



# Windsor Park Community Newsletter

June 2004

## Update on Plans for the Windsor Park Shopping Centre Site

There have been a number of developments related to the Windsor Park Shopping Centre site in the last month.

- 1) An Edmonton physician has expressed serious interest in developing the Windsor Park Shopping Centre site as a high-end professional building, with emphasis on, but not restricted to medical practice, to your community league executive. The building would conform to current zoning of CNC and be 2 1/2 stories with underground parking. It could contain a pharmacy, coffee shop and an art gallery as well as professional offices. As there is an offer on the property subject to rezoning to build a condo, the physician can pursue this interest in earnest when the current offer expires.

Community members are asked to comment on this possible use of the site by reply to this e-mail or directly to any member of the executive or Land Use Planning Committee. It would also be helpful to discuss it with any Windsor Park resident who might not be on the e-mail list.

- 2) The City's Planning and Development Department offered to facilitate a charrette (a time limited negotiation with all stakeholders)

with the community league and the developer. As this is another opportunity to improve the proposed development so that it better addresses the community's concerns about density (height, traffic) and loss of neighbourhood services, the Land Use Planning Committee recommended and the Executive agreed to participate in a charrette. We are awaiting information on the ground rules for the charrette and the developer's agreement to participate.

- 3) The league has reacted to the developer's summary of meetings with the community. It has been posted on the league's website at <http://courses.eas.ualberta.ca/eas270/urbanplanning/>. (If this is a bit too much of a gulp for your typing skills, go to the WPCL website, follow the link to John Wilson's data on the project, and click on the point by point rebuttal button there).
- 4) A proactive position paper on the site and the re-zoning application is under development.

---Edo Nyland, WPCL President, & Elaine Solez, Chair of the WPCL's Land Use Planning Committee---

## Lost a Camera?

One was recently found in Windsor Park. To claim, call 439-0548.



## Candidates Forum

The University of Alberta Students' Union and the Garneau and Windsor Park Community Leagues are hosting a Candidates Forum. The Forum will take place on June 22<sup>nd</sup> on the main floor of the Students' Union Building on campus. The Forum will be located on the SUB Stage, which is just across from the food court, and will begin at 7:00 p.m. The debate will address all issues since everyone in the community is invited.

## Nanny / Housekeeper

Housekeeper / Nanny available mornings in Windsor Park. Excellent references. Call Sheri Samuels at 433-3741.

## Wanted: Three Community League Volunteers

The Community League requires three new members for the Executive. All the positions advertised below offer low pay

(OK, no pay) but lots of excellent opportunities to make a contribution to our neighborhood and to meet other community members.

### Building Rental Manager


We require an individual to rent the community league building to members for events such as birthday parties. If you are interested, please call Sheri Samuels at 433-3741.

### Newsletter Editor

We need an individual to co-ordinate and format all submissions for the monthly newsletter. A computer, computer skills, and basic writing skills are required. If you are interested, please call Nicholette Anand at 436-3143 or Guy Woo at 432-1885.

### Social Chair

We still need an individual or a small group of individuals to plan social events for our community. All you need is imagination; the League pays the bills and provides a comprehensive manual to help you get started.

 <p style="text-align: center;"><b>Tea Lounge</b></p>	<p><b>Steeps – College Plaza</b>  <b>11116 - 82 Ave</b>  <b>988-2386</b>  <b>Free ½ hr indoor parking on main level</b></p>
<p><i>Steeps is the only place to be to beat the summer heat. Our tasty iced Teas or blended drinks are the only drinks that quench the thirst and add that extra energy you need to cool off.</i></p> <p>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).</p> <p>Come to Steeps and realize the true value of a well Steeped Tea, traditional or iced.</p>	<p><b><u>Summer Special Events</u></b></p> <p><b>Steeps Folk Music Concert Series Continues</b> – come visit our Store for the schedule, this has become the jewel of folk music with a very elite group of musicians playing at Steeps</p> <p><b>Tea Leaf Readings by Anita</b> – every Tuesday evening by appointment only</p> <p><b>Hours of operation:</b>  Sunday to Thursday    10:00am to 11:00pm  Friday &amp; Saturday    10:00am to Midnight</p>

## PHARMACY CORNER

**Windsor Park Guardian Prescription Center**

**Pharmacist: Peter Mack**

**Phone: 433-6636, Fax: 439-3761**

### ***Choose Health when Eating Out***

The recent movement to a low-carbohydrate diet has caused us all to more closely examine the fuel we put in our bodies. Unfortunately, many of us use dining out as an excuse to eat horribly rather than healthily.

According to Statistics Canada, the average Canadian household spends about \$37 per week on food purchased from restaurants, a figure that represents 30% of the total amount spent on food per week. Here are strategies you can employ to ensure that eating out isn't always a nutritional cop out.

Choose a restaurant that can provide you with healthy options like a salad bar.

Avoid buffets, where the temptation to try a bit of everything and eat as much as you want can overpower your efforts to eat smart.



Try a salad or vegetable plate as an appetizer rather than soup or other dishes where salt and fat can hide. Use oil and vinegar instead of creamy dressings and limit toppings like cheese and nuts.

Choose foods that are baked, broiled, roasted, poached, steamed or barbequed instead of fried. If you must have fried, opt for canola oil, which is heart-healthy.

Substitute vegetables for rice or potatoes with your meal and ask for sauces on the side, so you can use a smaller amount. Mom said clean your plate, but if your portion size is too large, take some home instead.

When it's time for dessert, choose a dish that is low in sugar and fat, like sorbet, fruit cup, frozen yoghurt or gelatin. If you can't turn down a regular dessert, share it.

Chronic illnesses like diabetes and heart disease are all affected by what you eat. Talk to your pharmacist or doctor about what you can do to help prevent or better control these conditions through diet and exercise.

If you are otherwise healthy, but don't always eat as well as you should, talk to your pharmacist about vitamin supplements to ensure your body gets the nutrients it needs.

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

### **Summertime City Fun...**

The Edmonton 2004 newsletter is chock full of information not only about Edmonton's upcoming Centennial celebrations but also about the many other exciting and fun events happening throughout the summer. It tells you about parades, festivals, historical tours, museums, concerts, and much more. To view a copy online, go to <http://www.edmonton2004.com/datafiles/may.pdf> or go to [www.edmonton2004.com](http://www.edmonton2004.com) for more information.

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

## THE HERITAGE AMPHITHEATRE

### EVENTS AND PERFORMANCES 2004

#### MAY

<b>Event</b>	<b>Time</b>	<b>Date</b>
Elite Taekwondo Competition	12:30 pm - 3:30 pm	May 15
Amiskwaciy Graduation Ceremony	1:00 pm - 5:00 pm	May 29

#### JUNE

<b>Event</b>	<b>Time</b>	<b>Date</b>
Ellerslie Campus Bands	TBA (evening)	June 2
Gospel Choirs	TBA (evening)	June 4
Juvenile Diabetes Walk	8:30 am - 1:00 pm	June 6
Polish Cultural Festival	2:00 pm - 5:30 pm	June 6
Vernon Barford School Band	7:00 pm - 9:00 pm	June 8
McNally High School Awards	TBA (evening)	June 10
Leduc Composite High School Band	TBA (evening)	June 11
Nechi Institute Grad. Ceremony	10:30 pm - 7:30 pm	June 12
River City Shakespeare Festival	Matinee & evening performances	June 24 - July 18

#### JULY

<b>Event</b>	<b>Time</b>	<b>Date</b>
River City Shakespeare Festival	Matinee & evening performances	June 24 - July 18
Hire a Student (concert)	TBA	July 23
Concert in the Park (New Life Church)	12:00 pm - 3:00 pm	July 25

#### AUGUST

<b>Event</b>	<b>Time</b>	<b>Date</b>
Heritage Days Festival	Performances all day	August 1 - August 4
Concert in the Park (Church Group)	TBA (daytime)	August 7
Investors Group Appreciation BBQ	TBA (daytime)	August 12
Dixieland Allstar's Concert	1:00 pm - 6:00 pm	August 15

<b>Event</b>	<b>Time</b>	<b>Date</b>
Labatt's Blues Festival	Performances 1:00 pm-10:00 pm daily	August 20 - August 22
Millcreek Colliery Band	TBA (daytime)	August 26
Serbian Folklore Festival	TBA	August 27
Independent Music Festival	TBA (daytime & evening)	August 28
New Family Festival of Music	TBA (daytime)	August 29
Symphony Under the Sky	Performances daily	September 2 - September 6

### **SEPTEMBER**

<b>Event</b>	<b>Time</b>	<b>Date</b>
U of A Pep Rally	5:00 pm – 10:00 pm	September 7
Harvest Moon Christian Rock Festival	TBA	September 11-12
Concert in the Park (Church Group)	TBA	September 10

**\*\*NOTE:** Events and times may be subject to change.

**\*\*NOTE:** There may be events added to the schedule throughout the season.

**Contact: Tim Resaul**

City of Edmonton, Program Co-ordinator, The Heritage Amphitheatre  
 Ph: (780) 496-5835 Cell: (780) 920-1013, E-mail: [tim.resaul@edmonton.ca](mailto:tim.resaul@edmonton.ca)

# Councillor Jane Batty



***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  
 Ward Four**

**Email: [jane.batty@edmonton.ca](mailto:jane.batty@edmonton.ca)**

# Old Strathcona Integrated Service Team - June 2004 Update



Integrated Community Based Service Delivery

In October of 2002, City Council approved the establishment of the Old Strathcona Integrated Service Team (OSIST). Subsequently, representatives from City Departments, Edmonton City Police and Edmonton Public Library came together to form a cross-functional team that meets monthly to jointly address concerns in Old Strathcona. This Team has now been together for nearly a year and a half. To ensure that the team maintains a strong community connection, three community representatives from the Old Strathcona Area Community Council (OSACC) recently joined the Team and attended their first meeting in May, 2004.

One of the initial and ongoing tasks of the Team is to ensure the implementation of the mid and long term action plans that Jill Bradford Green, Whyte Avenue Co-ordinator, brought forward to and approved by City Council. One of those initiatives that the team is currently launching is the facilitation of a community based Task Force. The Task Force focus is “the long term financial viability of the mixed commercial complex of Whyte Avenue, while retaining the spirit, character, heritage and community wellness of the area”. The Team is pleased to announce that Jill Bradford Green is returning to help OSIST in completing this project. Stay tuned for more details.

The Team has also been involved with the community in areas such as bylaw enforcement, pedestrian safety, street cleanliness, adult outreach worker, panhandling, graffiti abatement and a temporary shelter for the homeless.

OSIST has an e-mail address: [osist@edmonton.ca](mailto:osist@edmonton.ca). If you have an issue that needs to be investigated by more than one department, your information should come to OSIST via e-mail when it is established, or the current Chair. However, if your concerns are within the purview of one department, you should contact that department’s hotline for most efficient service. Hotline numbers are listed in the City of Edmonton blue pages in the telephone book. Members of the Old Strathcona Integrated Service Team (OSIST) are:

Senior Management Sponsor	Rick Millican	496-2808
Planning & Development	Phil Fearon	496-5247
Planning & Development	David Schoor	496-6134
Community Services	Diane Dunn	944-5406
Transportation & Streets	Audra Jones	496-1790
Transportation & Streets	Allan Manson	496-4621
Edmonton Police Service	Cst. Bill Allen	984-0675
Emergency Response	Cpt. Kevin Jerrett	496-3850
Edmonton Public Library	Pilar Martinez, Chair	496-6894
Asset Management & Public Works	Ross Boutillier	496-6671
OSACC -Old Strathcona Business Association	Shirley Lowe	437-4182
OSACC -Old Strathcona Foundation	Liz Iggulden	433-5866
OSACC -Strathcona Community League	Ann Matheson (PT)	439-1501
OSACC - Strathcona Baptist Church	Miro Rak (PT)	439-3654

## Playschool

The Windsor Park 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.

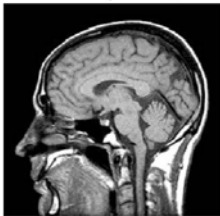


## MRI Study of Brain Development

**Are you interested in the brain?**

We are looking for healthy boys and girls aged 5 - 9 for an MRI study of brain development, and how it may relate to skills such as reading.

Children of all reading abilities are eligible (above, below and average).



Children will undergo an MRI scan and cognitive tests at no cost. Consent is required from both the parent and child, and the child's participation must be voluntary. If interested

contact Christian at 492 - 0908 or Lindsay at [snook@ualberta.ca](mailto:snook@ualberta.ca). Lunch and parking costs will be covered (\$25).

University of Alberta, Biomedical Engineering

## Flea Market / Rummage Sale

St. Paul's United Church  
11526-76 Ave.

Saturday, Sept. 11<sup>th</sup>, 2004  
8:30am to 2:30pm

Free Admission. We sell everything!



## Unique Character Home for Sale on Quiet Street

5-level split, approx. 2100 sq. ft. with many upgrades. Bright dining/sitting room, living room with slate fireplace, 3 bedrooms, modern kitchen with granite countertops, hardwood and ceramic tile floor with carpeted bedrooms, 1½ baths, 1 car attached garage, partially developed basement, sunny west-facing mature fenced perennial garden with large garden shed, cedar deck, flagstone patio, & koi pond. New windows, doors, roof & furnace. 50 x 150 ft. lot. Call Heather or Peter Schnurr, 433-3354. Address: 9210-117 Street.



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## How does your garden grow?

Come to church to nurture the seeds of faith and bloom.

**St George's Anglican Church**  
worship: 8 a.m. and 10 a.m.  
11733 – 87 Ave. Phone 439-1470  
[stgeorges@telus.net](mailto:stgeorges@telus.net)

Childcare available throughout the summer.  
Sunday school resumes in September.

## House Cleaning

I do house cleaning in Windsor Park. Call Anna Maria at 478-2075 and leave a message. I will call you back.

## Next Community League Meeting

The Windsor Park Community League Executive will next meet on **June 22nd** @ 7:30 p.m. in the Community League building. Community members are welcome to attend.

There will not be any meetings in July and August. Meetings will resume on Tuesday, September 21<sup>st</sup>.

## Newsletter at the Pharmacy

For your convenience, several copies of this newsletter will now be available each month in the Windsor Park Guardian Prescription Center.

## Notice to Advertisers

Are you a Community League member? Windsor Park members can take out a free quarter-page ad in this newsletter for personal items, such as garage sales, music lessons, etc.

Do you have a business, product or service you would like to advertise? Get your message out to Windsor Park residents in this newsletter at very competitive rates: *Full page: \$60, Half: \$30.00, Third: \$22.50, Quarter: \$15.00*

Send your cheque directly to the WPCL treasurer, Guy Woo, at 11712 Edinboro Road, T6G 1Z8.

Send your ad to the WPCL newsletter editor, Nicholette Anand, as below.

## Look for the Next Newsletter in September...

We welcome your articles and ads! The deadline is **August 21st**. Forward your submission by e-mail to [anand3@shaw.ca](mailto:anand3@shaw.ca) or call Nicholette Anand (436-3143). Word or PDF format is preferred.



**Have a wonderful summer!**

