

Windsor Park Community Newsletter

December 2003

Christmas Carol Party

Sunday December 21, 2 - 4 p m
Community League Building



Carol singing, live chamber orchestra, hot chocolate, and refreshments!

This 20+ year holiday tradition will be held in the Community League building and residents, friends, and families are all welcome. Come share in some festive singing and holiday refreshments.

Admission is free but donations to the food bank will be appreciated.

Volunteers Needed

Lillian Upright, Sarah Nyland, and anyone else who wants to pitch in will organize the upcoming Windsor Park Christmas Carol Concert. If you can help with decoration or edibles your assistance will be more than welcome; phone Sarah at 433-2211.

Musicians

We have called those musicians we already know but please do not be shy if you would like to join the orchestra this year. Just let Sarah know you'll participate and what instrument you play.



Orchestral musicians have their *one and only* rehearsal at 1 pm on Dec. 21.



Community League Executive



Title / Role	Name	Address	Phone	E-mail
President	Edo Nyland	8954 Windsor Rd	433-2211	edo@phys.ualberta.ca
Past President	Ed Holmes	11902 – 89 Avenue	432-0600	
Vice President	David Marples	11719 Edinboro Rd	439-9912	
Secretary	George Fitzsimmons	8910 – 117 Street	432-7357	
Treasurer	Guy Woo	11712 Edinboro Rd	432-1885	guywoo@shaw.ca
Block Parents	Liz Miller	9247 – 117 Street	431-1585	
Building Rental	Sheri Samuels		433-3741	
Building Maintenance	Roger Toogood		439-5255	
Casino	Ed Holmes	11902-89 Avenue	432-0600	
Central Area Council	Elaine Solez	8711 Sask. Drive	431-0292	
Community Relations	John Wilson			
Eye on Future/Planning	Elaine Solez	8711 Sask. Drive	431-0292	
Garden Club & Parks	Marilyn Gaa	9318 Edinboro Rd	432-7660	
Lost & Found	Sheri Samuels		433-3741	
Membership	Sarah Nyland	8954 Windsor Rd	433-2211	
	Robert Gariepy		433-7238	
Neighborhood Watch	<i>Vacant</i>			
Newsletter Editor	Nicholette Anand	8468-118 Street	436-3143	anand3@shaw.ca
Newsletter Dist & Ad Payment	Guy Woo	11712 Edinboro Rd	432-1885	guywoo@shaw.ca
Nursery School	John Collier	8620 Sask. Drive	433-1270	
Parking Program	Liz Miller	9247 – 117 Street	431-1585	
Rink Maintenance	Joe Miller	9247 – 117 Street	431-1585	
Soccer	David Alton	9207 – 117 Street	438-1009	
Social	<i>Vacant</i>			
	Ronnene Anderson	8739 - 117 Street	433-8632	

The Community League website is available at the following URL:

<http://www.ualberta.ca/~edo/websiteWPCL/league.html>

Social Chair Needed

Although the Christmas concert is proceeding thanks to last-minute volunteers, other social events, like the annual sleigh ride, summer BBQ, and Halloween party, are on hold until someone, or preferably a couple of people, volunteers to act as Social Chair.

Marilyn Gaa has retired from this position after an outstanding 5-year stint, but she has created a comprehensive manual to help orient the new Social Chair. All you need to do is bring your imagination and flair for entertaining; the League pays the bills!

Membership Drive

We would like to extend a big "Thank You" to all 54 of our volunteer canvassers, several of whom were new this year. They did a wonderful and enthusiastic job covering the whole community, and their dedicated efforts help ensure that Windsor Park remains a strong and vibrant neighborhood.

Sarah Nyland and Robert Gariepy reported that 200 paying and 82 honorary Community League members were recruited this year. There were \$1,148 in donations, creating a grand total of \$6,502. Of 478 potential memberships, 59% joined, including the SWAT (South West Athletic Teams) hockey memberships from early August. We have the distinction of being one of Edmonton's most popular Community Leagues!

Citadel Tickets

Citadel tickets for discounted sale for one person for the following Sunday matinee performances:

- ♦ Feb 8th, 2:00pm "Stones in His Pockets"
- ♦ Mar 28th, 2:00pm "Wingfield on Ice"

The tickets are normally \$32.82, but I will sell them for \$20.00 each. Please phone 434-8186 if you are interested.



Tea Lounge

Have you done your Christmas shopping yet? Come and look at our Tea basket options. Serving over 200 types of Tea and a great selection of desserts.

Come and visit us at 11116 – 82nd Ave. We offer free half-hour parking vouchers for our customers in the covered parkade.

Hours of operation:
Sunday to Thursday 10:00 a.m. to 11:00 p.m.
Friday & Saturday 10:00 a.m. to Midnight

Beauty Therapy

Esthetic Service

in a charming home spa setting

Rebecca van der Giessen

434-7952

Skating Rink

The Heritage Classic Hockey games brought back attention to the value of our outdoor rinks in our communities.



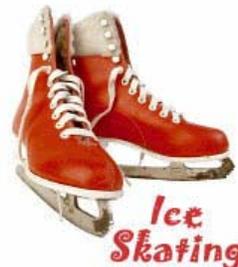
There they were, our hockey heroes, remembering how long ago they started their careers on an outdoor rink, whether in their back yards, the local pond or at their community rink. The fun of lacing up our skates and meeting our neighbors and friends at our local community rink has not changed. We just don't seem to do it as much as we used to. Whether it's a game of shinny, or skating around to our favorite tunes... we remember. That's why we all got so excited about the Heritage Classic! Will our families have these same memories of winter fun on the ice? Outdoor rinks are not just for our hockey heroes. We all can experience the snap of the ice,

the clean smell of being outdoors, getting some physical exercise and plain old traditional fun. If you haven't been there lately, get out to your local community outdoor rink. The benefits are endless!

---Courtesy of Diane Dunn, Community Recreation Coordinator, City of Edmonton---

Guidelines for Using the Rink

Windsor Park school has priority during the weekdays, so please yield the ice to them if they request it. Also, a schedule identifying when skating classes have booked the rink is posted on the change room door. Community League members have priority over any other groups and can ask them to share the ice as necessary. Finally, users are expected to shovel and scrape the ice as necessary. Happy skating!



PHARMACY CORNER

Pharmacist: Peter Mack

Windsor Park Guardian Prescription Center

Phone: 433-6636

Fax: 439-3761

Stop Shovelling Food and Start Savouring It

"Don't gulp your food—it's not a race!" Turns out, Mom was right. Wolfing down your food increases your chances of feeling the burn of acid reflux.



Gastroesophageal reflux, or heartburn as it is commonly known, is a condition that feels exactly like it sounds—a burning discomfort in the chest, just behind the breastbone. It's caused when acidic stomach juices flow backward into the esophagus.

Millions of people suffer from this condition, which occurs when the natural valve that keeps stomach acid in the stomach and out of the esophagus relaxes or is not functioning properly. While the stomach is naturally protected from the potent acids it produces to help the body break down food, the esophagus is not, so when these acids hit its skin-like lining, you feel the burn!

In addition to eating too quickly, other causes of heartburn include: being overweight; drinking acidic, alcoholic, caffeinated or carbonated beverages; eating fatty or acidic foods; lying down or bending over after eating; munching before bedtime; overloading on large portions; pregnancy; smoking; certain drugs; wearing restrictive clothing; and stress.

Left untreated, chronic heartburn can lead to gastroesophageal reflux disease

(GERD), a condition that results in inflammation or ulceration of the esophagus and can lead to symptoms of wheezing, hoarseness and chronic cough. In extreme cases, GERD

Gastro
Esophageal
Reflux
Disease

sufferers can develop Barrett's esophagus, a disorder marked by severe damage to the lining of the esophagus that has been linked to an increased risk of esophageal cancer.

Fortunately, a healthy lifestyle and proper medication can keep the burn at bay. Talk to your pharmacist or physician for advice on how to prevent or treat your heartburn.

---Article courtesy of *Pharmacy Practice*, a professional journal---

The Pottery Shed



11803-93 Ave.
Edmonton, AB
T6G 1B7
(780) 989-1778

Stoneware that is dishwasher-safe and microwave-safe.

Come by or pop in:
Monday thru Friday: 10:00am-6pm
Thursday: 10:00am-8pm

Artist: Lea Kohler
E-mail: leakohler@hotmail.com



The L.O.V.E. Project Presents:

Lister's Own Volunteer Effort

"Christmas for Kids"

Please join us Saturday December 13th from
1:00pm – 3:00pm as we celebrate Christmas
with the children of our community.

*The afternoon will be filled with Crafts, Cookie Decorating, Christmas Movies,
Story Telling, Christmas Carols, Wish Trees, Piñatas, and much more, including
free pictures with Mr. & Mrs. Clause!!!*

*We encourage all families with young children, between (but not limited to) the
ages of 2-10 to join us. There will be plenty of juice for the kids, coffee and tea for
the parents, and snacks for everybody!!!*

The festivities will take place in the "Alberta Room" of Lister Center, on the
Southwest corner of 117th street and 87 Avenue.

On behalf of the L.H.S.A., the P.R. Committee, and the L.O.V.E. Project,

Seasons Greetings!



Marc Matras
Vice President: Public Relations
Lister Hall Students' Association
(780) 492-8867 (W)
mmatras@ualberta.ca



Best Wishes for the Holiday Season

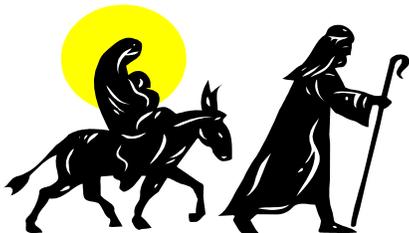
Councillor Jane Batty
Ward Four

I am interested in hearing from you regarding any issues or concerns you have.
Please call 496-8140
or email jane.batty@edmonton.ca



O Come All Ye Faithful *Christmas Services*

December 24 – 7 p.m.
December 24 – 11 p.m.
December 25 – 10 a.m.



St. George's Anglican Church
11733 – 87 Avenue
Phone: 439-1470
Email: stgeorges@telus.net

Christmas Day Camps

Numerous children's day camps and family recreation opportunities are offered over the Christmas break. Fort Edmonton Park has a Fur Trader Vacation, the John Walter Museum has a Candlelight Christmas, you can breakfast with the elephants at the Zoo, and *much much more*. For all the details, please refer to Diane Dunn's information posted on the Windsor Park Community League [website](#).

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 John Collier at 433-1270.

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.

Piano Lessons



Willing to teach piano lessons and exam preparation. Please call Robert Gariepy at 433-7238.

Next Community League Meeting

The Windsor Park Community League Executive will next meet on **January 20th** @ 7:30 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, Third: \$22.50, Half: \$30.00, Quarter: \$15.00

Payment is required prior to the monthly production deadline of every 3rd Friday.

Send your ad via e-mail or on disk to Nicholette Anand at anand3@shaw.ca.



Newsletter Deadline

Do you have news about our community? We welcome your articles! The deadline for newsletter submissions is the **3rd Friday of each month**. Forward your submission by e-mail to anand3@shaw.ca or deliver the material on disk to Nicholette Anand (436-3143).

Please note that, due to the holiday break, there will not be a newsletter in January.

Merry Christmas



HAPPY NEW YEAR