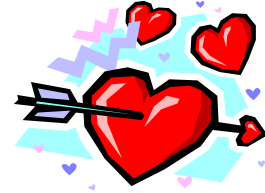


Windsor Park Community Newsletter



February 2006

Message from the President...

We need a total of 36 volunteers for our casino on Monday and Tuesday, March 6 and 7. The casino funds are important to the functioning of our league. Please call Ed Holmes at 432 0600 to volunteer.

Transportation Updates

I am starting to understand how a weather forecaster must feel. In the last newsletter, I gave you a detailed update on the West High Speed Transit study (WHST) and now, but a few months later, I am going to give you another, completely different, update. The similarities between the City's Planning Department and a particularly troublesome body of moist, Pacific air are at times startling.

The City has decided (dare I say been coerced?) to go back to square one, considering new options, as well as reconsidering options previously rejected. Potential west Light Rapid Transit and Bus Rapid Transit (LRT/BRT) alignments are now being considered in an area from the Whitemud Freeway itself north all the way to 111 Avenue. New approaches to South Campus are being considered as well, and a group of consulting engineers has been hired to consult properly with the Cross Cancer Institute.

Now, this change of events may seem to some to be bad news, but I feel it is the best news possible. It is far better that we spend another year or so properly investigating our options than

that we have ill-conceived certainties. Just to reassure the Windsor Park residents bordering on University Avenue, however, the chances of an *at-grade* LRT alignment running past the Cross and along University Avenue are very, very low. The University/Health Sciences group has already unequivocally ruled that option out.

In a related matter, the new South LRT (SLRT) line to South Campus has run into a bit of a snag. The intersection of University Avenue and 114 Street is not working well right now. The addition of an LRT train every two and a half minutes during rush hour would not help matters, even with the proposed extensive redesign of the intersection during SLRT construction. Add to this the possibility of the west LRT going through South Campus, and suddenly the University Avenue east bound right turn lane onto 114 Street would be backed up to Groat Road and 107 Avenue. It looks as though some sort of grade separation solution will be necessary, though the City seems to still be in denial. Look forward to more weather forecast-like updates coming to you soon.

And, in other news...

I hope you were among the lucky people who attended the Christmas Carol Sing. We were delighted, once again, to be led by Lillian Upright and accompanied by live music from talented Windsor Park residents. We were also pleased to have the children join in, not only in song, but also with various percussive instruments. I must confess that I was at first a little leery of

such noise making ability being entrusted to so many little hands. However, the children's artful use of bells, rattles and chimes only added to our joyful noise. I think another tradition has been started and will be enjoyed for many years to come. If meeting neighbours and friends in song wasn't enough, we were also treated to a marvelous Stephen Leacock story performed by Jennie Frost.

Many thanks to Melita Allan and Helen Lambert for organizing the refreshments. (I was delighted to find bird's nest cookies amongst the many offerings; an old, long-missed Christmas favourite of mine). And thank you to our musicians, Robert Gariepy, Joan Hube, Muriel Kuchison, Ed Gallagher, Peter Twiss, and John Jameson. Allison Neudorf, our playschool teacher, decorated the tree with the help of the children. Special thanks go to Sarah Nyland for making the many phone calls to get things rolling.

It may be a bit late when you receive this, but not too late as I write it, to wish you and yours the best for the upcoming year.

Please feel free to contact me with your concerns and comments. I can be reached by phone at 433-1270 and by email at jbcollier@shaw.ca.

---John Collier, Windsor Park
Community League President

Editors Note:

I had a couple of reminders from a reader. Should it snow, please do not shovel snow onto from the driveway onto the lane as the build up can cause problems. Also, please do not park in the lane — keep your vehicles on the driveways so as not to impede traffic.



**Feeling Stressed-Out?
Anxious and Depressed?
Trouble with Sleeping?
Want a Non-Drug Solution?**

Biofeedback is the Answer

Learn to better manage your psychological and physiological reaction to the day-to-day stresses of your life. Poorly managed stress is a major factor in the development of chronic degenerative diseases.

For more information call:

Dr. Horst H. Mueller, RPsych
Miramas Health Clinic at Whitemud Crossing
423-6633

SOCCER REGISTRATION WINDSOR/GARNEAU

Registration for the 2006 outdoor season will take place on Saturday, February 25th from 1 PM to 4PM at the Windsor Park Community League Hall.

- Registration is first come first serve. Space may be limited on some teams. Every effort will be made to place players on Windsor/Garneau teams; however, players and teams may be amalgamated with teams from other communities if a full team cannot be formed or more than a full team is registered.
- Community League membership is required to participate.
- The Youth Outdoor Season begins (weather permitting), the last week of April, and continues through to the end of June. Teams finishing first in their Division advance to EMSA City Finals the last weekend of June.

Team	Year of Birth	Game Times
Under 6 (mixed only)	2000 or 2001	Mon (practice)Wed(game) 6:15
Under 8 (mixed only)	1998 or 1999	Tues/Thurs 6:15
Under 10 (mixed or girls)	1996 or 1997	Mon/Wed 6:15
Under 12 (mixed or girls)	1994 or 1995	Tues/Thurs 6:15
Under 14 (mixed or girls)	1992 or 1993	Mon/Wed 7:30
Under 16 (mixed or girls)	1990 or 1991	Tues/Sundays 7:30/5:00
Under 18 (mixed or girls)	1988 or 1989	Thurs/Sundays 7:30

- Coaches and volunteers needed!
- For more information on soccer in South West Edmonton go to www.SWEMSA.com
- Youth referees needed (training provided, good pay)

For more information contact the soccer coordinator, Russell Makar at 430-1313, email RGMakar@shaw.ca

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	
Member-at-Large	David Marples	11719 Edinboro Rd	439-9912	
Membership	Sarah Nyland	8954 Windsor Rd	433-2211	
	Robert Gariepy		433-7238	
Neighborhood Watch	Amanda Brisbois		439-3903	abrisebois@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	Jannine Otto	8923 120 Street	439 4235	jannineotto@shaw.ca
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

*Note: All new contact information appears in **bold**. Please send changes to Jean.*



Windsor Park Community League CASINO

Palace Casino West Edmonton Mall
Monday March 6 and Tuesday March 7,
2006

This is our major fundraiser. Proceeds support all aspects of community activity, including advocacy, soccer, ice rink, league building rehab, and Windsor Park School Programs. We have supported other charities in the greater Edmonton community.

Volunteers are needed for all positions. Less paperwork when signing up this year. Just give us your name and availability.

Shifts are generally 11 AM to 7 PM (day) and 7 PM to 2 AM (evening)

Please email Ed Holmes <esholmes@shaw.ca>
fax 474-8001 phone 432-0600
mail 11902 – 89 Ave, T6G 1A3

Name Availability
Mon Mar 6 Tues Mar 7
AM PM AM PM

Address

Phone

Any Position Preference?

Why not call some friends and spend a fun day or evening working our casino? Hope to see you there.

All Natural Alberta Bison For Sale

Buy Fresh, Buy Locally In Your Neighbourhood
A Healthy Delicious Alternative

Our Bison is

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- Lean, low in cholesterol and fat and high in iron and taste
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10 and 20 pound packs, sides, quarters and custom order of more than 10 lbs available

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TALES PRESENTS

LIVING, LAUGHING, AND LOVING An Evening of Stories

Join TALES (The Alberta League Encouraging Storytelling)
for an evening of stories.

Stanley A. Milner Library Theatre
Friday February 10, 7:30 p.m.

Storytellers **Bethany Ellis, Renee Englot, Holly Gilmour, Pearl-Ann Gooding, Marie Anne McLean,** and **Kate Quinn** will delight you with stories true and fantastic about living and loving. Stories have been selected for adults and older children.

Tickets \$10, \$25 family ticket (2 adults, 2 children under 18).

This concert is a benefit for the **StorySave Project** of Storytellers of Canada/Conteurs du Canada. StorySave was begun to preserve the voices of Canada's storytelling elders. While authors leave books behind as an embodiment of their careers, when a storyteller falls silent all we have left is the memory of stories made vivid for us by the style and presence of the teller. StorySave records Canada's most notable tellers not just to save the stories but to preserve their unique voice and presentation. These are published on the StorySave website www.storysave.ca and by CD sets, which can be ordered from Storytellers of Canada/Conteurs du Canada.



A STORY CAFÉ
Thursday, February 2,
7:00 – 9:00 p.m.
(and the first Thursday
of every month)
Upper Crust,
10909 – 86 Avenue



February's Café features **Pearl-Ann Gooding, Stephanie Benger, and Billy Joe Laboucan** telling stories about Family, Fools, and Wisemen. There will be one open mike spot for a member of the audience to tell (not read—no notes) a 5-minute story. Cover charge \$5.00. Story Café can get crowded—try to be there by 6:45 and know that we may ask you to share tables.

For more information about the concert or about StorySave or the Story Café, phone
Jennie Frost: 433-2932.



Mark
Your Calendar
2006 WPCL



Valentine's Family Skating Party Sunday February 12, 2 to 4 p.m.

Please join us for the
2006 Valentine's Family Skating Party
at the Windsor Park Community League outdoor Rink.

There will be lots of hot chocolate to keep us warm
and you are invited to bring an edible Valentine's Day
treat to share with your WPCL families and friends.

Come join the Valentine's fun!

*Wishing all of Edmonton-Riverview
a happy and prosperous 2006!*



Kevin Taft, MLA

Leader, Alberta's Liberal Opposition

(780) 414-0719

www.edmontonriverview.com



Access to Recreation Strategy for Low-income Edmontonians Update

Community Services is pleased to advise that the *Access to Recreation Strategy for Low-income Edmontonians* went into effect January 1, 2006. This City Council approved program is already seeing great success. Please feel free to incorporate this information in any public materials you create where the audience would benefit from the program. If you do incorporate the information, please advise Rhonda Flores at 944-7730.

New Leisure Access Program

Beginning **January 1, 2006**, the new ***Leisure Access Program*** (previously known as the Fee Reduction program) is available for individuals who experience low-income to access City of Edmonton Recreation Facilities.

Opportunities

The ***Leisure Access Program*** allows qualifying individuals and families that reside in Edmonton, **unlimited free admissions** to any City of Edmonton recreation facility. The ***Program*** also allows adults and seniors access to **3** registered programs per year at 25% of the regular cost and children and youth **4** registered programs per year at 25% of the regular cost (one round of golf is considered as one registered program and a tee time must be booked in advance).

Qualification

Individuals can qualify one of two ways:

1. If individuals are on government assistance and have a valid **Health Benefits Card issued from the Government of Alberta** (different than an Alberta Health Card) then they automatically qualify for the program. They can just go to any City of Edmonton recreation facility, show their valid **Health Benefits Card** and current photo ID and they will be eligible to access the ***Leisure Access Program***.
2. If individuals **do not have a Health Benefits Card** but fall below the Low-income Cut-off line, then an application form must be completed.

Current Fee Reduction Cardholders

If individuals are current Fee Reduction Card holders as of January 1st, 2006, they automatically qualify for the new program beginning immediately until their expiry date is reached. After that, they must go through one of the two qualification processes listed above.

For more information or to obtain an application form, please visit our website at www.edmonton.ca (search for “Leisure Access Program”) or call 496-4918.

Note: This is an update on one component of the Strategy “Leisure Access Program” (previously known as the Fee Reduction Program).

City of Edmonton Recreation Facilities include:

Sport and Fitness Facilities

Kinsmen Sport and Fitness Centre	9100 Walterdale Hill	944-7400
Commonwealth Sport & Fitness Centre	11000 Stadium Road	944-7400

Community Leisure Centres

Millwoods Recreation Centre	7207 - 28 Avenue	496-2900
ACT Aquatic and Recreation Centre	2909 - 113 Avenue	496-1494
Bonnie Doon Leisure Centre	8648 - 81 Street	496-1915
Peter Hemingway Fitness and Leisure in Coronation Park	13808 – 111 Avenue	496-1401
Confederation Leisure Centre	11204 – 43 Avenue	496-1488
Hardisty Leisure Centre	10535 – 65 Street	496-1493
Grand Trunk Leisure Centre	13025 – 112 Street	496-8761
O'Leary Leisure Centre	8804 – 132 Avenue	496-7373
Jasper Place Leisure Centre	9200 – 163 Street	496-1411
Londonderry Leisure Centre	14528 – 66 Street	496-7342
Eastglen Leisure Centre	11410 – 68 Street	496-7384

Special Collection Facilities

City Arts Centre	10934 – 84 Avenue	496-6955
Fort Edmonton Park	Corner of Fox Dr & Whitemud Drive	496-8787
Valley Zoo	Buena Vista Road & 134 Street	496-8787
Muttart Conservatory	9626 – 96A Street	496-8787
John Janzen Nature Centre	7000 – 143 Street	496-8787
John Walter Museum (no admission charged)	10440 – 108 Avenue	496-8710
Prince of Wales Armouries (no admission charged)	10661 – 91A Avenue	496-8787

Arenas (all public skate times are free – Phone 496-4999 for times)

Castledowns Arena	11520 – 153 Avenue	Kenilworth Arena	8311 – 68A Street
Clareview Arena	3804 – 139 Avenue	Londonderry Arena	14520 – 66 Street
Confederation Arena	11204 – 43 Avenue	Michael Cameron Arena	10404 – 56 Street
Coronation Arena	13500 – 112 Avenue	Mill woods Arena	7207 – 28 Avenue
Crestwood Arena	9940 – 147 Street	Oliver Arena	10335 – 119 Street
Donnan Arena	9105 – 80 Avenue	Russ Barnes Arena	6725 – 121 Avenue
Glengarry Arena	13340 – 85 Street	South Side Arena	10525 – 72 Avenue
Grand Trunk Arena	13025 – 112 Street	Tipton Arena	10828 – 80 Avenue
		Westwood Arena	12040 – 97 Street

Golf Courses (one round of golf is considered as one registered program and must be booked in advance)

Victoria Golf Course	12130 River Road	496-4900
Riverside Golf Course	8630 Rowland Road	496-8700
Rundle Golf Course	2902 - 118 Avenue	496-4914



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- Medieval house or studio apartment.
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- From CDN\$350/week for 2 people.

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Tea Lounge

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

PHARMACY CORNER

Pharmacist: Peter Mack

Reduce the risk of birth defects

If you are a woman planning pregnancy, there are measures you can take to reduce the risk of particular birth defects in your unborn baby.

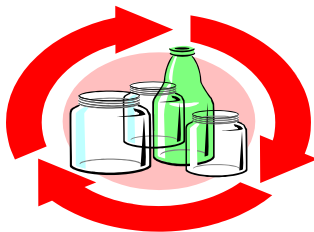
Taking a daily folic acid (a B vitamin) supplement before and after becoming pregnant can help reduce the risk of neural tube defects (NTDs). (Folic acid also occurs naturally as folate in green, leafy vegetables, citrus fruit and legumes.) NTDs are serious abnormalities that occur when the neural tube (the part of the developing baby that eventually becomes the brain and spinal cord) fails to develop normally during the early weeks of pregnancy.

The most common NTD is spina bifida, a condition that occurs when the spine does not fully develop, exposing nerves to damage and often resulting in severe physical disabilities.

Before attempting pregnancy, consult with your doctor who can determine the proper dosage of folic acid for you. Your pharmacist can answer any questions you might have about when and how to take folic acid, and help you choose the right supplement for your needs.

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

Bottle Drive



The Playschool will once again be holding a bottle drive in April. Look for a flyer in your mailbox for the date. Your support is appreciated.

Does your child have Attention-Deficit Disorder?



Looking for a Drug-Free
Alternative?

Brainwave Biofeedback is
the Answer.

For more information, call:

Dr. Horst H. Mueller, RPsych

Miramas Health Clinic at Whitemud Crossing

423-6633

Relations With Your Adult Children Drop In

- A free group for men or women, 60+ who are having challenges with their adult children.
- Combines education with support through discussion to identify safe relationships, learn communication and limit setting skills.
- We meet on the first and third Tuesdays of every month from 1:30 – 3:30 P.M.

For more information and location contact Grace at 496 5919 or Jeannette at 496 5942.

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.

Engineers Without Borders Campaign “0.7% for Global Prosperity”

As you are all likely aware, every Albertan is soon receiving a \$400 “prosperity cheque” from the provincial government. Engineers Without Borders thought the prosperity cheques would provide a great opportunity to show the Government of Canada that we, as Canadians, would like to see money from our surpluses going toward international aid. A number of student groups have come up with a campaign, asking Albertans to donate 0.7% of their \$400 prosperity cheques towards international aid and development (amounting to \$2.80 per cheque). The focus of this campaign is showing that Albertans are concerned about international aid and development and the fight against poverty, disease, and infrastructure inadequacy.

For more information, please see the Engineers Without Borders web page at www.ewb.ca

By Maggie Bosse and Tyler Golly

Next Community League Meeting

The Windsor Park Community League Executive will next meet on **October 19 @ 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, Half: \$30.00, Third: \$22.50, Quarter: \$15.00*

Payment by cheque can be sent directly to the League treasurer, Guy Woo.

Send your ad via e-mail to jean_frost@yahoo.com or deliver to 11626 Edinboro Road.

Newsletter Deadline

We welcome your articles & news! The deadline for newsletter submissions is **March 17**.

Forward your submission by e-mail to jean_frost@yahoo.com or deliver the material to Jean Frost (433 7472)).

Last Thoughts

Do 1000 milliliters of wet socks equal 1 literhosen?

Is 1 millionth of a fish equal to 1 microfiche?

Is the time between slipping on a peel and hitting the pavement equal to 1 bananosecond?