. To test the fit, the helmet should not fall off when you shake your head from side to side while the straps are unfastened.
- Adjust the chin straps to form a “Y” below and slightly forward from the ears.
- Only one finger should be able to fit under the chin strap when it is fastened.
- Do not forget to use the sizing pads included with the helmet. They will help improve the overall fit and comfort.

Getting started

- Allow children to assist when buying their helmet. Cyclists who choose their own helmet are more likely to wear them.
- Start the habit early. Young children learning to ride tricycles need to wear helmets.
- Parents must lead by example: always wear your own helmet when cycling.

Editor's note

My apologies if I have left anything out of the newsletter. Our hard drive crashed, leaving me scrambling to retrieve information. I will put omitted items that are not out of date in the next newsletter.

I would also like to thank my husband John Shaw for proof reading newsletters. Also, thanks to John and anyone else who has been in the house when we have to fold the 500 newsletters.

Neighbourhood Rehabilitation Work

The City of Edmonton Transportation advises that Windsor Park is tentatively listed for street and sidewalk rehab in 2012 and 2013.

"Mourning Rollie Brusda"

Many Windsor Park residents didn't know his name until they heard that he had died. Weeks went by when there was no indication that our friendly, robust, efficient letter carrier wasn't on a well-earned vacation. Rollie was the first in the spring and last in the fall to wear shorts on his delivery route around the northern regions of Windsor Park for more than 10 years.

The memo that was delivered in our mail boxes read as follows:

"It is with great sadness that friends and co-workers of Roland "Rollie" Brusda announce that he passed away on Sunday, February 7, 2010 at the age of 51. You knew him as your faithful and reliable letter carrier for many years. He was well-liked by all who knew him and his passing was as devastating for us as it was sudden and unexpected. No memorial service was held for him as per his family's wishes. Messages of condolence may be sent to his wife, Carol Watkins-Brusda at www.evergreenmemorial.com. She has also asked that donations be made to the Heart and Stroke Foundation."

The neighbours of Windsor Park who are saddened by this loss may wish to remember Rollie together in a special way. Perhaps a tree, planted along his route with a plaque? Perhaps a charitable gesture? A message to his widow?

Those who are interested, may send their ideas to Marilyn Gaa, marilyngaa@telusplanet.net 780-432-7660

Newsletter Deadline

We welcome your articles & news! The deadline for the next newsletter submissions is May 21, 2010. Call 780 433 7472 or send your submission to jean_frost@yahoo.com.

Happy Trails

Jeff Allen Art Gallery
Strathcona Place Senior Centre
10831 University Ave

April 6, 2010 to April 28, 2010
Reception: Wednesday April 14, 2010
6:30 to 8:30 PM.

Artist Patt Nearingburg has captured with her cameras intricacies of light, deep rich colours, sheer raw power and breathtaking elements of nature. Exposure to weather and ruggedness of life reveal character in her photographs and provide a mirror to human emotion. Patt, being an avid photographer and not wanting to miss an opportunity, usually has a camera with her and this passion is evident in her documentary of travels in Canada and other parts of the world. Everyone is welcome to view this exceptional exhibit.

Best viewing hours for general public are 11:30 AM – 1:00 PM and 3:00 – 3:30 PM
Centre is open Monday through Friday,
9:00 AM – 4:00 PM
Call 780-433- 5807

Next Community League Meeting

The WPCL executive meets on the third Tuesday of every month excepting July, August and September. The meetings take place at the hall at 7 p.m. and are open to all.

Notice to Advertisers

Windsor Park Community League members can advertise personal items, such as garage sales, music lessons, babysitting services, etc. **FREE**.

Businesses can advertise a product or service in the Newsletter? Rates are:
Full page: \$60, Half: \$30.00, Quarter: \$15.00

The deadline for copy is the 3rd Friday of the month before publication.
Contact: Jean 433 7472
jean_frost@yahoo.com