

# WINDSOR PARK COMMUNITY NEWSLETTER

February 2015

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*Community Meetings – Everyone is welcome to attend! Please note- no meeting in February. Next meeting is March 17, 2015 at 7pm at the Windsor Park Hall*

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## UPDATE FROM THE EXECUTIVE

### Thank you!

Thanks to everyone who attended the Christmas Crafting Event and the Christmas Carol Sing in December, as well as the Winter Skate in January. We had close to 30 children attend the Christmas Crafting Event, and nearly 60 people at the Carol Sing. The Winter Skate was also well attended by approximately 40 people. A BIG thank you to those individuals who volunteered their time and helped at the events. In particular, we would like to thank Ronnene Anderson, Alexia Ferrari, Marilyn Gaa, Connie Gledhill, Kyristie Green, Heather King, Patsy Leake, Liz Miller, Susan Neufeld, and Sarah Nyland.

### Are you on the email List?

The WPCL sends out news and updates via email. If you are not receiving the emails and want to, please contact Chelsey at [chelseycabaj@gmail.com](mailto:chelseycabaj@gmail.com).

### Have children in kindergarten or younger? Interested in connecting with other parents who also have small children and live in Windsor Park?

We are currently looking at the idea of creating a separate email list of private Facebook page for parents with small children. The moms in Garneau have a private Facebook page and it works well for them. If you are interested in being added to this list, please contact Chelsey at [chelseycabaj@gmail.com](mailto:chelseycabaj@gmail.com).

### Babysitter Course

We are currently looking at trying to run a babysitter course out of the hall. If you have children interested in attending this course, please contact Chelsey at [chelseycabaj@gmail.com](mailto:chelseycabaj@gmail.com). She is attempting to coordinate the best date/time for the majority.

### Website Update

We have begun the process of looking at updating our webpage. We would like to promote local talent and locally owned businesses. If you are an artist, musician, or local Edmonton or Alberta based business owner and are interested in being featured on an updated website, please let us know. Additionally, if you have pictures related to the community and are willing to share – contact us – they can be anything from photos of trees, residents, playground etc. We would also like to do a better job of sharing WP's history. If you have old maps, stories, tales of people who have lived here in the past etc., please share by contacting Chelsey [chelseycabaj@gmail.com](mailto:chelseycabaj@gmail.com) or phone: 780-887-3950.

## WINDSOR PARK COMMUNITY LEAGUE EXECUTIVE

PRESIDENT	Chelsey Cabaj	780.887.3950	chelseycabaj@gmail.com
SECRETARY	Ronnene Anderson	780.433.8632	anderpep@telusplanet.net
TREASURER	Scott Delinger	780.439.2912	scott@altadel.com
BUILDING RENTAL	Ivy Neuhaus	780.433.2623	
BUILDING MANAGER	John Collier	780.433.1270	jbcollier@shaw.ca
CENTRAL AREA COUNCIL/PLANNING	Elaine Solez	780.431.0292	
LANDSCAPING	Marilyn Gaa	780.432.7660	
MEMBERSHIP	Janet Millar	780.433.1270	jlmillar@shaw.ca
NEWSLETTER	Alexia Ferrari	587.990.5556	alexia.lane.ferrari@gmail.com
NURSERY SCHOOL		780.439.0919	
PARKING PROGRAM	Evan Foster	780.433.0646	esfz24@shaw.ca
RINK MAINTENANCE	Bob Koch	780.761.3313	bob.koch@shaw.ca
SOCCER	Joseph Lee Son	780.988.2951	jleeson@web.ca
WEBMASTER	Scott Delinger	780.439.2912	scott@altadel.com

Please direct any questions about posting information on the large WPCL hall sign (87 Avenue) to Chelsey Cabaj (contact details are listed above).

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



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### Advertise in the WPCL Newsletter

Windsor Park residents can submit short ads for free.

Business Rates:

¼ page \$15	½ page \$30	Full page \$60
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Windsor Park is a thriving, mature community located near the University of Alberta. The community offers an elementary school, several parks and an active community league. Windsor Park is also in close proximity to downtown and the trail systems along Saskatchewan Drive and the North Saskatchewan River.

## FEBRUARY IS SOCCER REGISTRATION MONTH

This early thaw conjures up visions of early soccer. Even though we have not thrown our last snowball or made our last snowman, we can still get ready for outdoor soccer in May and June this year.

Weather permitting, the 2015 outdoor season will run from May 4 to June 25, 2015 and we are looking forward to another fun couple of months when we cheer on our young players on the green grass outside.

Outdoor registration for the 2015 year will again take place in two parts:

1. **Pre-registration on-line via [www.swemsa.com](http://www.swemsa.com)** . You must complete the pre-registration prior to the in-person registration.

2. **In person registration and payment on Saturday February 21 from 10 am to 1 pm** at the Windsor Park Community Hall – please bring two copies of your on-line registration and payment on this day.

Please remember that you need a Community League Membership in order to register. Contact Janet Millar at [jlmillar@shaw.ca](mailto:jlmillar@shaw.ca) to purchase your membership should you not have one.

For players interested in trying out for the competitive SWEMSA team, SW Sting, please visit [www.swstingsoccer.com](http://www.swstingsoccer.com) for more info and tryout dates. Competitive soccer is more intense, involves more practices and runs until the end of July. If players try out for Sting and do not make the team, they are welcome to play community soccer. In order to do that, they must register for community soccer (as noted above with on-line pre-registration and in-person at the community hall) and note of their form that they are trying out for Sting. Forms will then be held until after the Sting team formation.

Both SWEMSA and SW Sting have recently updated and streamlined their websites and information about the community and competitive programs.

I would like to thank all those who have already offered to assist in the upcoming season from coaches, to referees, to team managers and equipment helpers and I look forward to seeing everyone in the warm sunshine of early May.

Should you have any questions or concerns, please contact me at [jleeson@web.ca](mailto:jleeson@web.ca) or 780-988-2951.

Joseph M Lee Son  
Windsor Park Community Soccer Coordinator

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## THE FACULTY CLUB PRESENTS TRIVIA NIGHT!

**WHY:** Meet new friends, old friends, finally use your trivia knowledge and...WIN YOUR BAR TAB!  
**WHEN:** Thursday: February 26 at 7:00 pm  
**WHERE:** The Faculty Club Lounge (University of Alberta)  
**BRING:** Your inner nerd, friends and family who know things you don't know, and a team of 2 to 6 people

**WITH YOUR HOSTS:** Robert and Alexia Ferrari

**RESERVATIONS ARE REQUIRED, LIMITED SPACE.**  
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#### Newcomers to Windsor Park.

If you are new to the community, or know of any new Windsor Park residents, let me know at [alexialaneferrari@gmail.com](mailto:alexialaneferrari@gmail.com) so we can extend a community welcome!

## MASTER COMPOSTER RECYCLER NEWS

Did you know that PIZZA BOXES are suitable for the Blue Bags? As long as the wax paper, excess cheese and toppings are removed, the cardboard box can be recycled. All cardboard boxes should be flattened, placed together and secured under or beside your blue bags so they don't blow away. Very large pieces of cardboard should be cut down to a 1 meter by 1 meter in size for easier collection.

On the other hand, used disposable COFFEE CUPS are NOT suitable for recycling. They belong in the garbage, and will likely end up as biofuel.

How about YOGHURT CONTAINERS? The MULTISERVE containers are recyclable, once cleaned and the lid discarded. (The Reuse Centre also takes 750 ml containers. Small SINGLE SERVING SIZE yoghurt containers belong in the GARBAGE – sue to their small size, they don't go through the sorting process well. A general guideline for sizes of objects appropriate for recycling suggests items be larger than an adult fist, and smaller than a basketball. (This helps explain why lids are discarded.)

In general, items suitable for recycling need to be clean, loose, and dry. Our blue bags get dumped out at a huge Materials Recovery Facility, where mechanized and human sorting occurs. Even the blue bags are recovered and sold along with other household plastics.

Thanks to those neighbors interested in sorting out items at the Reuse Centre once a month – we have room for more volunteers, so please let me know if you would like to join in the fun! I can be reached by email ([Liz ewmiller@shaw.ca](mailto:ewmiller@shaw.ca)) or phone (Liz Miller at 780-431-1585).

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## TRIVIA QUESTIONS

(answers on page 7)

1. Which pop singer was nicknamed the Groover from Vancouver?
2. Who composed The Planets Suite?
3. In the context of time, what does a.m. stand for?
4. Which American actor and (future) president is seated next to Lana Turner?



## MESSAGE FROM WINDSOR PARK SCHOOL PRINCIPAL

Our Christmas Concert "Dear Santa...A Musical Tweet" was a great success. It is always a wonderful time to celebrate the season and showcase our student's creativity, enthusiasm, and skills. The students enjoy performing for their family and friends.

For the month of **January** our students have been deepening their learning in different areas of **dance** such as jazz, hip hop, musical theater, and creative dance. We look forward to observing the growth in their creative expression and physical skills. The final community building performance will bring together everything the students have learned. Please feel free to come by the school and see the final performance on Tuesday, February 3<sup>rd</sup> from 1:00 p.m. to 2:00 p.m.

Students will continue to develop their mindfulness through participating in **Yoga** during their Physical Education classes during the month of February. Our Running Club is practicing and getting ready for the Indoor Journal Games. **March** is **Innovation Month** and our Entrepreneur Club will be showcasing their carousels. Science will truly come alive the last week of March with our annual Science Blitz week entitled "The Windsor World of Science".

Patti Christensen, Principal

## APRIL NEWSLETTER

Next newsletter – April 2015. The deadline for submission is Monday March 16, 2015.

Please email submissions to Alexia Ferrari,  
alexia.lane.ferrari@gmail.com

## SOUTHWEST FARMERS MARKET

<http://www.swefm.ca/>

Wednesdays 4:30 – 7:30 pm  
South Parking Lot of Terwillegar Community  
Recreation Centre



## **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](mailto:alexia.lane.ferrari@gmail.com)

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## WINDSOR PARK SCHOOL CASINO – VOLUNTEERS NEEDED!

The Windsor Park School Casino is taking place on Wednesday February 18<sup>th</sup> and Thursday February 19<sup>th</sup>, 2015 at the Palace Casino (located in West Edmonton Mall). We still need **18** more volunteers to fill all our required spots.

The casino happens every 2 years and brings in approximately \$70,000 in funds for our school. These funds are used to provide enrichment materials for the classrooms and activities for the children of Windsor Park School. Examples of items that have been purchased in the past with casino funds include chrome books, sports equipment, Ortona gymnastics field trips, Marr Mac Dance sessions, handbells, classroom enrichment materials, Edmonton Opera, Artist in Residence, guest speakers, etc.

Please check our schedules and see if you might be able to work a shift on either Wednesday February 18<sup>th</sup> and Thursday February 19<sup>th</sup>. Grandparents, friends and neighbours are also welcome and appreciated. No experience is necessary. A meal is provided and taxis to and from the Palace Casino will be reimbursed if required.

A link to the sign up sheet can be found below. Just click on the link and choose the shift that works best with your schedule.

<https://www.volunteersignup.org/RKX88>

Many thanks from the Windsor Park Fundraising Society.

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### Solar observing

The Department of Physics and Astronomical Observatory is located on the West end of the 5<sup>th</sup> floor of the Centennial Centre for Interdisciplinary Science on the main campus of the U of A.

Free and open to the public during the following times.

Solar Observing –  
Thursdays 12 – 1 pm

Evening Observing –  
February – Thursdays 7 – 8 pm  
March – Thursdays 8 – 9 pm

The evening observing time also includes a free public lecture during the first half hour.

### TRIVIA ANSWERS

1. Bryan Adams
2. Gustav Holst
3. ante meridiem
4. Ronald Reagan



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### AND THE WINNERS ARE ...

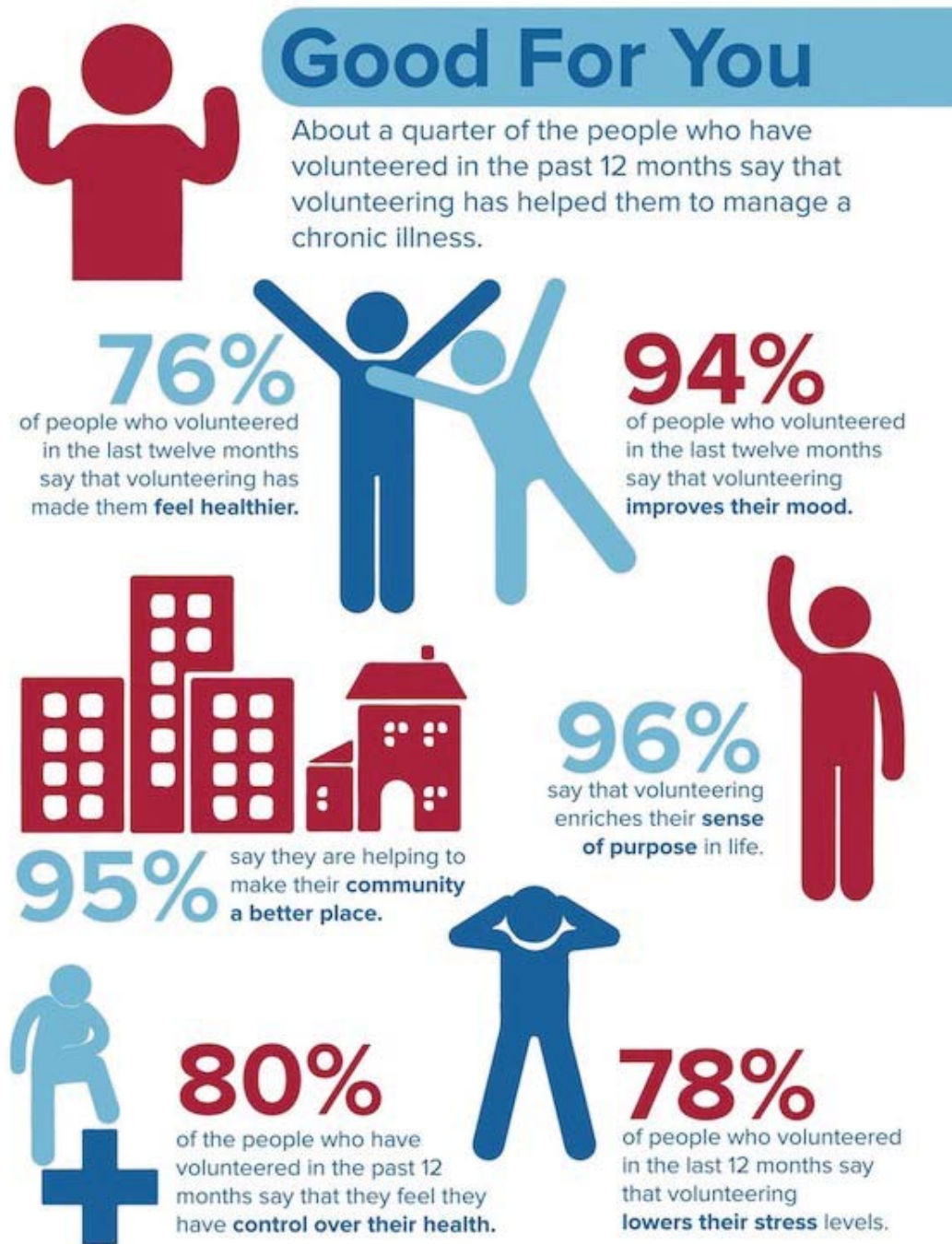
The WPCL held draws for everyone who renewed or signed up for their membership by the end of November and December. The winner of the November draw (and Telus World of Science gift card) was Sheila Greer. The winner of the December draw (and FC Edmonton prize package including tickets to soccer game) was Darcie Kiddoo and Tarek Motan.

Congratulations! And thank you for renewing your membership.

## VOLUNTEER WITH WPCL

We often associate regular exercise, eating healthy food, and avoiding smoking/drinking as forms of healthy living. People are always looking for the next health craze, the latest diet or that new cutting-edge exercise that will help them prolong and lead a healthy life. But one activity that is proven to be beneficial to your health and often overlooked is volunteering.

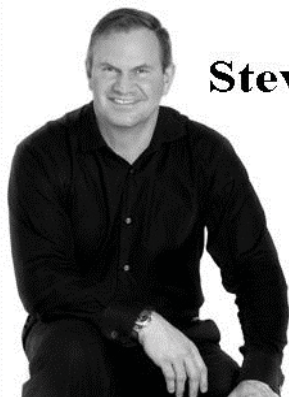
A study by the United Health Group & the Optum Institute found a direct link between volunteering and better physical, mental and emotional health. Some of the results are below:



Source: Volunteer Ireland

Contact Chelsey at [chelseycabaj@gmail.com](mailto:chelseycabaj@gmail.com) or [780-887-3950](tel:780-887-3950) to discuss volunteer opportunities.





## Steve Young, MLA

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Edmonton, Alberta T5R 1C3

Phone: 780-414-0719 Fax: 780-414-0721

[edmonton.riverview@assembly.ab.ca](mailto:edmonton.riverview@assembly.ab.ca)

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Mon., Wed: 12:10 pm

Tues., Thurs.: 12:30 pm

Fri.: no mass

Sat.: 4:30 pm

Sun.: 9:30 am, 11 am and 7 pm

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# February Is Heart Month



Emergency  
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Services



Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing can make the difference between life and death.

Recognizing and responding immediately to the warning signs of a potential heart attack can significantly improve survival and recovery. **February is Heart Month** - take the time to be heart safe and learn how you can reduce your risk.

## Know the signs of a heart attack

(Any or all of these signs & symptoms may occur)

- Chest pain described as crushing, squeezing, pressure or chest heaviness;
- Pain that moves beyond the chest such as shoulder, arm, neck or jaw pain;
- Shortness of breath, sweating or nausea and vomiting.

## Reduce your risk

Heart attack risk factors include:

- Obesity
- Sedentary lifestyle
- Smoking
- High cholesterol
- Age / Gender
- Family history

Speak with your doctor about how to treat your modifiable risk factors and learn to be heart safe.

## What to do when seconds count

- Call 9-1-1 immediately. Early treatment can greatly reduce heart damage and make the difference of life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous and perform an electrocardiogram (ECG).
- Paramedics can also administer important medications in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will also share information with the hospital so definitive treatment can begin immediately on arrival.
- Take a CPR/AED (automated external defibrillator) course. Training is widely available from many reputable organizations. It's easy, inexpensive, and only takes a few hours.

Friday February 6<sup>th</sup> 3:30-5:30 pm



Join WPCL and WP School for

# After School Winter Is Cool

- Skating
- Tobogganing
- Snowman Building
- Snow Painting
- Freeze Tag
- Ice Hunt
- Snacks

## GET YOUR WPCL MEMBERSHIP HERE!

To improve the use of our available volunteer time, we are testing a new approach to membership sales in 2014/15. In place of the traditional door-to-door campaign (which required a line-up of 40-50 volunteers each year), we are making memberships available in-person at WPCL social events and meetings, and on-line through the Edmonton Federation of Community Leagues website, [www.efcl.org](http://www.efcl.org). You may also obtain your membership by mail: just tear off, complete and mail this form, and we will deliver a membership card to your door!

Questions? Suggestions? Concerns? Please contact Chelsey Cabaj (780-887-3950; [chelseycabaj@gmail.com](mailto:chelseycabaj@gmail.com)) or Janet Millar (780-433-1270; [jlmillar@shaw.ca](mailto:jlmillar@shaw.ca)).

### MAIL-IN MEMBERSHIP FORM

#### NAME:

Adult(s) (first and last names) \_\_\_\_\_  
\_\_\_\_\_

Children (names and ages optional) \_\_\_\_\_

#### ADDRESS:

\_\_\_\_\_

#### PHONE(s):

\_\_\_\_\_

EMAIL(s) (if you want to  
receive news and updates):

\_\_\_\_\_

**VOLUNTEER INTEREST** (optional): Yes: \_\_\_\_\_ No: \_\_\_\_\_

Any specific areas of interest or times you'd like to help?: \_\_\_\_\_

\_\_\_\_\_

**MEMBERSHIP TYPE AND FEE:** \_\_\_\_\_ Family (household of any number): \$25.00  
\_\_\_\_\_ Honorary (seniors 65 and older): \$0.00 or donation if desired

**PAYMENT ENCLOSED:** \$ \_\_\_\_\_

(do not mail cash; make cheque payable to Windsor Park Community League)

**Please mail your form and payment (if applicable) to:**

**Windsor Park Community League, 11840 87 Avenue, Edmonton, Alberta, T6G 2S3**