

Windsor Park News

April 2 0 0 3

The Community Newsletter

SPRING POTHOLE CAMPAIGN

by Councillor Michael Phair

This Spring, Edmonton roadways have produced a rich crop of potholes. With the amount of snow and the freeze-thaw cycle over the past two months, Edmonton potholes are the worst in twenty years. Both the number of potholes and the size of the average pothole are much larger than usual. Like you, I know the roadways of Edmonton are vital and I don't enjoy the thought of losing my car in an extra big hole. We must do all we can to keep our city core in excellent shape.

On March 11, the City began a roadways Spring Cleanup and City Transportation crews are out working on the pothole problem 24 hours a day, 7 days a week in an effort to get as many potholes filled as possible. With that goal in mind, there will

be 10 crews out on weekdays, 5 crews for evenings and 5 crews around the clock on weekends repairing potholes.

As part of the pothole repair process, the ice buildup is first removed from the gutters to allow the melt water to run off the driving lanes and help dry the surface. Drainage Services has also been working with Transportation to open catch basins so the water will drain away. Then, a mixture of hot asphalt and a cold asphalt product are used for the repairs.

If you have any pothole questions, please contact Rick Millican's office in City Transportation at 496-2808. Or you can always call my office at 496-8146, or email me at michael.phair@edmonton.ca, or fax 496-8113.



GREAT HUMAN RACE

The Great Human Race is scheduled for **Saturday, May 10, 2003** at 10:00 am, with an expected attendance of up to 3000 participants walking or running through the Windsor Park area.

Please note **116 Street access will be closed for 30 minutes** on Saturday, May 10, 2003, commencing at 9:45 am and will re-open one lane only at 10:15 am.

The closure is from 87 Avenue to Edinboro Road.

For more information, please contact
Jenifer Christenson at 990-1000 or jchristenson@uway.ab.ca

Community League

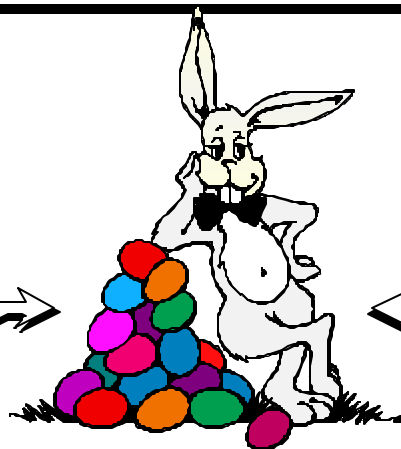
Roster

President	Edo Nyland	8954 Windsor Rd. edo@phys.ualberta.ca	433-2211
Past President	Ed Holmes	11902 - 89 Ave.	432-0600
Vice President	David Marples	11719 Edinboro Rd.	439-9912
Secretary	George Fitzsimmons	8910-117 St.	432-7357
Treasurer	Guy Woo	11712 Edinboro Road	432-1885
Block Parents	Liz Miller	9247-117 St.	431-1585
Bottle Drive	Ramona Kearney	8626 Sask. Dr.	433-9386
	Keith Goulden		
Building Rental	Sheri Samuels	--	433-3741
Building Maintenance	Roger Toogood	--	439-5255
Casino	Ed Holmes	11902 - 89 Ave.	432-0600
Central Area Council	Elaine Solez	8711 Sask. Dr.	431-0292
Community Relations	John Wilson		
Eye on Future/Planning	Elaine Solez	8711 Sask. Dr.	431-0292
Garden Club/Parks	Marilyn Gaa	9318 Edinboro Rd	432-7660
Lost & Found	Sheri Samuels	--	433-3741
Member at Large	Brian Silzer	9211 - 118 St.	434-5208
	Peter Schnurr	9210 - 117 St	433-3354
	Jim Stock		439-0964
Membership	Sarah Nyland	8954 Windsor Rd.	433-2211
	Robert Gariepy	--	433-7238
Neighborhood Watch	VACANT		
Newsletter	Linda Hallworth	9231 - 118 St.	438-2895
	e-mail: ianlinda@telusplanet.net	Fax: 439-7598	
Newsletter Dist./Ad Payments	Guy Woo	11712 Edinboro Road	432-1885
Nursery School	John Collier	8620 Sask Dr.	433-1270
Parking Program	Liz Miller	9247-117 St.	431-1585
Rink Maintenance	Joe Miller	9247-117 St.	431-1585
Soccer	David Alton	9207 - 117 St.	438-1009
Social	Marilyn Gaa	9318 Edinboro Rd	432-7660
	Ronnene Anderson	8738 - 117 St.	433-8632
Telephone	Willa Woods	8424 - 117 St.	433-8397
Transportation	Peter Wooding	8606 Sask. Dr.	439-8816

NEWSLETTER DEADLINE

Newsletter deadline for submissions are the **3rd Friday** of the month.

Please forward your submission by e-mail or on disk



NEXT COMMUNITY LEAGUE MEETING

Windsor Park Community League Executive meets the **3rd Tuesday of the month** @ 7:30 pm in the Community Centre.

Hair Plus 98 Ltd

... complete hair care

Paul ♦ Shanti ♦ Connie

... open tuesday to friday 9 to 5, saturdays 9 to 4

11706 - 87 Avenue
Phone 439-1284

PHARMACY CORNER

Pharmacist Peter Mack
Windsor Guardian Prescription Centre

PHONE 433-6636
FAX 439-3761

Articles courtesy of Pharmacy Practice, a professional journal

SOCIAL PHOBIA

Phobias are fears that cause people to avoid a particular topic, activity or situation. Individuals with social phobia (or social anxiety disorder) fear social get-togethers and become upset at the thought of attending such gatherings. They become uneasy, embarrassed or humiliated at the thought of public speaking, work-related meetings, using public washrooms or dating.

It has been estimated that 5 to 10 percent of the population are affected by social phobia. If their worries are not addressed, people with this condition may develop other problems including depression or substance abuse. Social phobia most often surfaces during the teenage years, although children as young as five and adults as old as 35 have developed the condition.

A combination of counseling (psychotherapy) and medications are used to treat social phobia. Various "homework" assignments are used including thought retraining, desensitization to the feared event and rehearsal of presentations. Medications called beta-blockers, may be taken shortly before (ie, one hour) giving a presentation. Antidepressants may also be useful, especially for those who are severely afflicted. For patients who become anxious when worrying about an event, short term use of anti-anxiety medications (benzodiazepines or buspirone) may be helpful.

For more information about social phobias, contact the Centre for Addiction and Mental Health www.camh.net, Canadian Mental Health Association www.cmha.ca and Canadian Centre on Substance Abuse www.ccsa.ca.

HAVE A BLOCK PARTY!

The momentum has been building . . . people are realizing that it is much better to know their neighbours than to live in isolation of them.

Need some ideas on how to set it up?

Then log on to www.edmonton.ca/comm_services and click on neighbourhood social and recreational services for a simple guide on how to organize a party.

No internet connection? Call the South Service Area at 496-5858 and a kit will be mailed out to you.

Want some first hand ideas on running an event?

Register for the Block Party Workshop to be held Thursday, April 24 @ 7:00 p.m. at the City Arts Centre 10943- 84 Avenue
Registrations are through the South Service Area
Call 496-5858.

**Keep it Simple. Make it Fun. Enjoy the rewards.
Get to know your Neighbours.**

MARK APRIL 26 ON YOUR CALENDARS!

St. George's Anglican Church
11733 - 87 Avenue will hold its

**Annual Bake, Bargains & Book Sale
on Saturday, April 26, from
9 am to 12 noon.**

Admission is free and coffee is served.

**All proceeds will be used for
an African outreach project.**

We will gladly accept books or "gently used" white elephants for the sale.

To donate, call the church at 439-1470 or Mary at 439-3534.



WANT A BUS TO STRATHCONA HIGH SCHOOL?

If you have children who will be attending Strathcona High School in 2003/04 and would appreciate more direct bus service, please send an email to barbkrahn@shaw.ca indicating your interest.

Depending on the response, we would like to approach ETS to establish a school special for the Windsor Park and Belgravia communities.

Please **respond before April 18, 2003** and include your name, address, phone number and the number of children who would use the service. Thanks for your support!

COMMUNITY NOTES

KARATE LESSONS

Youth beginner karate Saturday mornings, \$17.50/mo and adult beginner karate classes
Tuesday and Friday evenings, \$25.00/month.
James Freeman: 433-3807 or freejame@telus.net.

MOM'S MORNING MOVIES

See first run movies at South Edmonton Common. Starts 10:00 am the first Tuesday of every month.
The environment is feeding, sleeping, walking, rocking, changing, baby & mom friendly. The volume of the movie is adjusted accordingly. \$8.50 per adult.

SOLID OAK ROLLTOP DESK

Large 60 x 30 inch roll top desk with hutch for sale, manufactured by Jasper Canbinet Company.
Excellent Condition, asking \$1200.
Call Barry at 439-2275.

NEED A MATH TUTOR?

Math tutoring for junior high and high school students by experienced math teacher.
Contact Mrs. Sabac at msabac@shaw.ca or call 437-2517.

PARENTS' COALITION FOR EDUCATION

There are a number of Windsor Park parents working with other concerned parents in Edmonton to promote the issues of school education in the province. They have developed the following list of **5 Things Every Parent Can Do** to advocate on behalf of their child's educational needs:

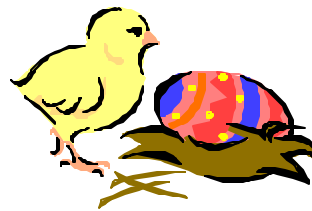
- 1 phone your MLA (**310 0000** to find out who)
- 2 phone the Legislature, **310 0000** or **310 4455**, to log your concerns
- 3 phone the Premier **427 2251**
- 4 phone the Minister of Learning **427 2025**
- 5 phone a friend to do the same

Chocolate Pots de Creme

Mary Griffiths has submitted her winning recipe from last month's **Chocolate Feast**. The recipe was originally given to her by her neighbour, Michelle Wilson and she would now like to share it with the rest of us:

250 ml whipping cream
150 grams bittersweet chocolate (*1 part Lindt Swiss Dark Chocolate (49% cocoa) and 1 part Lindt 70% Cocoa Chocolate*)
1 tablespoon dark rum

Optional Decoration:
125 ml whipping cream
1 teaspoon confectioners' sugar



Bring 125 ml whipping cream to simmer on stove. Remove from heat and add the chocolate in pieces. When melted, whisk in the rum and allow to cool. Beat 125 ml. cream until stiff and fold into chocolate mixture. Put into 4 (or more) small pots and refrigerate.

Decoration: Whisk 125 ml of whipping cream with the confectioners' sugar.

Serve with charlotte russe biscuits or "crispy rolled cookies" imported from Belgium.

SOCCER NEWS

Soccer registration took place in early March. There are now over 100 players registered with play to begin by the first of May.

Most teams are now full although we are **still looking for more players** in the **Under 6 group** (born 1997 or 1998) and **Girls Under 10 group** (born 1993 or 1994).

For more information contact David Alton at 438 1009 or davidalt@telusplanet.net.



Lister Hall's Annual
EASTER EGG HUNT
Saturday, April 12, 2003
1:00 to 3:00pm

at the Windsor Park Community
League Building

**Lots of fun activities
for the whole family!**

Admission is free, but please bring a donation for the
Edmonton Food Bank.



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 message to Windsor Park residents at very competitive rates. You may advertise in single or multiple newsletter issues. Payment is required prior to the monthly production deadline. **Please make cheques payable to the Windsor Park Community League.**

Send your ad via e-mail or on disk to Linda Hallworth
E-mail: ianlinda@telusplanet.net

RATES

Full Page	\$60.00	Third	\$22.50
Half	\$30.00	Quarter	\$15.00

