

WINDSOR PARK COMMUNITY NEWSLETTER



Quarterly Newsletter – Spring 2020 Edition

General WPCL and Area Event Highlights

Date/Day	Time	Community/Area	Event/Description
Mar 8 Sun	1-4PM	WPCL Hall	Childrens Book Drive: Books and Donations Gratefully Accepted for the Boyle-McCauley Health Centre. Contact Neighbour/Student Phoenix (780 989-9777) for more information
Mar 11 Wed	3:30PM-8PM	WPCL Hall	WPCL Park Planning Concepts – Open House Information throughout, Wine at 6PM
Mar 16 Mon	7:15-9PM	WPCL Hall	Toastmasters Open House: Tall Tales Community Workshop by Distinguished Toastmaster
Mar 24 Tues	7PM	WPCL Hall	Edo Talks: <u>The Doctor with the Triathlete Bug</u> Neighbour Margie Ritchie will speak on becoming a Triathlete, and International Champion.. and the exciting World Finale coming to Edmonton this year. https://edmonton.triathlon.org/ DO NORTH 2020: AUGUST 17 – 23
Apr 1 Wed	7PM	WPCL Hall	Monthly WPCL Sustainability Talk – Free. Neighbour/Dr. Doug Hube on light pollution
April 2 Thurs	6:30PM-9PM	Vintage Fork at Rutherford House	<u>Live at the Library</u> – \$45 - Gourmet Food and Live Music at our local historic Manor. Reservations needed, contact info@vintagefork.ca
April 12 Sun	10:30AM-12noon	WPCL Hall	Annual WPCL Easter Egg Hunt and Crafts! <i>Volunteers of all ages needed</i> – please contact wpclexecutive@gmail.com
May 6 Wed	7-9PM	WPCL Hall	Monthly WPCL Sustainability Talk – Free. Neighbour/Prof. Felix Sperling on butterflies.
May 7 Thurs	6:30PM-9PM	Vintage Fork at Rutherford House	<u>Live at the Library</u> – \$45 - Gourmet Food and Live Music at our local historic Manor. Reservations needed, contact info@vintagefork.ca
May 18-19	All Hours	West Edmonton Mall Casino	WPCL Casino – at West Edmonton Mall. Volunteers for all positions needed. Contact Bonnie, and Thank you!: 780 429-2612 bonniemausten@gmail.com
TBD	TBD	WPCL Hall	WPCL Solar Panel Event
May 31 Sun	TBD	Windsor Park	WPCL Country Fair
Jun 6 Sat	TBD	Door-to-door	WPCL Soccer Boys – Quarterly Bottle Drive

REGULAR WPCL EVENT/HALL USE LISTINGS

Pattern	Time	Regular WPCL Session	Event/Description
Every Weekday	Morning	WPCL Pre-School (3 & 4 yr olds)	Local Children's Program – Register/Fees: nvjohanson08@gmail.com
Every Sat	9:30-10:45AM	WPCL Yoga Class	Open Session: Instructor-led, \$12/Session
Every Mon	7- 9:00 PM	Toastmasters-Public Speaking	Open: Spectators Free, otherwise participation fees
Every Wed	1:30-2:30PM	WPCL Older Adult Fitness	All Welcome: Neighbour-led, WPCL Members - Free
1 st Wed	7- 8:30PM	WPCL Sustainability Talks	Free Talks: Eco-Housing, Gardening, Eco-Initiatives
2 nd Thurs	7-9:00PM	Rug Hooking	Free Crafts Session-Supplies available at charge
3 rd Tues	7- 9:00PM	WPCL Executive Meeting	Planning: Community Operations and Initiatives
3 rd Wed	7- 9:00PM	Royal Astronomical Society	Club Fees apply, some sessions open
Other 4 th Tues	7- 8:30PM	WPCL EDO Talks	Free Talks: Neighbour-Sharing Expertise/Experience

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WINDSOR PARK COMMUNITY LEAGUE PRESIDENT'S PAGE

BY SCOTT MEADOWS

Abundant Communities Edmonton (ACE): We've just passed the one-year anniversary of Windsor Park's implementation of ACE, a structured process for connecting neighbours and building community. Our block connectors have interviewed 183 Windsor Park residents to ask about their vision for the neighbourhood, and to learn about their interests and skills that could be shared with neighbours.

From the many and varied responses, some patterns emerged. It's clear that we want Windsor Park to be neighbourly, safe, peaceful and green, and that we have many common interests. Some of the most commonly mentioned were gardening, outdoor recreation and sports, walking, cooking and dining out. Many people enjoyed block parties and wanted more.

The Abundant Communities vision includes a big dose of self-organization. Survey results show many opportunities to meet our neighbours around common interests. The league enthusiastically supports individuals who may wish to lead events centered around personal interests that are open to all. The WPCL social hall is available free of charge, or events can be organized in homes and advertised to the neighbourhood.

We know that many people have not been contacted or are still outside the ACE process. Block Connectors are still needed for some blocks. If you want to become involved or just want more information, contact Neighbourhood Connector Penny Tucker (life.dance@telus.net).

As we finish out our first year, I thank Elisabeth Beaubien, who has served as co-Neighbourhood Connector. She will continue as a Block Connector, but is stepping down as Neighbourhood Connector. We owe thanks to Penny Tucker, who will continue her role as Neighbourhood Connector. And thanks to all who have served as Block Connectors and otherwise contributed to the progress of ACE in Windsor Park. It has been a remarkable first year!

Windsor Terrace: You may have noticed that there has been almost no work at the Windsor Terrace worksite at 87Ave & 118 St in recent weeks. We have been informed that the project is being re-envisioned as a result of the weak market conditions for luxury condominiums. It now seems likely that a new zoning application will be submitted. We have been told that a new plan is expected before summer. The league has offered to hold a public information session at the WPCL Hall to inform residents and solicit comments. We currently have little specific information but will keep the neighbourhood informed as the process moves forward.

Parking on 92 Ave: It was reported in the last newsletter that parking on 92 Ave was being removed. Based in part on comments from affected residents, the City parking department has indefinitely postponed any changes.

CHARITY BOOK DRIVE

Sunday Mar 8 1-4PM, WPCL Hall – Receiving Children's Book Donations for Boyle-McCauley Health Centre

Student and Neighbour Pheonix Brundin will be collecting books for this worthy cause. The Boyle-McCauley Health Centre provides interdisciplinary, comprehensive and person-centered health care for vulnerable Edmontonians with complex needs. These books will be given to children who have their appointments there. If you would like to donate, or have books appropriate for elementary aged children (or younger) please come to the hall this Sunday from 1-4PM.

WPCL EXECUTIVE and VOLUNTEER NEEDS

Police-Non-Emergency: (780) 423-4567

President | Scott Meadows
wpclpresident@gmail.com

Past President & Communications Director |
Gail Powley wpclexecutive@gmail.com

Vice-President | Lloyd Steier

Secretary | Ronnene Anderson
anderpep@telusplanet.net * 780-919-3538

Treasurer | Chris Carlyle

Finance Audit Committee | Rolf Mirus; Luca
Vanzella, Harold Banister

Grants | Susanna Biro

Central Area Council/Planning Committee Lead |
Elaine Solez *esolez@hotmail.com * 780-431-0292

Directors-At-Large |
Robert Gariepy, Martha Steenstrup

Building Manager | John Collier|*Vacant*
jbcollier@shaw.ca* 780-433-1270

Membership and Landscaping | Marilyn Gaa
jamesgaa@telusplanet.net * 780-432-7660

Newsletter | Alexia Ferrari
alexia.lane.ferrari@gmail.com

Hall Rental | Lynn Wolff wpclrentals@gmail.com

Rink Maintenance | Ivan Fair ivanjfair@gmail.com

Soccer (3)| Timur Ozelsel, |*Vacant - New Leads
Needed,* windsorgarneausoccer@gmail.com

New Volunteers Always Appreciated! Please contact Scott Meadows at wpclpresident@gmail.com.

Note: If you are new to the community, or know of any new Windsor Park residents, please contact wpclpresident@gmail.com so we can extend a community welcome!

City of Edmonton – Info & Issue Reporting: 311

Casino (May 18&19) |Bonnie Austen*
bonniemausten@gmail.com, *Vacant*

Social (2) | Gail Powley, *Vacant*

Facebook | Sara Kalke, sara@sarakalke.com

Sustainability (2) | Dorothee Feils, dfeils@shaw.ca;
Kim Lakeman

Webmaster |Tracy Grange Stanicky

University Liaisons |*Vacant*

Nursery School | Nick Johnson
nvjohnson08@gmail.com

Neighbour Watch| wpclwatch@gmail.com

Health and Fitness Director | Bonnie Austen*
bonniemausten@gmail.com

WPCL QUARTERLY NEWSLETTER

Next Deadline: May 14, 2020

Advertising Rates:

- Windsor Park residents can post short ads for free

- Business Rates:

\$15	\$30	\$60
¼ page	½ page	Full page

WIRELESS PASSWORD for the park is the building address repeated twice **1184011840**

WINDSOR PARK FITNESS- WPCL WEEKLY YOGA CLASSES

Saturday's 9:30am. WPCL Hall Doors Open at 9:15am

\$12/class - Bring your Mat, Drop-In and Join Us!

Our experienced instructor leads regular classes at the Windsor Park Community Hall. Come enjoy the benefits of movement! All you will need is a yoga mat and some clothes you can move in. Classes are for all levels of experience – and for everyone: men, women, and children.

Local yoga is a sustainable green solution for your fitness. Yoga with friends and neighbours helps keep you connected, committed, and fit – Join us!

Al-Anon Advertisement

What can you do when someone close to you drinks too much?

You might be surprised at what you can learn at an Al-Anon meeting

For meeting information contact:

AL-ANON FAMILY GROUPS

(including Alateen)

Web Page: www.al-anon.ab.ca

Phone 24 hours: **780-443-6000**



ST. GEORGE'S ANGLICAN CHURCH, 11733-87 AVE.

Has concert/recital space for music teachers and students

- *Yamaha C2 Grand Piano*
- *Beautiful, intimate setting with seating capacity of 150*
- *Good acoustics*
- *Proximity to U of A Campus*
- *Intermission/reception space available*

For more information, please contact David Cass
(d.cass@ualberta.ca)

WINDSOR PARK COMMUNITY LEAGUE MEMBERSHIP

Membership Type: __Family __Single __Student __Senior __Associate

Adult 1: _____ Adult 2: _____

Children/Dependents: _____ Age: _____

_____ Age: _____

_____ Age: _____

Address: _____

Email: _____ Phone: _____

Interested in receiving WPCL email/e-News updates: Yes _____ No _____

Volunteer interest (optional) – Role, Idea: _____

Types of Membership:

- **Family (household of any number) - \$25/year**
- **Single: \$15/year**
- **Student (18yrs+): \$10/year**
- **Seniors (65yrs+): \$0 (or donation, if desired)**
- **Associate Business: \$30**

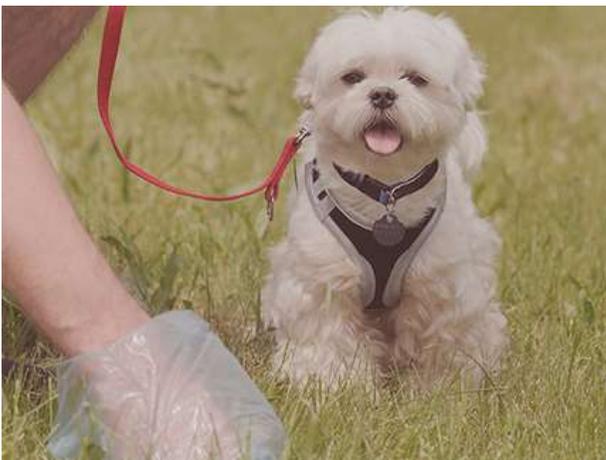
Cheques Payable to:

Windsor Park Community League
11840 87 Ave NW
Edmonton, AB T6G 2S3

Membership Contact:

Marilyn at 780-432-7660 or
jamesgaa@telusplanet.net

THANK YOU FOR BECOMING A WPCL MEMBER!



Walking Your Dog: They Poop. You Scoop

Cleaning up after your pet isn't just the right thing to do, it's the law. The fine for failing to do so is \$100. Carry a bag with you to pick-up your pet's waste whenever you are away from home. You don't need to clean up waste immediately on your own property, but you do need to clean it up regularly. Allowing excessive waste to build up negatively affects your neighbours and your pet.

https://www.edmonton.ca/residential_neighbourhoods/pets_wildlife/owning-a-pet-in-edmonton.aspx

AN EYE ON CITY HALL, BY ELAINE SOLEZ, CIVICS DIRECTOR

The City has been working on some proposals that will directly affect Windsor Park residents.

1. Annual Seniors' Transit Passes

When City Council set the Budget for 2020 late last fall, it included a substantial fee increase for the regular seniors' annual transit pass that would almost triple the cost. (Low income seniors get a free or greatly reduced pass.) As a result of pushback from seniors about the short notice of the steep fee increase, on February 21 Council passed a motion to defer the fee increase for a year for seniors who had purchased a pass in 2019. Council also is considering phasing in the fee increase over several years.

2. Speed Limits on Residential and Collector Roads

By the time this newsletter is distributed City Council will have discussed and made decisions on proposed bylaws to reduce speed limits on Edmonton's residential and collector roads. These bylaws were drafted per direction of City Council following discussions and input from communities and residents last year.

The bylaws Council considered on February 26 include:

- a. Set the default speed limit in Edmonton at 40 km/hr. Currently the default speed limit is 50 km/hr per provincial legislation. The City Charter gives City Council the authority to set a different default speed limit. A default speed limit means signage isn't needed. Arterial road speeds will remain the same except for particularly busy stretches of Whyte Ave and Jasper Ave, which would be reduced to 40 km/hr.
- b. Establish a speed limit of 30 km/hr in the core zone. The core zone includes downtown and mature neighbourhoods in the central part of the city—from 75th St west to 142nd St and from 111th Ave south to 61st Ave. Windsor Park is included in the core zone.

When reducing the speed limit on residential roads was a topic on City Council agendas last year, the Windsor Park Community League Executive discussed it as well. Although the exec took no position on a specific speed limit (30 or 40 km/hr) by the newsletter deadline, there was general consensus in the discussion last spring that a reduction in speed limits on residential roads would be beneficial.

The City has developed an app that can be used to find out how the speed limit changes will affect the time it takes to drive to your destination:

https://www.edmonton.ca/transportation/traffic_safety/residential-speed-limits-eta-tool.aspx

Generally the difference is less than a minute because most people have a very short drive from their residential street to an arterial road.

The City is also planning to work with external partners to develop the Safe Mobility Strategy (2021-2025), which will include developing processes and identifying opportunities for partnership with communities to address traffic safety concerns in neighbourhoods. This will include changes that need to be made to the Community Traffic Management Policy to allow communities to take the lead on installing adaptable traffic calming measures on their streets to address traffic safety concerns in neighbourhoods.

Adaptable measures include such things as installing bollards and planters to narrow residential roads and intersections a bit and slow down traffic, or painting bulb outs at intersections. Windrows of snow in winter also slow traffic.

Given that speed limits affect every community and every resident in the city, the Edmonton Federation of Community Leagues (EFCL) launched a Street Safety project last summer. They developed a resource on Neighbourhood Street Safety, conducted a survey of leagues and Edmonton residents, and prepared recommendations for Council to consider at the Community Services meeting on February 26.

The EFCL survey results generally support reducing speed limits on residential roads and some collector roads. 30 km/hr has more support in mature neighbourhoods than in newer neighbourhoods where commutes are longer and transit is less frequent. 1500 residents and 117 community leagues responded to the survey.

Based on the survey results and other information on road safety, EFCL developed the following recommendations for City Council to consider:

1. 30 km/hr on all residential streets in the city
2. 40 km/hr on all 2-lane collector roads (one lane in each direction), like Emily Murphy Road
3. 50 km/hr on all 4-lane collector roads (2 lanes in each direction), like 87th Ave.

The survey results and the handbook are available at:

<https://efcl.org/traffic-safety#sthash.LJfmxEka.dpbs>

WINDSOR PARK PARKLAND AMENITY PLANNING

PUBLIC INFORMATION SESSION AT WINDSOR PARK COMMUNITY HALL

WEDNESDAY, MARCH 11, 3:30-8 PM

As part of the process for the construction of significant additional housing (Windsor Terrace), the City of Edmonton required a payment of \$100,000 to construct a neighbourhood amenity in Windsor Park. The choice of amenity was to be determined by residents. Following a community-wide survey, WPCL was able to prioritize three options based on survey results. Careful administration of funds and the use of additional grants will allow construction of all three amenities over a 4-year period. Planning is well underway and a public information session has been scheduled for the WPCL social hall on **Wednesday, March 11, 3:30-8 pm**. (Please note that the closing time has been extended until **8 pm** to allow more residents to attend.) Concept drawings will be on display and the league will collect additional comments from residents to incorporate into the plans. Refreshments will be provided, including pizza, snacks and drinks. At 6 pm, a few bottles of wine will be opened to help facilitate discussions. Please join us for this informative event! The three amenity options are discussed below:

Spray Pad & Water Station: This amenity would complete and enhance the playground area of the park as planned in 2011. A small spray deck was the highest unfunded priority at that time, and received the most support from residents in a survey in 2017. It would be designed to fit into the aesthetic of the playground area and would provide opportunities for active, enjoyable water play for neighbourhood children as well as for the daycare and after school care programs. The number of children in Windsor Park doubled between 2016 and 2019, and most of the children in the full day summer after school program are from the neighbourhood.

To address sustainability concerns, a water station (water fountain and fill station) would be included to reduce reliance on single-use bottled water, and the water flow would be on a short, user activated cycle, which would be turned off after hours. Our short summers also would keep water use to a minimum. A way to build the spray pad that would reuse the water for irrigation can be explored but would add significant cost to the project and delay development because this type of spray pad is not possible under the City's current rules. To extend the play value of the spray pad beyond the short season for water play, components will be considered that could be used as an obstacle course, climbing, balance and agility (standing on and stepping from rock to rock).

Outdoor Gathering and Contemplation Space: This proposed amenity will be an inviting outdoor space for community members, fostering social engagement, interaction with the natural environment, as well as peaceful contemplation. Central to the main space will be a xeriscaped labyrinth garden featuring naturalized native plants. Seating and native edible fruiting shrubs will be distributed around the perimeter of this space. There will also be a small number of chess/checkers/backgammon tables encouraging friendly competition among community members. A path traversing the main space will make the amenity accessible to all. Additionally, there will be croquet and bocce equipment available for use by community members to play on the lawns surrounding the main space. Accessories to this particular amenity include the labelling of trees of note in Windsor Park as well as a guide (easily accessible via smart device) to these trees, the native plants and shrubs in the main space, and the history of the Windsor Park community.

Outdoor Fitness Circuit: The outdoor fitness circuit will encourage a diverse range of park users to try activities which will contribute to overall community health and wellness. It will consist of a minimum of five pods along the path in the north park and will allow users to work on a variety of fitness components such as agility, strength, balance and aerobics. The pods will be eco friendly, using natural materials such as wood, rocks and sand. This should lead to low maintenance and blend in well with the natural setting of the park landscaping.



WINDSOR PARK PRESCHOOL

To Register Contact:

wppedmonton@gmail.com
windsorparkpreschool.com

780 439 0902

Windsor Park Community League
11840 - 87 Avenue

Now accepting 3 & 4 Year Old Registrations!

Windsor Park Preschool offers a learning-through-play program for three and four year olds. Come join us at the open house to learn more about the preschool, tour the space and meet our wonderful teacher. There will be fun activities for the children & refreshments provided.

NEIGHBOURHOOD SECURITY RESOURCE SHEET

by Peter Teasdale and Peter von Hahn,
members of the Windsor Park Neighbourhood Security Committee. January 2020

Your neighbourhood security committee has compiled and reviewed materials relating to crime prevention published by the Edmonton Police Service, the Alberta Motor Association and the City of Edmonton. Following is a summary of key points:

Reporting a Crime or an Incident

- call 911 for a crime in progress or a life-threatening emergency.
- for non-emergency reporting call the Edmonton Police Service at #377 from a mobile device or 780-423-4567.
- or, use on-line reporting for theft or vandalism crimes where the loss or damage is under \$5000, at www.edmontonpolice.ca/reportacrimeonline. The system will ask you a series of questions.
- or, go to a police station to complete a crime report.

Make your Vehicle Theft Proof

- do not leave your vehicle running while unattended.
- remove valuables and shopping bags from view.
- close all windows and lock all doors.
- do not leave Personal ID, vehicle registration/insurance documents or credit cards in your vehicle.
- do not leave these in your vehicle: remote control for garage door, or keys to vehicle or house.
- park in well-lit areas at night.
- invest in visible security features like alarms, steering wheel locks and ignition disablers.
- display an "All Valuables Removed" sign in your driver's side window. Such a sign has been created by the Neighbourhood Empowerment Team (NET), a partnership between the City of Edmonton, the Edmonton Police Service, the Family Centre and United Way of the Alberta Capital Region.

Keep your Home and Garage Safe from Thieves

- keep your doors secure.
- reduce the vulnerability of your windows (strip of wood in sliding track/ curtains/ auxiliary locks).
- Consider installation of sensors, alarms, cameras (many 'smart home' products now available for do it yourself (DIY) security).
- lock all garage doors, and bar and cover those windows.
- while you are on vacation:
 - cancel the newspaper and stop mail delivery
 - have a friend or service take care of your yard
 - have someone check your home frequently
 - use timers on interior lights
 - don't leave a key hidden outside

Keep your Deliveries and Packages Safe

- if you are having a package delivered to your home, you may want to have it held at the depot or delivered to a neighbour to ensure it is not stolen by porch pirates.
- if you see a package on your neighbour's porch, and you know they are not home, consider safeguarding it for them until they return.

Keep your Bicycle Safe

Following is some practical advice on bicycle security from Peter von Hahn:

- Record serial numbers of all bicycles (they are almost always printed on the underside of the frame, beneath the bottom bracket – where the pedal crank axle goes through the frame).
- Register bikes with Bike Index:
<https://www.edmontonpolice.ca/CrimePrevention/HomePropertySafety/ProtectYourProperty/BikeIndex>
- File a police report as soon as possible if a bike is stolen.
- Always secure bikes with a sturdy lock, even inside locked garages.
- Best locks are U-locks with a thick, hardened steel shackle, which must be cut in two places to get through the lock. Thick, hardened steel chain is a good option if longer reach is needed. ABUS and Kryptonite make some of the best locks. Run U-lock shackles around both the bike frame and front or back wheel – especially if locking outside.
- Do not use a cable lock: they are very easy to cut.
- Lock bikes to something that is equally or more difficult to cut than the lock (e.g. concrete anchor – also sold by ABUS and Kryptonite).

For more information on keeping your property safe, check out:

- 9 Smart Tips to Outwit Vehicle Thieves on the Alberta Motor Association website
<https://ama.ab.ca/2018/02/20/outwit-vehicle-thieves>
- Crime Prevention Through Environmental Design on the Edmonton Police Service website.
<https://www.edmontonpolice.ca/CrimePrevention/CommunitySafety/CPTED>

WPCL CASINO (MAY 18-19) – VOLUNTEERS NEEDED

We are fortunate to live in such a vibrant, caring neighbourhood as Windsor Park. Our community league does a lot to look after our interests and to provide needed programs and services.

Consider showing your neighbourly support by volunteering at the Starlight Casino (West Edmonton Mall) **Monday May 18 and/or Tuesday May 19.** (*Note that Monday May 18th is Victoria Day so a holiday for most.*)

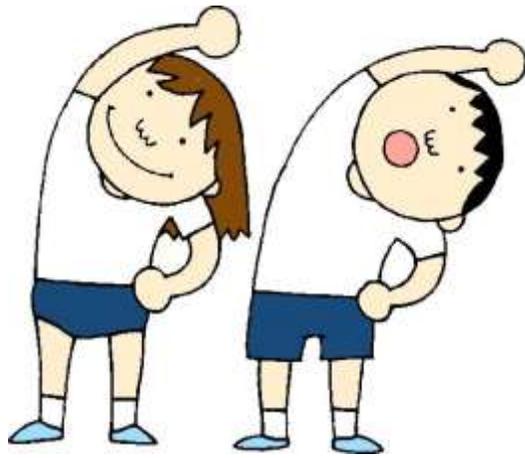
If you can help out, please contact me by phone: [780 439-2612](tel:7804392612) or email: bonniemausten@gmail.com
Please indicate what position(s) you are interested in, and what date(s) work out best for you. We need quite a few people to participate, so please encourage family members and neighbours to get involved (Volunteers do not have to live in Windsor Park). While the event is not until this spring, it is important that we get some early commitment.

Looking forward to hearing from you. If you have any questions or comments, please get in touch with me.

Bonnie M Austen, WPCL Casino Chair

WPCL FITNESS – FOR OLDER ADULTS

- Wednesdays March and April 1:30-2:30 p.m.
- Windsor Park Community League Hall
- Leader Bonnie Austen, BPE, MEd, AFLCA
- *Free for Windsor Park Community League members*



Attend this fun fitness class to learn more about strength and balance and how they can improve your quality of life.

Benefits of physical activity:

- Keeps your bones and muscles healthy and strong
- Improves your balance
- Keeps your heart and lungs healthy
- Increases your energy
- Helps you sleep better
- Reduces the fear of falling
- Improves memory and attention

To register contact Bonnie at bonniemausten@gmail.com



Each year Emergency Medical Services respond to emergencies involving young children who have sustained severe burns or scalds. These incidents often occur inside the child's own home. Common causes include a child accidentally tipping hot liquids onto themselves, touching hot surfaces such as stoves, or making contact with electrical outlets. Fortunately, incidents such as these can be avoided by taking preventative measures.

Degrees of burn

- **1°:** Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable;
- **2°:** Deeper and much more painful than 1° burns; broken skin or blisters commonly develop;
- **3°:** Severe: the deepest layers of skin and tissue are injured; may appear charred or leathery.

First Aid for burns

- Skin may continue to burn if not cooled. Immediately douse burns with large amounts of cold water.
- Cover the burn with a sterile dressing, or at least clean material to protect infection;
- Over the counter medications may be used for pain. Adhere to directions given on the label;
- Seek further medical attention, as required.

Prevention of burns

- Check the temperature of your hot water tank. Temperatures as high as 60°C / 140°F will scald a child in just seconds;
- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks or food to spill on a child;
- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached;
- Avoid picking up a child while holding any hot liquids;
- Ensure electrical outlets are made secure by installing commercially available safety devices which prohibit access;
- Keep children away from areas where appliances are in use (kettles, irons, hot stoves).

If you require immediate medical attention, **call 9-1-1**

Join today to become a better
communicator and leader tomorrow!

Participate in Toastmasters to:

- ▶ Speak with confidence
- ▶ Improve your communication skills
- ▶ Give and receive constructive feedback
- ▶ Thrive in a supportive learning environment



Come to our next club meeting and be a part of the Toastmasters experience.

Club Name: Fun Speakers

Meeting Location: Windsor Park Community League

Date: Mondays Time: 7:15 pm to 9: 15 pm

Contact: funspeakers.toastmasters@gmail.com

Website: <https://funspeakers.toastmastersclubs.org>



TALL TALES

Community Workshop & Open House

Want to improve your Storytelling Skills?

Join Jim Guloien, Distinguished Toastmaster, as he guides us through the magical journey of telling Tall Tales. As a dedicated Toastmaster member of two clubs, Jim has organized and hosted the much-anticipated Sherwood Park Tall Tales Contest for the past 9 years.

Hosted by the Fun Speakers Toastmasters Club, **guests are welcome** to attend our workshop which will consist of:

- ★ A sample Tall Tale
- ★ How to tell Tall Tales of your own
- ★ Light refreshments

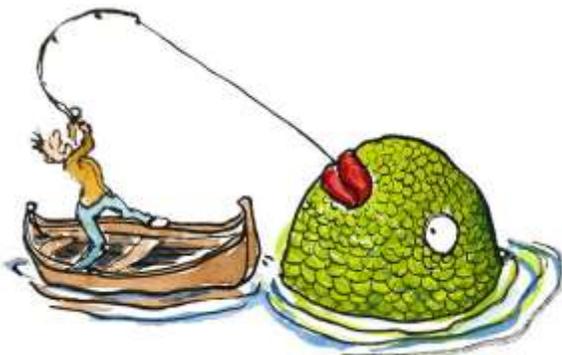
MONDAY, MARCH 16, 2020

7:15 p.m. to 9:00 p.m.

Windsor Park Community League Hall

11840 - 87 Avenue

FREE PARKING





Heather McPherson

Member of Parliament
Edmonton Strathcona

Contact my office for assistance with:

- Employment Insurance
- Old Age Pensions
- Income Tax
- Citizenship & Immigration
- Canada Student Loans
- Celebratory Messages

780-495-8404
10045 81 Ave T6E1W7



heather.mcpherson@parl.gc.ca

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Visit my website at www.heathermcpherson.ndp.ca



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The University Club at the University of Alberta, formerly known as the University of Alberta Faculty Club, invites all Windsor Park residents to become members! You can enjoy the many benefits of having access to this great facility, including becoming a part of the UAlberta community again. Featuring one of the best beer selections in the city, various farm-to-table dining options and a variety of spaces to enjoy, the Club is a second home for faculty, staff, alumni and professionals.

The Club also organizes a variety of events, such as:

- Monthly trivia nights
- BBQ patio nights
- Family-focused events
- Exclusive cask nights
- Band and open stage events
- Holiday brunches and dinners

Special Promotion allows you to enjoy your first year of membership free. Membership includes your spouse, and parking at the University Club parking lot during specified times, and much more.

GeriActors is an international theatre company delivering workshops and performances for all ages.



PERFORMANCES

Our performance company, GeriActors & Friends, unites seniors and younger generations through theatre. Using a playful approach to acting and emphasizing social interaction, we produce original plays reflecting our stories and issues of aging.

A mother and her children journey across the Atlantic during the war. A group of friends grow up in small town Quebec. There are just two of the new stories we want to share with you this season.

WORKSHOPS

We believe in creative aging through the arts. Our performance storytelling workshops offer a unique opportunity to play, share stories, and engage in theatre. Workshops are inclusive, welcoming participants of all abilities and experiences.

Learn how to turn stories, both true and fictitious into moments of theater to perform and share.

BOOK A WORKSHOP OR PERFORMANCE WITH GeriActors

We book performances from May to June and workshops all year long.

<https://geriactors.ca/hire-us/>



GENERAL CONTRACTOR REFERRAL SERVICE

Are you tired of paying double the rate for renovations because you live in the university area? I live in Windsor Park, and I have carefully selected contractors based on their quality of work and tendency to charge fair prices for the work done, not the area I live in.

In response to the exorbitant prices being paid by many neighbours, I have formed a general contractor referral service. You let me know what your renovation needs are, and I put you in touch with a selected group of contractors who provide high quality work for less. You do not pay anything for this referral service. They will contact you, and the rest is between you and the contractor.

Email Alexia Ferrari at alexia.lane.ferrari@gmail.com



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February WPCL Sustainability Talk
Featuring John Acorn (Nature Nut) Backyard Ecology

We were so fortunate to have **John Acorn**, an internationally known scientist, author, and broadcaster at February's Sustainability Talk. John's career has been marked with creativity and a passion for science. As a research associate at the Royal Tyrell Museum of Paleontology and the E.H. Strickland Entomology Museum, Acorn continually goes beyond his professional commitments and generously gives his time to promote the field.

As the host and creative force behind the popular TV series *Acorn, the Nature Nut*, he has educated and entertained audiences worldwide. As a best-selling author, he has had a huge impact on amateur entomology, and his field guides have earned him numerous awards.

<http://www.acornthenaturenut.net/>



Windsor Park Neighbourhood Connector Feature

Penny Tucker: “Knowing your neighbours is the best security system there is. When we’re connected, we feel happier, healthier and safer.”

Abundant Community Edmonton is a grassroots initiative fostering neighbour to neighbour relationships. The goal: to cultivate a culture of care and connection, increased sense of belonging & inclusion - ultimately creating a more healthy and livable city – one block at a time - City of Edmonton
By Ronnene Anderson



Penny Tucker has a blockbuster idea for Year Two of Abundant Community in Windsor Park: a simultaneous, whole-neighbourhood potluck supper, with 4-5 households throwing their doors open to all WP residents on the same day at the same time. “On that day we will be woven into a collective, metaphorical ‘welcome mat’ that says everyone is invited and welcomed at any of these homes. We all belong.”

Will it happen? Penny, who is continuing her role as Neighbourhood Connector, has no doubt it will be an enlivening event. She has already seen a magical growth of neighbourliness in the year since she helped organize an army of Block Connectors who work to knit together their blocks. Now many block neighbours in Windsor Park have each others’ names and contact information so they can be in touch about block parties, block updates, and in case of emergencies.

“We are very lucky. We have a lot of community-minded people in our neighbourhood who understand that when we’re connected, we feel happier, healthier and safer. Knowing your neighbours is the best security system there is.” says Penny.

Penny and her husband Kevin have lived in Windsor Park for almost 28 years. The first 10 years were on Windsor Road, where their earliest neighbouring memories left a happy imprint as they raised their daughter, Katie. Regularly there were gab sessions on front lawns, soup nights, childcare sharing and support when someone was sick. “We had a sense of living in a little village on our block - something that seems to be missing these days.” Penny says, “Today people can feel disconnected. But knowing your neighbours can help fight isolation and loneliness. I want every block to have the same opportunity we’ve had.” Penny and Kevin now live on 120th street and enjoy and appreciate regular gatherings with their block neighbours.

In the fall of 2018, Penny read an announcement in the Windsor Park newsletter seeking applicants for Neighbourhood Connector. The ad leaped out at her. She consulted with her friends and family, and they said, “That’s you!”

In the first two weeks on contract, Penny reached out to her own block neighbours, inviting them to drop by for hot chocolate and goodies in front of her house. It was a freezing day in January but neighbours bundled up nonetheless, chatted, laughed, and enjoyed a steaming mug together. One neighbour wittily commented it would be “the coolest” block social ever! Penny followed up with a spontaneous block social in February, hand-delivering invitations that said: *Pop-up Potluck – Tomorrow – Sunday – 5:30-7:00 – Bring anything – doesn’t matter.* A dozen neighbours showed up and had a lively evening together. “On my block, people really like to socialize.” Penny says. “We experiment with different types of monthly gatherings from pre-planned themed suppers to “pop-up”, short-notice drop-in potlucks or teas.” Penny’s block is lucky to have two Block Connectors

(Jannine Otto and Kyrstie Green) and both of them have hosted fun events. Jannine baked apples from a neighbour's tree and Kyrstie recently hosted a 'soup night'. "Our block is rockin'!" says Penny.

Everyone on Penny's block now has a list of names linked to home addresses and contact information. No one has to be embarrassed about forgetting their neighbour's name!

Some blocks in Windsor Park don't yet have a Block Connector. Penny teamed up with Block Connector, Sheryll Ford, from a nearby block to 'adopt' a block that had no Connector. They had neighbor conversations and taped party invitations to the mailboxes of people who weren't home. Some people who weren't home *did* show up to Sheryll's party and one couple who attended, introduced an idea that "laid the groundwork for influencing the culture of our neighbourhood," Penny says. Their suggestion: the *Passeggiata*, the long-held Italian tradition of neighbours strolling and mingling in the evenings.

Within a few weeks, Windsor Park's *Passeggiata* was launched, with residents walking along Saskatchewan Drive one evening a week (in the warmer months), meeting old friends, greeting new babies, discovering neighbours. It is such a simple idea that bubbled up organically through Abundant Community. Penny says. "It's elegant, inclusive, no cost, no commitment – come if you can, come as you are and stay as long as you like."

Block Connectors met some Windsor Park residents who were isolated and in need. One senior was struggling - barely able buy food. Penny used her new contact list to appeal for help. Two residents started baking muffins, and a food donation bin was set up on Penny's porch. Money was raised to buy a pair of winter boots. Another neighbour, who liked to sew, volunteered to mend clothing. "I believe people want to contribute, and Abundant Community offers them the opportunity to do what they've already been thinking of."

In another case, a neighbour reluctantly opened her door when Penny was canvassing and, during the conversation, revealed that she was having trouble getting rides for doctor's appointments. Penny sent out an email request within a three-block radius of that neighbour for volunteer drivers. Within 24 hours, a dozen neighbours said, "Heck, yes!" A permanent ride list has now been established.

In 2020, Penny wants to foster more connections between people who need help, and people who want to give help. She would also like to connect those with interests and hobbies, to people who would like to hear about them or join in. (Watch the Windsor Park website for Abundant Community data results about ways to connect with others in Windsor Park.)

Penny also seeks more ideas for bringing people together, like the *Passeggiata*. She and sponsor, Sara Kalke - along with the help of neighbourhood volunteers - plan to repeat last year's **Country Fair** – this year scheduled for **May 31st**. The Country Fair was born out of another organic idea that surfaced through Abundant Community - one girl's dream to be a cowgirl and another's love of three-legged races.

Penny praises the team of dedicated Block Connectors who continue to knock on doors and plan block parties. "The smallest of friendly gestures mean a lot to people," Penny says. "Sometimes just a simple 'hello' can make your day."

If your block needs a Block Connector, or you would like to be involved with Abundant Community, or you would like to volunteer your home for our whole neighbourhood potluck supper, Penny can be reached at: 780-970-8418. Email: life.dance@telus.net

If you know someone outside of Windsor Park who would like more information on the ACE Program and/or support to initiate it in their neighbourhood, they can contact the City of Edmonton at: abundantcommunity@edmonton.ca

KYRSTIE GREEN'S "SOUP NIGHT" BLOCK SOCIAL, FEBRUARY 9TH, 2020

