

Windsor Park Community Newsletter Addendum

June 2010

Due to the large number of articles that I couldn't fit into the newsletter, I am publishing an e-version addendum.

Jean Frost, editor

Heritage Amphitheatre Events - Updated April 21, 2010

2010 Dates	Event Name
Thursday May 27	WP Wagner High School - Spring Concert
Wednesday June 2	Laurier Heights Elem-Jr High School - Band Concert
Friday June 4	Leduc High School - Band Concert
Saturday June 5	Whitecourt Taekwondo Association - Ceremony
Tuesday June 8	Vernon Barford Music Parents Association - Band Concert
Saturday June 12	Compassion Canada - One Voice - Fundraiser
Tuesday June 15	McNally High School - Awards Ceremony
Thursday July 1 to Sunday July 25	Freewill Shakespeare Festival
Saturday July 31 to Monday August 2	Heritage Day Festival
Saturday August 7	Boxing Match
Sunday August 8	Private Wedding
Sunday August 8	Private Wedding
Saturday August 14	Alexander Keiths Celtic Festival
Sunday August 15	Music Concert
Friday August 20 to Sunday August 22	Blues Festival
Friday August 27	Private Wedding
Saturday August 28	Music Concert
Friday September 3 to Monday September 6	Symphony Under the Sky
Tuesday September 7	Pep Rally / President's Address
Saturday September 11	Private Wedding
Friday, September 25	Private Wedding
Sunday September 26	Santa's Anonymous Toy Run

Councillor Ben Henderson: Downtown Arena

There has been a lot of coverage recently on the whole issue of a downtown arena. Although in many ways we are just started the conversation I wanted to take this opportunity to put my two cents worth in. Although I know the question of how the project gets funded is important to people, I want to make sure first that no matter how it gets funded, that what gets built is what we want. Even if not a dime of public money is put in, a project of this size can have a significant impact on the areas it is built in. If it is built, I want to make sure that what is built is a benefit to its neighbourhood and not a further millstone.

There has been a great deal of good work done on the rejuvenation of downtown over the last decade; I want to make sure we do not inadvertently undermine that. We know from the experiences of other cities that there are ways to do downtown arenas that end up benefiting the surrounding downtown. But we also know that there are ways in which such developments can do great harm. In particular the way the buildings open up to downtown and encourage activity and vitality around them, whether the arena itself is active, is critical. We are about to approve a downtown plan that calls for greater pedestrian space, buildings that front on the street and create activity there, and blocks that are short enough to encourage pedestrian activity in all seasons. Think of the difference between Whyte Avenue and some of the space outside of Edmonton Centre and you understand the difference between a vibrant space and an empty one. It is not that there are not people in Edmonton Centre but they bring no vibrancy to the street and you would never know they were there. As a result Whyte Ave has a reputation for being exciting and attractive and the

downtown has a reputation for being dead.

Concerning the arena proposal recently put forward by the Katz Group, I think that there is definitely some cause for concern, that they are repeating the mistakes of Edmonton Centre and much of our indoor centric space rather than creating the energy of a new Whyte. The current proposal involves a large enclosed space and Wintergarden, two floors above ground and connected with pedways to other buildings. The result is that any activity created by the arena will flow across the Wintergarden into the businesses a floor up on the other side of 104 Ave. The streets outside will seem just as dead as those around other interior downtown spaces.

For the arena project to be of benefit to its environment in downtown it must create activity, not only within itself, but across all of downtown. I believe that there are ways an arena can achieve exactly that. If the project goes forward, no matter how it gets built, we must make sure that the planning decisions around the project ensure that the project is a boon to our City's core, not a further detriment. The Public Hearing, at which all are welcome to speak to Council, has now been approved for June 28. This will deal strictly with these planning questions. Council can either approve their planning application, deny it, or send them back to do more work on it. Questions about money will be debated sometime later.

Ben Henderson, Councillor, Ward 4

Dealing With Drought

A record-breaking drought is stressing the trees, lawns, and gardens in and around Edmonton. Trees and other budding plants are particularly vulnerable in the spring, when extra water is critical to flower and leaf production. Here are a few tips to make the most effective use of water resources and help your lawn, garden, and trees survive this extreme dry spell:

☼ **Water Smart.** Make good use of the water you use. Water in calm and cool early mornings or late evenings, to minimize evaporation losses. Some parts of your lawn or garden are sure to need more watering than others. Target only those areas that need the water, and stop watering when runoff starts forming a river on your sidewalk.

☼ **Water Budding Trees Now.**

Trees and flowering plants, and anything recently planted, needs extra water to thrive. Ensure that when plants are creating flowers and leaves they get enough water right away. For mature trees water mostly around the drip-line rather than at the trunk.

☼ **Water Grass Later.** Allowing established lawn to suffer through a *little* bit of drought early in the season can encourage root growth and strengthen your grass.

☼ **Minimize Fertilizer.** Fertilizing the grass causes it to consume water more rapidly. In a drought this means extra stress for your grass, and an increased chance of failure. If you do fertilize, consider using compost or other organic material, which is less likely to stress your dry lawn than the synthetic fertilizers one finds at most hardware stores. Compost also helps feed organisms in the soil which can encourage root growth and drought resistance, while synthetic fertilizers tend to kill back these soil organisms.

☼ **Minimize Pesticides.** Nature suffers in times of drought too, and toxic chemical runoff into natural areas is more likely to occur when rain first hits our dry

soil. A little diversity in your lawn – a mixture of grasses, clover, etc. – can make your yard more robust to drought. Weed killers can kill off that diversity, and leave your yard more vulnerable and water hungry. Similarly, a healthy insect population alongside healthy plants tends to take care of many pest problems on its own. But pesticides kill off the good bugs with the bad, often solving one short-term problem while bringing on a long-term one.

☼ **Water Your Neighbourhood Trees.** The drought is expected to kill off a large number of trees this year. If you value trees along the roadway (which help keep your neighbourhood cooler in summer) or in a nearby park, consider bringing them a bucket of water now and then – particularly when new buds or leaves are unfolding or after an extended dry or windy period.

☼ **Mow Deep.** Taller grass loses less water through evaporation, keeps the soil cooler, and brings more energy into the plant to build roots. Grass should be mowed frequently enough that only about 1/3 of the height is cut off. Mulching, or grass-cycling, will return nutrients to the soil (allowing less fertilizer in the future), and reduce evaporation.

☼ **Aerate.** If you find sprinkler water running off your yard it might be time to aerate your lawn, providing a means for water to get down to the grass roots.

☼ **Try a Rain Barrel.** Lawn watering typically dominates the summer water bill. Saving the rain water for irrigating your garden will make your plants happier and your water bill more manageable.

☼ **Plant Smart.** Choose seeds and plants that thrive in our climate. This means fescues rather than bluegrass for the lawn, and drought-resistant varieties in well-drained parts of the garden.

Neighbourhood Renewal Raises Environmental Concerns

Residents of Parkallen are facing an unanticipated dilemma that serves as a cautionary tale for other, well-established communities in Edmonton. The challenge seems an unlikely one: Parkallen is next on the City's list for Neighbourhood Renewal.

Managed by Edmonton's Transportation Department, the Neighbourhood Renewal program is meant to ensure that roads, sidewalks, and streetlights in our older communities are kept in good condition. While most are happy to have roads and sidewalks repaired, the Department's current approach to streetlight upgrades has many residents feeling ambivalent.

While numerous communities across North America are finding ways to improve efficiency when it comes to lighting, Edmonton's program heads confidently in the opposite direction. In Parkallen for example, current 70-Watt street lights are expected to be replaced by a larger number of 100-Watt lamps, spaced at closer intervals. The result: an increase of at least 90% in the streetlight power bill. If recent Neighbourhood Renewal projects are any indication, the final lighting design will probably increase power consumption by around 100%.

While Parkallen residents see the value in providing good visibility along pedestrian walkways, particularly where they intersect with roadways, many also recognize that too much lighting and glare can actually impair visibility. Further, a number of studies demonstrate how increased lighting levels sometimes lead to *increased* incidents of both violent and property crimes.



Photo courtesy of R.E. McConnell, used with permission.

At a meeting with Transportation on this subject, Community League representatives and residents with engineering expertise raised concerns that their lighting "upgrade" would significantly increase, perhaps more than double, their contribution to energy consumption and pollution, while also potentially adding more light where it was not needed. Transportation officials dismissed these concerns, citing a need to meet guidelines provided by the Transportation Association of Canada (TAC).

While Edmonton officials remain committed to the non-binding TAC guidelines, many other communities are choosing otherwise. Ottawa, for example, sets its target lighting levels at exactly 50% of those suggested by TAC. Other cities follow more sophisticated applications of the TAC guidelines. Calgary, for example, has upgraded its residential streetlights while still meeting TAC, and saving \$1.7 million/year in energy costs.

Some Parkallen residents still hope for a change in how the Transportation Department, and its subcontractor EPCOR, design street lighting. Meanwhile others around the city wait and watch, some with trepidation, to see who comes up next for Neighbourhood Renewal.

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in Matsumoto Japan with Dr.
Shinichi Suzuki, Diana Nuttall
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Servus Heritage Festival

EFCL will be hosting the rest area again this year at Heritage Festival and promoting Community Leagues to the City. Please come by and say hello. It is always a pleasant time at the tent.

If you are interested in volunteering and greeting Edmontonians we have a number of positions available which include everything from coloring or helping put on tattoos, to football tossing and having ethnic food with friends.

Please contact
Michael.Janz@efcl.org or call 780-437-2913

TELUS WORLD OF SCIENCE GIVES DISCOUNTS TO COMMUNITY LEAGUES

During our run of the new Sultans of Science travelling exhibition, opening this Saturday, May 21 until September 6

TELUS World of Science - Edmonton would like to offer all card carrying community league members the following:

1. 10 per cent off General Admission granting you access to the exhibition, the Margret Zeidler Star Theatre and everything else TELUS World of Science – Edmonton general admission has to offer.*

2. 10 per cent discount off any form of membership. Whether you are a student, senior or family we have special memberships just for you! For more information and prices visit: http://www.edmontonscience.com/pages/Members/Become_Member.aspx

Family Membership:

2 adults + up to 4 children/youth living in the same household
\$127.95 +GST Value

* Please note IMAX is not included in the General Admission. This offer cannot be combined with any other offer.

Heat Related Illness

With the return of warmer weather, Alberta Health Services EMS would like to remind citizens to stay safe in the heat and sun this summer. While children and the elderly can be more susceptible to the effects of heat, basic prevention measures should be taken by all to avoid a heat related illness during periods of hot and humid weather.

Heat stroke

- Heat stroke is a medical emergency that requires prompt treatment. It can be fatal.
- It occurs when the body can't cool itself naturally (e.g. perspiration). The body's temperature will continue to rise to dangerous levels.
- Due to severe dehydration and the inability to sweat the patient may appear flushed and skin may be hot and dry to the touch.

Heat exhaustion

- Heat exhaustion can occur due to excessive fluid loss during periods of prolonged sweating in a hot and / or humid environment (indoors or outdoors).
- Patients may suffer headaches, weakness, fatigue, nausea / vomiting, thirst, chills, and profuse sweating.
- The patient is usually cold and damp to the touch and the skin may appear pale or dusky gray.

First aid

- First aid for all heat related illness begins with removing or sheltering the patient from the hot environment.
- Remove excess or tight fitting clothing and allow them to rest in a cool environment.
- If the patient is conscious and alert, provide suitable fluids such as water, juice, or a sports drink.
- If you are concerned, seek medical attention or call 9-1-1.

Prevention

- Stay well-hydrated by drinking plenty of water.
- Limit alcohol consumption as alcohol dehydrates you.
- Always wear a broad brimmed hat to keep the sun off your face and neck.
- Apply waterproof sunscreen with an SPF of 50+, especially for children. The sun's UV rays peak between 10am-4pm, even on cloudy days.

www.albertahealthservices.ca