

# Windsor Park Community Newsletter



October 2006

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## Message from the President

### West High Speed Transit LRT Update

The University Avenue LRT alignment feasibility study being done by the City's consultant and the Cross Cancer Institute is nearing completion, and a few early results have been released to the WHST stakeholder committee. First, please remember that this is just one of the possible west LRT alignments, that, with this alignment the west LRT will be underground by 115<sup>th</sup> Street, and that there will be no expensive tunneling as cut and cover will be employed.

There is good news, though it is bad news for McKernan/Belgravia: an LRT alignment along the north side of University Avenue (that is, in Windsor Park) is not possible. The LRT *could* run on the south side of University Avenue with the Cross's current equipment. However, the Cross is going to be doing some upgrading and then, even a south side of University Avenue alignment will not be possible without extensive shielding. Right now the City's consultant is costing the necessary shielding. If the cost is prohibitive, a University Avenue LRT alignment will not be considered.

## Rash of Break-Ins Over the Summer

One of our residents had the misfortune of a house break-in during the summer. Others have reported garage break-ins. The only good news is that the police found two people in flagrante delicto, and the break-ins have subsequently stopped. Apparently, a particularly wild party, hosted at one of the local rental properties, may have introduced the culprits to our area.

I would caution all residents to properly secure their houses, garages and vehicles. It is worth noting that only houses without security systems have been targeted in recent incidents. An unlocked or, worse, open garage is an invitation for thieves. A rash of car break-ins during Heritage Days resulted in garage door openers being stolen, leaving the thieves with easy access to garages, and possibly houses. Garage door openers should be kept out of sight; even better is to remove openers from any car parked on the street. More tips can be found on the Neighbourhood Watch website:  
[www.watch.edmonton.ab.ca](http://www.watch.edmonton.ab.ca).

Please feel free to contact me with your concerns and questions.

---John Collier, Windsor Park  
Community League President  
433-1270  
[jbcollier@shaw.ca](mailto:jbcollier@shaw.ca)

## Community League Executive



Title / Role	Name	Address	Phone	E-mail
President	John Collier	8620 Sask. Drive	433-1270	<a href="mailto:jbcollier@shaw.ca">jbcollier@shaw.ca</a>
Past President	Edo Nyland	8954 Windsor Rd	433-2211	<a href="mailto:edo@phys.ualberta.ca">edo@phys.ualberta.ca</a>
Casino	Ed Holmes	11902 89 Avenue	432-0600	
Vice President	John Wilson	8915-120 Street	432-1042	<a href="mailto:jaydee.uu@ualberta.ca">jaydee.uu@ualberta.ca</a>
Secretary	Ronnene Anderson	8738 117 Street	433-8632	<a href="mailto:anderpep@telus.net">anderpep@telus.net</a>
Treasurer	Guy Woo	11712 Edinboro Rd	432-1885	<a href="mailto:guywoo@shaw.ca">guywoo@shaw.ca</a>
Block Parents	Gabriella Maddelenz-Makar			
Building Rental	Ivy Neuhouse		433 2623	
Building Manager	Dave Austen	9023 Sask Drive	439-2612	
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	
Membership	Sarah Nyland	8954 Windsor Rd	433-2211	
	Robert Gariepy		433-7238	
Neighborhood Watch				
Newsletter Editor	Jean Frost	11626 Edinboro Rd	433 7472	<a href="mailto:Jean_frost@yahoo.com">Jean_frost@yahoo.com</a>
Newsletter Dist & Ad Payment	Guy Woo	11712 Edinboro Rd	432-1885	<a href="mailto:guywoo@shaw.ca">guywoo@shaw.ca</a>
Nursery School	Linda Toal Jody Pantel		433 1377 433 9622	
Parking Program	Janet Sperling	9131 118 Street		
Rink Maintenance	Joe Miller	9247 117 Street	431-1585	
Soccer	Russell Makar		430-1313	<a href="mailto:rgmakar@shaw.ca">rgmakar@shaw.ca</a>
Social	Melita Allan	9308 Edinboro Rd	484-8132	<a href="mailto:Gregor.allen@telus.com">Gregor.allen@telus.com</a>

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



# Haunted House



Saturday October 28

4:00 to 6:00 p.m.

Windsor Park Community League Building

The Lister Hall students' Association would like to invite all children in the Windsor Park Community and their friends to a free Haunted House.

Come out for some spooky fun.  
Costumes are fun but not necessary!

Everyone is welcome



Why do demons and ghouls hang out together?

Because demons are a ghouls best friend!

Where does a ghost go on Saturday night?

A. Anywhere where he can boo-gie.

Why did the ghost go into the bar?

For the Boos.

Why did the game warden arrest the ghost?

He didn't have a haunting license.

Why didn't the skeleton dance at the party?

He had no body to dance with.

Where does Count Dracula eat his lunch?

In the Caskateria.

## Homefest 2006

Join the Edmonton campaign to ensure every person has decent housing -- and enjoy an afternoon of great folk music at the same time.

Tickets are now on sale for **Homefest 2006**, Edmonton's fourth annual concert to beat the homelessness crisis in our city that sees over 2000 people each day unsure where they will be sleeping.

The **November 12** concert at **Transalta Arts Barns** will feature five hours of music, as well as family activities, with performers including John Wort Hannam, Karla Anderson, Back Porch Swing, Rob Heath, Terry Morrison & John Gorham.

Tickets are \$10 (\$5 for students, seniors and people living on low incomes and Free for those under 12), and are available at Earth's General Store, Grant MacEwan College bookstores, Tix on the Square, Myhre's Music and The Paint Spot.

**Information:** Visit the website [www.homefest.ca](http://www.homefest.ca) or call **Jim** at 423-9675.



## Hallowe'en and Harvest Tales

**TALES**      **Edmonton Story Cafe**

**Thursday, October 5, 7:00 - 9:00 p.m.**  
**at our NEW LOCATION,**  
**Rosie's Bar and Grill**  
**10475 - 80 Avenue**

Fall tales of harvest or horror by Nadine Bailey, Stephanie Benger, and Jennifer Kennedy

Add your own 5-minute story  
(told, not read) in our open mic spot

\$5.00 cover charge

Info:  
Jennie at TALES (433 2932)  
Rosie's (439-7211)

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## TALES Edmonton

**The Alberta League Encouraging  
Storytelling**

**Invites you to a**

**Story Tellaround**

**October 13: 8:00 - 10:00 p.m.**

**at the City Arts Centre**  
**10943 - 84 Avenue**

(and the second Friday of every month  
from September to June)

Come to listen or tell

First visit is free;  
thereafter \$3.00 helps us pay the rent.

Information:  
Jennie at TALES 433 2932

# 2006 AGM: Wine, Cheese And Still No Arm Twisting

Friday, October 27  
7:00 P.M.

## Community League Hall

The children are back in school and the robins are flocking, so it must again be time for our AGM. It has been a busy year, what with a casino, West High Speed Transit and variance applications from some of the many new houses and renovations in our area.

The 2006 AGM will be held on Friday, October 27, at 7:00 pm, in the community hall. The business of the meeting will be kept as short as possible and there will be NO arm-twisting of attendees. There will be an update on West High Speed Transit and plenty of time for questions and comments from the floor. And, we'll have wine, cheese, sweets and socializing after the meeting ends.

While we only have the Neighbourhood Watch position vacant on the executive right now, we would also welcome some interested residents as Members at Large. And, of course, residents are always welcome to WPCL executive meetings.

The president's job is to represent the community's views. I am looking forward to meeting you, and hearing your suggestions and concerns, on October 27.



## From Lister Hall

Students from Lister Hall have arrived back from their holidays and are already hard at work. The Lister Hall Students' Association (LHSA) threw 'Rezfest,' their annual Cross-Cancer Charity Concert on September 9th. The event was sold out, with 1200 students attending, and \$5000 was raised to support cancer research. On the morning before the concert, over 400 Lister students also supported Shinerama, a fundraiser for Cystic Fibrosis. This was part of an initiative Canada-wide, and in total, the event is estimated to have raised over one million dollars.

Lister students are excited to be back in the Windsor Park area and are hoping to plan two Halloween efforts for the community: a haunted house, put on for community children, and "Trick-or-Eat," a project in conjunction with the university, to support the Food Bank. Lister Hall would also like to issue an official apology for failing to distribute pamphlets to community members in the area in regards to 'Rezfest.' It was brought to our attention that in the past, as a courtesy for allowing this event, the LHSA distributed pamphlets a week in advance asking for our neighbours' patience. This is something we will recommend for future years, and we thank you for your cooperation.

We are looking forward to a fantastic year as part of the community. If you have any questions or concerns about Lister Centre, or any initiatives students can partake in, please do not hesitate to contact us.

Michael Janz, President 2006-2007  
Lister Hall Students' Association  
[www.lhsa.ualberta.ca](http://www.lhsa.ualberta.ca)  
[mjanz@ualberta.ca](mailto:mjanz@ualberta.ca)  
Office: (780) 492-8867  
Cell: 780-288-9866  
Fax: 780-433-0205

## For Sale

### Beautiful girl's bedroom suite

White and wood, excellent condition  
5-drawer dresser, desk and chair, night stand, headboard and mirror  
\$950 obo Call 433-8418



### Mason & Risch piano

Excellent condition, perfect ivories  
\$1350 obo Call 433-8418."



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## Holiday Rental in South of France Village

Languedoc area near Montpellier and Mediterranean.  
Medieval house or studio apartment.  
Self Catering.  
From CDN\$350/week for 2 people.  
780 433 9602

[salliejohnson@shaw.ca](mailto:salliejohnson@shaw.ca)





**University Acupuncture & Herbal  
Therapy Centre**

**Do you know?** The acute stage of frozen shoulder can be cured in 10 days instead of suffering for years. We've done it many times!

After being educated in *Shanghai TC Medical University* & with 22 years clinical practice experience, *our unique formulas & methods* to be able to give our thousands of patients surprising satisfaction.

♦) Here are a few of the many comments:

1) "My mother had constant coughing bronchitis over 6 months, & drugs after drugs but nothing worked until Dr. Chen cured her." **Researcher of U of A Ms. A**

2) "I had constant shoulder & back pain for 5 years since the car accident until I had 4 treatments from you. It's really amazing!"—Miss. A **student of U of A**

3) "I had suffered 4 years with bad back pain which sent me twice to the emergency service until you Dr. He gave it a proper diagnosis, and your treatments put me back to golf!"—**Family MD Dr. A**

4) "All the patients including my wife, I referred you to, were satisfied!"— **Sports Medicine Clinic Physiotherapist Mr. B**

**We've great success with the following:**

frozen shoulder      sciatica/arthritis,  
tendonitis/bursitis      fibromyalgia

migraine/stress      insomnia/fatigue  
allergies/sinusitis      menopause/PMS

prostatism/cystitis      high cholesterol  
Chronic gastroenteritis & bronchitis,

side-effects of chemo/radiation therapy  
Any pains & more...

to check if our treatments are suited for your conditions. **Please call:**

**Dr. Cheng & Dr. He, TCMD, R.Ac. R.MT**  
**238-5710 or 432-4157**  
**Suite 606 College Plaza**  
**8215-112 St. U of A**



**The Estate House**  
by Gorman & Koski LLP Barristers & Solicitors

The Estate House is Edmonton's new boutique law firm dedicated to wills and estates.  
We can help you with:

<b>Estate Planning</b>	<b>Estate Administration</b>
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<b>Personal Directives</b>	<b>Advice for Beneficiaries</b>
<b>Enduring Powers of Attorney</b>	<b>Advice for Administrators</b>

**phone: 451.7557 ♦ www.theestatehouse.ca ♦ 10244 123 Street, Edmonton AB**

## Beavers, Cubs, Scouts Venturers Rovers

The 24<sup>th</sup> Parkallen Scouting Group is actively seeking boy and girl participants and adult volunteers for the 2006=2007 scouting year.

Beavers aged 4 to 7  
Cubs aged 8 to 10  
Meetings Wednesday 6:30 – 8:00 p.m.

Scouts aged 11 to 14  
Meetings Thursday 6:30 – 8:00 p.m.

Parkallen School  
67 Ave and 112 St

For more information on programs, activities, camps and enrolment please contact:

Dave Odynak  
434 8276  
Registrar/Treasurer



8728 – 109 Street Edmonton, Ab  
GARNEAU THEATRE BUILDING  
780-433-2444

London \$549 \* Amsterdam \$599 \*  
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2-weeks All-Inclusive Cancun from  
\$1297

9-nite All-Inclusive Varadero from \$798  
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land only, \$1709

\*Group Tours \* Wedding Packages\*  
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Many more specials on the web  
[www.dialvacations.com](http://www.dialvacations.com)

## 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



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ASK ABOUT BLISTER PAK OR  
DOSETT SERVICE AT *NO EXTRA  
CHARGE!*

Robert Wojtas, BSc., *BscPharm*  
Pharmacy Manager

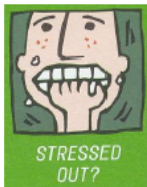
## Windsor Park Community League Membership Drive

Please welcome your block canvasser when he/she comes to your door this month. It is essential to have a strong membership for the WPCL and, therefore, a strong voice in city planning and development.

Our Community League does more than organize programs for our children. The WPCL addresses issues that matter to all of us—issues that range from parking, traffic, housing, transportation and relations with our powerful neighbours, the University and the University Hospital. If you have lived elsewhere in Canada or other parts of the world, you will realize how fortunate we are to have Community Leagues as such organizations do not exist in many other cities.

Do consider calling Sarah or Robert if you would consider canvassing in 2007. There are 55 divisions in Windsor Park so no block is large. And it is a great way to see and meet you neighbours!

Sarah Nyland 433 2211  
Robert Gariepy 4337238



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**



## City of Edmonton Community League Wellness Program

Present your valid Community League Membership Card at any City of Edmonton sports and fitness facility and enjoy great admission discounts!

**For more information, please call 944-7744  
or visit [www.edmonton.ca/wellness](http://www.edmonton.ca/wellness).**




### **Community Connection 211 advantage**

Call **211** for information about home support and seniors' services; child care and youth programs; employment training as a newcomer to Canada; addictions and available programs; food banks and shelters; getting your ID back after losing your wallet; and much more!  
<http://211.edmonton.info>.

**211** is an easy to remember 3-digit telephone number that connects you to human services, community programs, and volunteer information.

**211** services are free, and all calls are confidential.

**211** is an important first step in preventing problems from escalating and it is always there when needed - 24 hours a day, every day.

**211** Information and Referral Specialists are trained to assist callers in a professional and courteous manner.

**211** services are available outside of the City of Edmonton by *dialing 482-INFO (4636)*.

**211** Edmonton is a joint community initiative of The Support Network, the City of Edmonton, the Government of Alberta and United Way of the Alberta Capital Region.



## The Tea Lounge

Come and visit us at 11116 – 82<sup>nd</sup> Ave. We are located on the corner of 112<sup>St</sup> and Whyte Ave at College Plaza. We offer free half hour parking vouchers for our customers in the covered parkade.

Steeps – College Plaza is located minutes away from the University and boasts an open friendly atmosphere. Whether you are there for iced or traditional tea, you will feel at home.

We serve up to 200 types of tea. This includes the famous Rooibos, offering 10 times the antioxidant value of Tea. Our Authentic Chai Lattes are always a favorite. We offer light lunches and premium cakes and desserts.

Also available is Matcha Latte; green tea latte that is high in antioxidants and caffeine.

### Hours of operation:

Sunday	10:00 a.m. to 11:00 p.m.
Monday-Thursday	7:30 a.m. to 11:00 p.m.
Friday	7:30 a.m. to Midnight
Saturday	10:00 a.m. to Midnight

## Public Awareness Message

from the Edmonton City Police

### When you see emergency lights, pull to the right.

#### In the city...

When an emergency vehicle approaches from behind, follow these simple steps:

1. Stay Calm.
2. Check your rear view mirrors for direction of the emergency vehicle and other traffic.
3. Safely pull over to the right.
4. Ensure that there is sufficient space for the emergency vehicle to pass and come to a full stop.
5. Stay stopped until all emergency vehicles have passed.
6. Merge safely back into the traffic flow (please yield to vehicles who are merging back into traffic after pulling over)

#### Did you know?

Emergency vehicles primarily choose the left side lanes as their emergency route because pedestrians and slower traffic are usually to the right.

#### Tip

If you are in the left turning lane when an emergency vehicle needs to pass, please stay there and allow for the emergency vehicle(s) to pass around you.

### On the highway...

When an emergency vehicle has pulled a car over into the right hand shoulder, remember:

1. The maximum speed in the lane directly to the left is 60km/h or less
2. All other lane of traffic further to the left are at the maximum speed indicated on the highway.
3. If the emergency vehicle has any portion of the car hanging into the right hand lane off of the shoulder, please leave that lane clear and note that the maximum speed for the lane directly to the left is 60km/h



## 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.
- There is still space in both programs.

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  
Kirsti 429 3356  
onefitmum@hotmail.com.

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## Seniors Alpine Ski Club

The Seniors Alpine Ski Club promotes and encourages alpine skiing for seniors aged 55+. The Club organizes ski tours to mountain resorts at affordable prices. We also ski at Snow Valley on Tuesdays. In the summer, we have activities to keep seniors active and in shape for skiing. Come to a drop in information and registration session at the Snow Valley Lodge (119 St. off Whitemud Drive) on Wednesday, October 25, 2006 between 3:00 p.m. and 7:00 p.m. For more information, please contact Art Robinson, 435 8742, or skiclub@haw.ca

## For Sale

Judo Uniform \$20  
Size 4 (Adult Small) Worn Twice

Small Pool Table with Ping Pong Table  
Top, Two sets of Pool Balls  
\$20

Call Jean 433 7472

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## Next Community League Meeting

The Windsor Park Community League Executive will next meet on **October 20** @ 7:00 p.m. in the Community League building. Community members are welcome to attend.

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## 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 is required prior to the monthly production deadline of every 3<sup>rd</sup> Friday. Cheques can be sent directly to the League treasurer, Guy Woo.

To place an ad, contact  
Jean 433 7472  
jean\_frost@yahoo.com.

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## Newsletter Deadline

We welcome your articles & news! The deadline for newsletter submissions is the **November 17th**. Forward your submission by e-mail to [jean\\_frost@yahoo.com](mailto:jean_frost@yahoo.com) or deliver the material on disk to Jean Frost (433 7472)  
11626 Edinboro Road