



Windsor Park Community Newsletter

November 2003

From the President...

Newsletter Editor

I'm delighted to welcome our new newsletter editor, Nicholette Anand, to the Windsor Park Executive. It's an important job; as I recently heard at the annual conference of the Alberta Parks and Recreation Association, communication in a community is a significant part of its social capital. Windsor Park has a fine tradition of independent quality newsletters and I'm sure Nicholette will do us proud.

Social Coordinator

Social events are a form of communication too, and we need someone to step into the very capable shoes of Marilyn Gaa to organize more such events. If you enjoy a party, so do your neighbours; but someone has to get the ball rolling. Many problems can be solved and ideas brought to life over a glass of something in the League hall. If you're prepared to take over from Marilyn, who has done more than her share, get in touch with her directly.

Decore Lookout

As you may know by now, the top of the south bank of the North Saskatchewan River Valley from 99th Street to 87 Avenue will henceforth be known as the Decore Lookout in honor of our distinguished friend and neighbor. The community League has agreed to finance two of the three viewing benches that will be placed around Windsor Park. (Anne-Marie Decore will look after the other one). It will be a

great place for walkers, joggers, skiers, and golf putterers to relax.

Attend the AGM

One final request: Please come to the AGM at **7:30pm on November 7**. Partake of some wine and cheese after the business is done, and we'll bring you up to date on any other news.

---Edo Nyland

BOOK FAIR

Wednesday, Nov. 26th, noon to 5 p.m.
Thursday, Nov. 27th, 9 a.m. to 6 p.m.

**Windsor Park School Gymnasium
(8720 - 118 Street)**

The Windsor Park Fundraising Society, in partnership with Audrey's Bookstore, will be holding its annual Book Fair on November 26th and 27th, 2003. Everyone is welcome! Come visit our wide selection of children's books and adult books as well. This is a great opportunity to buy Christmas presents or to treat yourself. In honor of the school's 50th Anniversary, consider buying a book to donate to the school library and become a part of the school's legacy. Tax deductible receipts will be issued for donations valued \$25 or more.



Community League Executives



Title / Role	Name	Address	Phone	E-mail
President	Edo Nyland	8954 Windsor Road	433-2211	edo@phys.ualberta.ca
Past President	Ed Holmes	11902 – 89 Avenue	432-0600	
Vice President	David Marples	11719 Edinboro Road	439-9912	
Secretary	George Fitzsimmons	8910 – 117 Street	432-7357	
Treasurer	Guy Woo	11712 Edinboro Road	432-1885	guywoo@shaw.ca
Block Parents	Liz Miller	9247 – 117 Street	431-1585	
Building Rental	Sheri Samuels		433-3741	
Building Maintenance	Roger Toogood		439-5255	
Casino	Ed Holmes	11902-89 Avenue	432-0600	
Central Area Council	Elaine Solez	8711 Sask. Drive	431-0292	
Community Relations	John Wilson			
Eye on Future/Planning	Elaine Solez	8711 Sask. Drive	431-0292	
Garden Club/Parks	Marilyn Gaa	9318 Edinboro Road	432-7660	
Lost & Found	Sheri Samuels		433-3741	
Membership	Sarah Nyland	8954 Windsor Road	433-2211	
	Robert Gariepy		433-7238	
Neighborhood Watch	<i>Vacant</i>			
Newsletter Editor	Nicholette Anand	8468-118 Street	436-3143	anand3@shaw.ca
Newsletter Dist & Ad Payment	Guy Woo	11712 Edinboro Road	432-1885	guywoo@shaw.ca
Nursery School	John Collier	8620 Sask. Drive	433-1270	
Parking Program	Liz Miller	9247 – 117 Street	431-1585	
Rink Maintenance	Joe Miller	9247 – 117 Street	431-1585	
Soccer	David Alton	9207 – 117 Street	438-1009	
Social	Marilyn Gaa	9318 Edinboro Road	432-7660	
	Ronnene Anderson	8739 - 117 Street	433-8632	

The Community League website is located at:

<http://www.ualberta.ca/~edo/websiteWPCL/league.html>

HANDKNIT
PURE
ALPACA
SWEATERS



TRADITIONAL &
CONTEMPORARY
DESIGNS
FOR MEN & WOMEN

*Non profit - all \$ returned to the Minkha women of
Bolivia*

Now also available in cotton and rayon

SWEATER SALE OPEN HOUSE

Windsor Park Community Hall
11840 – 87 ave.
Edmonton
Saturday, December 6, 2003
10:00 A.M. to 4:00 P.M.

You are invited to view the quality & artistry of the sweater samples from the Minkha Women's Knitting Cooperative in Bolivia.
If you choose, you can order a sweater to be custom knit for you or as a gift.
Samples will also be available for direct sale.

Scarves, Hats, Vests, Cardigans, Pullovers, Long Vests & Coats
PRICED FROM: \$25.00 - \$250.00

What is Minkha?

In 1989, in Bolivia, staff and volunteers of Save the Children Canada brought together a group of expert knitters and founded the micro industry Minkha. Through their skill and hard work, the women of Minkha have made their cooperatively owned enterprise self-sufficient and continue to provide for themselves and their children. Save the Children – Canada volunteers continue to assist the knitters, marketing the sweaters on a non-profit basis.

For further information call: **Linda Haswell** (780) 436-5732
Bev Edwards-Sawatzky (780) 433-3206
NON-PROFIT REPRESENTATIVES

<http://www.minkhasweaters.com/>

PHARMACY CORNER

Pharmacist: Peter Mack

Windsor Park Guardian Prescription Center

Phone: 433-6636

Fax: 439-3761



Is It the 'Flu or a Cold?

October is National Influenza Prevention Awareness Month and Canadians are stepping up their efforts to stamp out the flu. Prevention is the best medicine, but when you're already sick, how do you know if you have a cold or the flu so you can treat it accordingly? The flu and common cold share symptoms, such as a runny, stuffy nose and sore throat. However, chills and a high fever that come suddenly and last three to four days as well as a sudden headache may be signs you're suffering from the flu.

Other common flu symptoms include general aches and pains, a persistent cough with phlegm production and severe fatigue lasting two to three weeks. Moderate to severe chest discomfort accompanied by coughing is another indicator you might be suffering from more than a simple cold. (The flu is not to be mistaken with SARS, which is characterized by the development of a fever greater than 38° C and one or more of the following respiratory symptoms: cough, shortness of breath and difficulty breathing. In some cases, symptoms such as muscle aches,

headache and sore throat may also develop.)

Like a cold, the flu is usually treated with plenty of rest and fluids, as well as an over-the-counter medication such as ibuprofen or acetaminophen for fever and muscle pain. Prescription anti-viral drugs may also be useful to shorten the severity and duration of symptoms in uncomplicated flu, but they only work if they're started early (within two days of developing symptoms).

Left untreated, the flu can lead to serious and possibly life-threatening complications in patients at high risk, such as seniors in nursing homes/chronic care facilities as well as adults/children with chronic cardiac or pulmonary disease or other chronic conditions (such as diabetes, cancer, immunosuppression and renal disease.)

Frequent hand washing (with soap and water for at least 20 seconds) is one way to curb the spread of both colds and flu.



However, flu prevention can be taken one step further with an annual vaccination, to help halt the spread of the disease and reduce the severity of symptoms. Influenza vaccination is currently recommended for all children, adolescents and adults, unless there is a contraindication to receiving the vaccine (e.g., anaphylactic reaction to a previous dose of flu vaccine).



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

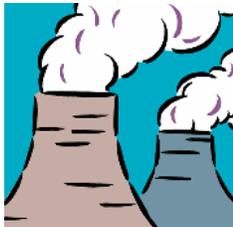
The Boiler Blows its Stack! A Message from the University of Alberta

During the past year the University constructed a new steam boiler and a new exhaust stack in the existing Heating Plant. They were built to meet the utility needs of the University of Alberta, the University of Alberta Hospital, the Cross Cancer Institute, and the Mewburn Veterans Centre. Before going into full operation, however, the new boiler will require a series of steam blows to clean it and the pipe that connects the boiler to the steam-driven turbine power generators located in the Heating Plant.

A similar commissioning exercise was conducted in the winter of 2000 and, similarly, the steam blows this year will produce clouds of steam and some noise arising from the southeast corner of the plant. The cleaning process will take place on the following two weekends of November, 2003:

- ◆ Saturday, Nov. 1, 8 a.m. to 8 p.m.
- ◆ Sunday, Nov. 2, 9 a.m. to 8 p.m. and
- ◆ Saturday, Nov. 8, 8 a.m. to 8 p.m.
- ◆ Sunday, Nov. 9, 9 a.m. to 8 p.m.

The University of Alberta regrets any inconvenience this necessary procedure may cause. Should you require further information, please contact Emily Rowan, Office of Public Affairs, Mon-Fri, 8:30am - 4:30pm at 492-3024.



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 John Collier at 433-1270.

Bottle Drive

The Playschool will once again be holding a bottle drive in the spring. Please hold onto your bottles and returnables to help support our local playschool.

If your bottles and returnables are in the way before the spring, call John Collier at 433-1270 to arrange for a pick up. Thank you - your help is greatly appreciated!

Apple Cider Harvest Event at "The Pottery Shed"

Stoneware that is dishwasher and microwave-safe.

Saturday, November 22, 10 a.m. - 5 p.m. at 11803 - 93 Avenue

Or: Come by and Pop in
Monday Thru Friday 10 a.m. - 6 p.m.
Thursdays 10 a.m. - 8 p.m.

Artist: Lea Kohler 989-1778
E-mail: leakohler@hotmail.com

POTTERY SALE

SAT NOV 22
10 to 4 PM

WINDSOR PARK
HALL

11840 – 87 AVE

Featuring
9
pottery

Refreshments

Door Prize

Kevin
Taft MLA
EDMONTON RIVERVIEW

Dear Constituents,

If you live near the university, or work at or attend a post-secondary institution in Alberta, you should pay attention to Bill 43. Although it hasn't garnered much public attention Bill 43 is one of the most important pieces of legislation brought forward in Alberta in years.

Bill 43, the *Post-Secondary Learning Act*, replaces the *Universities Act* and other legislation, bringing all universities, colleges, and technical institutes in Alberta into one enormous system called "Campus Alberta". In the process a lot of things will happen.

To the good, the neighborhoods near the university get some protection. I've worked closely with communities surrounding the U of A main and south campuses to

- 1) constrain the university's power to unilaterally expropriate land, and to
- 2) modify its complete exemption from municipal zoning.

Bill 43 recognizes our concerns. It removes the unilateral right to expropriate, and requires 'primarily commercial' developments by the university to respect municipal zoning. These are big benefits to neighbors living next to a university with huge expansion plans.

But I have very serious concerns with other aspects of Bill 43. It transfers tuition fee caps from legislation to regulations, where they can be changed with the stroke of a pen. And it concentrates huge power with the Minister of Learning:

- He must, in law, approve the university's business plans;
- He must approve all university programs;
- He can dissolve university boards of governors;
- He can dissolve duly elected students union boards;
- He can send in 'auditors' and 'investigators' with powers to seize and collect evidence;
- All instructors at post-secondary institutions have their right to strike legislatively removed.

Bill 43 turns Alberta's entire post-secondary education system into a single hierarchy, with the Minister of Learning at the top, holding the legislative powers to decide what will be done and to enforce compliance.

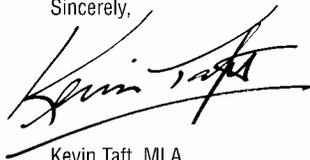
This is being done despite the fact the portion of university budgets covered by provincial funding has been declining for many years. Last year less than half of the University of Alberta's budget came from the province.

This Bill was introduced in the Legislature last spring, and will probably be debated this fall.

Please tell me what you think. Phone for a copy of the bill, or see it on-line at www.assembly.ab.ca/pro/bills.

I always like to hear from you.

Sincerely,



Kevin Taft, MLA
Edmonton Riverview

Constituency Office

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BELGRAVIA

CRESTWOOD

JASPER PLACE

LAURIER HEIGHTS

LENDRUM

LYNNWOOD

MALMO

MCKERNAN

PARKALLEN

PARKVIEW

SHERWOOD

WINDSOR PARK

*A Festival of Readings and
Music
For
St. Nicholas Day*



Featuring choral music,
hymns and readings
celebrating Christmas
around the world

**Saturday
December 6
7:30 p.m.**

Reception to follow

St. George's Anglican Church
11733-87 Avenue
Phone: 439-1470
E-mail: stgeorges@telus.net

(Regular Sunday services at 8 a.m. & 10 a.m.)

**Volunteer Reminder:
WPCL CASINO**

**December 15 & 16, 2003
West Edmonton Mall Palace Casino**

In last month's newsletter we let you know that our community was awarded a casino for the above dates. The casino is our major fundraiser and only occurs once every two years. Please contact Ed Holmes for further information.

Next Community League Meeting

The Windsor Park Community League Executive meets on the **3rd Tuesday of each month @ 7:30 p.m.** in the Community Center.

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. You may advertise in single or multiple newsletter issues. Payment is required prior to the monthly production deadline. Please make your cheques payable to the Windsor Park Community League.

Send your ad via e-mail or on disk to Nicholette Anand at anand3@shaw.ca

Rates are as follows:
Full page: \$60, Third: \$22.50, Half: \$30.00, Quarter: \$15.00

Newsletter Deadline

Do you have news about our community? We welcome your articles! The deadline for newsletter submissions is the **3rd Friday of each month.** Please forward your submission by e-mail to anand3@shaw.ca or deliver the material on disk to Nicholette Anand (436-3143).