

WINDSOR PARK COMMUNITY NEWSLETTER



Quarterly Newsletter – Winter Edition

Community League Executive Meetings - held at 7pm, 3rd TUESDAY of the month

WINDSOR PARK COMMUNITY LEAGUE – PRESIDENT’S PAGE BY GAIL POWLEY, P.ENG

Just when I thought we couldn’t match our exciting summer – Windsor Park has had an amazing fall! From the great community support we experienced on the Rink Painting Bees; to the Tour of Alberta bike race which ran in Windsor Park’s backyard for the first time; to the well-attended and record-breaking Annual Community BBQ (filled with neighborly fun – and amazing food (Green Onion Cake, BBQ Chicken, Taber Corn, and so many wonderful salads and desserts)); to our Edo talk which featured August’s **Total Solar Eclipse** as explained by our Neighbour and past-President of the National Astronomical Association Professor Doug Hube; to our Annual Children’s Halloween WarmUp; the AGM and Wine & Cheese (kindly facilitated by our neighbourhood wine connoisseur Scott Meadows); and November Edo Talk by Neighbour Raj Pannu, past-leader of the provincial NDP party. **Thank you to all Executive and Lead Volunteers who have served for 2016/17, and as well to our returning and new volunteers who are on board for 2017/18!**

Our General Plan is to continue to have at least 1 Community-wide Event/Month – so if you have a passion for a specific occasion, let us know and together we can hold an event which makes a stronger community for all!

-----WINDSOR PARK EVENT LISTING-----

- **Dec 9 - Jan 5: Free Windsor Park Children’s Green Shack Program - Tuesdays, Thursdays (3:30-6:00pm); Saturdays (1:00 - 5:00pm)** For more information see edmonton.ca/playgrounds – Kids (ages 6-12 years) come out and have some fun! Note: The Windsor Park hall will be made available for this program on cold days.
- **Dec 12 (Tuesday) 7-8:15pm: Windsor Park Yoga** Drop in and Join us – \$12/session, bring your mat.

- **Dec 17 (Sunday) 2-4pm: Windsor Park Christmas Sing Cheer Party:** A long-time Windsor Park Community tradition – with Carol Singing; live chamber orchestra directed by Lilian Upright; Story-telling by Jennie Frost; Refreshments. Bring a plate of your favourite Christmas treats to share. Volunteer Musicians interested in playing (and available for practice) contact Sara Nyland at sarah.nyland@gmail.com . Join us for another wonderful night at the hall. Food Bank Donations are Welcome <**For more information see the back page of this Newsletter**>

- **Jan 6 (Saturdays) 10AM: Winter Season of Regular Windsor Park Weekly Yoga (Jan 13,20,..)** Drop in and Join us (doors open 9:45AM) – \$12/session, bring your mat.
- **Jan 7 – Feb 1: Free Belgravia Winter Green Shack Program (by the playground) Tues & Thurs 3:30–6 pm and Saturdays 1-5 pm. Ages 6-12 years.**
- **Jan 13 – Feb 17: McKernan Learn to Skate Program (Weather & Rink Permitting) Sat 10-1pm**
- **January 23 (Tuesday) 7pm: Windsor Park Edo Talk and Potluck Dessert Night**
- **February (Date to be Determined): Windsor Park Family Day Event** <Contact wpcelexecutive@gmail.com to volunteer to help organize – all ages welcome>
- **March (Date to be Determined) 7pm: Windsor Park Edo Talk and Potluck Dessert Night**
- **April 1 (Sunday): Windsor Park Easter Egg Hunt** <Contact wpcelexecutive@gmail.com to volunteer>
- **Date to be Determined: Baby-Sitting Course** Offering

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WPCL EXECUTIVE

President | Gail Powley
wpclexecutive@gmail.com

Vice-President | Scott Meadows
esmeadows@gmail.com

Secretary | Ronnene Anderson
anderpep@telusplanet.net * 780-433-8632

Treasurer | Candice Wang
candice.wong10@gmail.com

Grants | Susanna Biro

Central Area Council/Planning |
Elaine Solez * 780-431-0292

Directors-At-Large |
Mary Griffith, Robert Gariepy

Building Manager | John Collier
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 | Ed Holmes & Lynn Wolff
esholmes@shaw.ca * 780-432-0600

Nursery School | 780-439-0919

Rink Maintenance | Ivan Fair
ivan.fair@telus.net

Soccer | Allison Baker and Shona Nichols
windsorgarneausoccer@gmail.com

Casino | Bonnie Austen
bonniemausten@gmail.com

New Volunteers Always Needed! Please contact Gail Powley at wpclexecutive@gmail.com.

Social (2) | *Vacant*, Gabriella Makar
gabriella.makar@shaw.ca

Facebook (2) | Stephanie Powley Unrau,
Gabriella Maier-Hicks

Sustainability (2) | Nicole Powley Unrau,
Koen deWaal dewaaldevelopments@gmail.com

Webmaster | Tracy Grange Stanicky

University Liaisons (2) | *Vacant*

Neighbourhood Safety Coordinator (2) |
Dominic Thompson, *Vacant*

Advertise in the WPCL Newsletter

Windsor Park residents
can submit short ads for
free.

Business Rates:



1/4 page

\$15

\$30

1/2 page

Full

page

\$60

Newcomers to Windsor Park.

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

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

MEMBERSHIP IS SO REWARDING – DON'T MISS OUT!

Membership canvassers and registered Community League members deserve a BIG THANK YOU for keeping our community alive and healthy. Windsor Park offers a great variety of activities and programs for all ages: seasonal parties, horse drawn wagon ride, Annual BBQ, Annual General Meeting Wine and Cheese, the Edo Talks (lecture series), Yoga, Green Shack for kids, access to all other community league facilities and programs at the members' rate, and discounted admission to city recreation centres. Take advantage of the benefits!

MY APOLOGIES if you have not been visited by a canvasser. The fee is only \$25 per household, and Seniors are free. If you wish to make a donation, a tax receipt will be delivered in January. Sadly, some blocks had no coverage. CHEER UP! There are three options for you to obtain your 2017-18 membership.

1. Phone or Email the Membership Chair (myself), Marilyn Gaa, to arrange a home visit to obtain your membership. marilyngaa@telusplanet.net or 780-432-7660
2. Register online for instant results: Go to the Edmonton Federation of Community Leagues website www.efcl.org Follow the prompts and use paypal for your online fee. Your membership card will come to you through Email.
3. Attend any Community League event and visit the membership table.
 - On Sunday, Dec 17, 2-4pm, is the annual Christmas Carol Sing with musicians, a story teller, and treats.

I look forward to more membership inquiries and notifications, and hope to see you at our welcoming, enjoyable events.

WINDSOR PARK HALL YOGA CLASSES

Our experienced instructor leads regular courses 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, even beginners.

December Class (due to holiday schedules): Tuesday, Dec 12 7:00pm.

Regular classes are held in 2018 on Saturday's at 10am-11:15am. Doors open at 9:45am. Cost is \$12/class - Please Drop-In and Join Us!

SIGN OF THE (INFILL) TIMES – LOW-RISE APARTMENT APPLICATION

by Elaine Solez, Civics Director

The league has received a notice from the City about an application to rezone the property at the southwest corner of 87th Ave. and 117th St. (beside St. George's church, across from Lister Hall) - from RF1 (single family) to RA7 (low-rise apartment zone). The notice is posted on the property, the rezoning application is being reviewed by the City. The Development Officer has asked for information from the applicant on whether the existing water and sewer system can support an apartment building.

The site meets the locational criteria in the City's Residential Infill Guidelines for this type of development. Most other corner lots in the community do not meet the criteria. The Medium Scale Residential Infill Overlay applies to the site. The Overlay contains regulations on setbacks, stepbacks, density, parking, entrances, design and exterior materials in addition to the regulations in the RA7 zone. This rezoning proposal is likely to be on a Public Hearing agenda in late February or early March.

League representatives will stay in contact with the applicant and the Development Officer as well as continue to update the league executive and the community as additional information becomes available. The league will be considering whether or not to support the rezoning once we know more about the application and the views of community residents.

If you have questions or want to provide comments to the City on the proposed rezoning, Andrew Sherstone, the Development Officer, can be reached at [780-442-0699](tel:780-442-0699) or andrew.sherstone@edmonton.ca. Also let the league know what you think at wpclexecutive@gmail.com.

*Wishing you a season
filled with beautiful
moments and
cherished memories.*



GROAT PLAZA FAMILY DENTISTRY

Dr. Ann Macdonald, Dr. Milana Levin, Dr. Doris Lunardon

780 - 447-9910

www.groatplazadentistry.com

THE “PIECE BY PIECE” SCULPTURE ACKNOWLEDGEMENTS AND MAINTENANCE

This year visitors to the Windsor Park playground have enjoyed the beautiful and meaningful sculpture “Piece by Piece”, which was created by Windsor Park sculptor Michele Mitchell, assisted by her husband, Andrew. They dedicated many more hours than they were paid for to the creation of this work of art. Those who attended Andrew Mitchell’s EDO talk in June have an even greater appreciation of this sculpture, now they know about the many steps involved in its creation.

The Windsor Park Community League Executive would like to acknowledge all those who made this sculpture possible. Grants and funding were received from: The Government of Alberta (Community Facility and Enhancement Program and Community Spirit Program); The City of Edmonton (Neighbourhood Park Development Program); Windsor Park residents and the Windsor Park Community League; Janto Engineering Inc. (providing the structural design of the base ‘pro bono’).

We would especially like to recognize the hard-working members of the Windsor Park Redevelopment Committee, chaired by Dr. Isabelle Vonder Muhll and staff at the City of Edmonton, including Kate Russell, Community Recreation Coordinator.

Now that the sculpture is in place, it will need to be looked after. Bobby Leech is kindly taking on this role, which will include an annual waxing of the bronze. If you see that the sculpture needs attention, please contact Bobby at bobby.leech@telus.net



Did you get a telescope for Christmas but you aren't quite sure how to use it?

FREE event open to the public.

It's a common complaint among first-time telescope owners: "I've got this new telescope and I can't see a thing through it". The aim of this Astro Café is to help you get the most out of your new telescope.

Bring your telescope to the 3rd annual **How to Use a Telescope workshop** and experts from the RASC will help you learn how to use it. Let us show you how to make the most out of your telescope. Discover how to properly set up your telescope, how to find objects in the sky, what accessories would be useful to you and how to take care of your telescope.

If people are interested and have the time, they can bring their telescope outside the hall after the Astro Café ends at 9:00 PM, to learn how to use their telescope under the real sky (weather permitting) with help from expert RASC members.

Astro Café – How to Use a Telescope

Wednesday, Jan 17, 2018

7:00 PM to 9:00 PM

Windsor Park Community League Hall*

11840 87 Ave

FREE event open to the public.

RESIDENTIAL PARKING IN WINDSOR PARK

Each year concerns arise about residential parking permits, especially as new permits have not always arrived before the old ones expire at the end of September. The Executive drew some concerns to the attention of Edmonton Parks and Road Services but has not yet received a written reply. However, from an informal conversation with the department, it appears that some changes are being planned for next year. In the meantime, it might be helpful to review the use of parking permits.

Residential parking permits

The residential parking permit allows residents in Windsor Park to park their own vehicles on the street in their parking area (e.g. UA-4 Windsor Park) where there are signs along the street stating "Except Residents With Valid Permit." The permit applies only to the vehicle that has its license plate number written on the permit and the permit must be clearly displayed on the bottom left of the windscreen (i.e., on the driver's side). It is definitely not transferrable. This permit does not exempt the owner from other posted parking restrictions (which would include snow clearing). Residents can apply for the annual permit online or wait until the renewal letter comes from the City in September.

Visitor parking permits

Each residence can apply for two visitor parking permits which are valid only within 2 linear blocks of the address for which they are issued. They are to be used only for guests attending your residence and must be displayed in the windscreen of the visitor's vehicle on the driver's side. Thus, it is clear that visitor permits must not be used to allow students to park while attending the university, etc. The visitor permits are not replaceable during the year and expire at the end of each September. To reduce the chance of a visitor driving off with a permit, try giving the driver a second card with the words "Please Return Parking Pass", which you ask to be placed on the driver's seat. This is far more conspicuous than the permit in the windshield and works as a useful reminder!

Temporary parking permits

Any owner of a residential property who needs additional parking permits for one or more days can request temporary parking permits from Parking Services at

https://www.edmonton.ca/residential_neighbourhoods/permits_licences/temporary-permission-to-park-form.aspx.

Information required on the application form includes the license plate numbers of visitors' vehicles; the name of a company providing services is optional. The City asks you to allow a minimum of 2 business days for review and processing. A copy of the temporary permit is sent to your email address (or fax number, if you prefer). You then need to print (or copy, in the case of a fax) a separate permit for each of the vehicles that will be parking at your home.

The Executive hopes someone will volunteer as Parking Director, but in the interim, if you have any parking questions or concerns, please contact Mary Griffiths, Director-at-Large, at 780-433-6675.



Gabriella Makar B. Comm, MBA

REALTOR®
RE/MAX Real Estate Centre
ABR - Accredited Buyer Representative
SRS - Seller Representative Specialist
C: [780-819-7877](tel:780-819-7877) O: [780-438-7000](tel:780-438-7000)
F: [780-430-7283](tel:780-430-7283)
E: gabriella.makar@shaw.ca
W: www.gabriellamakar.com

Break up the Winter Blues
On the Piano
McKernan Community Centre

Small Group Classes - ADULTS ONLY
Noon - 1:00 p.m. Wednesdays
January 17, 2018 - March 21, 2018
\$175 for 10 sessions
www.EdmontonPianoTeacher.com

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)

Email: edmontonalanon@gmail.com

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

Phone 24 hours: [1-888-322-6902](tel:1-888-322-6902)

THE FACULTY CLUB PRESENTS

TRIVIA NIGHT!

WHY: Meet new friends, old friends, finally use your trivia knowledge and...WIN YOUR BAR TAB!

WHEN: Thursdays: January 25, March 1 and March 29 at 7:00 pm

WHERE: The Faculty Club Lounge (University of Alberta) – lower bar

BRING: Your inner nerd, friends and family who know things you don't know, & a team of 2 to 6 people

WITH YOUR HOSTS: Robert and Alexia Ferrari

RESERVATIONS ARE REQUIRED, LIMITED SPACE.

Call University of Alberta Faculty Club at 780.492.4231

Non-members welcome. Cash bar.



WINDSOR PARK SOCCER - U14 BOYS WIN GOLD! CONGRATULATIONS!

The U14 Boys won the gold medal at a recent Spruce Grove indoor soccer tournament. Congratulations to the players and coaches! The team sends special thanks out to the Windsor Park Community for all the support given in the recent bottle drive – which provided the funds needed to participate in this tournament.



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



SPRING NEWSLETTER

Deadline for submission: **Friday February 23, 2017.**
Please provide all submissions to Alexia at alexia.lane.ferrari@gmail.com

Lendrum Pottery Group
Christmas Sale
Saturday December 2, 2015 10:00 AM – 2:00 PM
11335 – 57 Ave., Edmonton, AB
(Entrance off 113A St.)
Pottery for all tastes at reasonable prices.
Dishwasher, oven and freezer safe.
Free coffee

MUSIC TEACHERS AND STUDENTS

Looking for a place for your recital or concert?

St. George's Anglican Church (11733-87 Ave) may be your venue.

The church's interior is lovely and intimate. It has good acoustics, seats 150, has close proximity to UofA, an organ and a Yamaha C2 piano.

Intermission refreshments and/or receptions are possible. St. George's is a designated historic resource.

Booking inquiries: David Cass
(d.cass@ualberta.ca)

FREE DROP-IN

Edmonton

WINTER GREEN SHACK



| LOCATION | DATES | DAYS | TIMES |
|--------------------------------|-------------------------------|-----------------------------------|---|
| Windsor Park 11840 — 87 Ave | December 9 to January 5 | Tuesdays, Thursdays, Saturdays | Tues & Thurs: 3:30-6:00pm Sat: 1:00-5:00pm |

Our Green Shack program is now running in select locations in the winter months. Come and join us for games, crafts, sports, outdoor cooking and more!

This program is targeted for children aged 6-12, but all children accompanied by an adult are welcome to attend.

For more information, please visit:
edmonton.ca/dropincommunityprograms
or call 311.  @GreenShack



WINTER SAFETY REMINDER
Please Help Keep Public Side Walks Shoveled, City Bylaw

https://www.edmonton.ca/transportation/on_your_streets/sidewalk-snow-removal.aspx

Thank you in advance for keeping your walks free of snow, and please add sand should the walks be slippery. Windsor Park is a walkable neighbourhood and thus the sidewalks are well-used. People specifically live here so that they can walk to school, university, the hospital, or work - and our many retired residents often take healthy walks.

Failure to maintain your walks could create a safety hazard for you and your neighbours.

City bylaw enforcement officers could fine, and bill for maintenance/cleanup costs – and warnings are a courtesy and will not always be issued.

Helpful Information:

- Free Sand is available in the bin by the community league building (phone city-line (311) if supplies are low)
- If a rental, property under renovation, or other household has not been cleaning their walks regularly – please remind the owner of their obligations in to avoid safety and owner fine issues (bylaw complaints to 311)

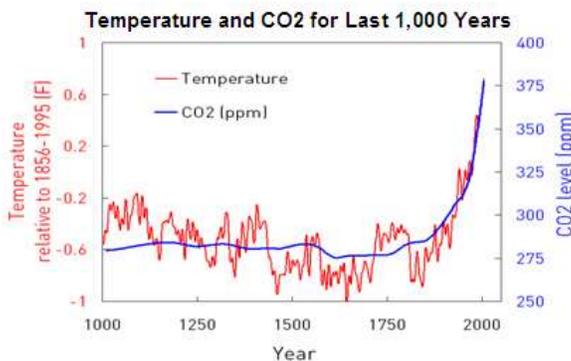


WINDSOR PARK SUSTAINABILITY FEATURE HOME ENERGY EFFICIENCY

BY KOEN DE WAAL

Dear Neighbors, I'd like to introduce myself. My name is Koen de Waal and I am excited to announce that I am a new member of the WPCL sustainability committee and through this column I will share my thoughts on sustainability issues and give tips on how to save energy and money in your home. If you have questions or suggestions for future newsletters please feel free to email me your ideas to: dewaaldevelopments@gmail.com.

Most scientists believe that humans have caused increased CO2 emissions through the burning of fossil fuels and removal of forests causing climate change. Since the beginning of the industrial revolution levels of CO2 in the atmosphere have been rising into uncharted territory.



What can we do as individuals to decrease the amount of CO2 being produced? One of the ways we can make change is to look at the ways we use energy in our homes. In order to know where you can save energy you need to know where energy is (mis)used in your home. This can be done by having your home evaluated by a licensed Energy advisor.

The City of Edmonton is currently providing a \$400 rebate to homeowners who get an EnerGuide evaluation done on their home, and who sign up to share their energy rating and label on Edmonton's EnerGuide for Homes map. This rebate will generally cover 80% to 90% of the cost of the EnerGuide evaluation. The number of rebates are limited, and incentive levels are subject to change at anytime, so sign up today! Find out more on the City of Edmonton Website: <http://ace.edmonton.ca/energguide/rebates/>

I would like to share one last tip: The City of Edmonton has created the Green Living Guide and it is filled with practical information on energy efficiency and how to incorporate it in to your life:

https://www.edmonton.ca/city_government/documents/GreenLivingGuide.pdf

I would really love to hear your questions/feedback/comments/sustainability ideas that we could do in our community so please feel free to call/email me:

E-mail: dewaaldevelopments@gmail.com

Phone: 780-708-3138

Koen De Waal is a volunteer with the Windsor Park Community League, and the owner of De Waal Developments, a homebuilder based in Windsor Park, specialized in building Net Zero Energy homes. A Net Zero home is one that produces as much energy as the homeowners consume over the course of a year, through on site renewable energy generation such as solar panels.

WINDSOR PARK SUSTAINABILITY COMMITTEE HEALTHY ENVIRONMENT MOTION

The Windsor Park Sustainability Committee is pleased to announce that the motion in support of a healthy environment passed at this year’s AGM (on November 3, 2017) with an overwhelming majority. We believe that protecting the environment is of paramount importance for the health and quality of life of Edmontonians, and indeed all Canadians, and that it can be facilitated through formal recognition and heightened awareness. This can be achieved by adding the right to a healthy environment to the Charter of Rights and Freedoms, which is part of the Canadian Constitution.

Our motion asks Edmonton City Council to sign a declaration recognizing the right to a healthy environment, and to advocate for legislation at the provincial and federal levels that recognizes this right for all Canadians. We have now sent this formal request to Ben Henderson, our Councilor for Ward 8. Windsor Park’s motion joins the actions of over 150 communities who have passed similar declarations, including the Riverdale Community League in Edmonton, as well as municipalities such as Camrose, Jasper, Toronto, and Vancouver. This is the first step in encouraging the federal government to enshrine the right to a healthy environment in the Canadian Constitution, which will be possible once 7 provinces state that they would like this right to be added to the constitution.

The passing of this motion signals Windsor Park Community’s commitment to leadership and forward-thinking green initiatives, and is particularly timely as it contributes to Edmonton’s pursuit of the “The Way We Green” strategy and the Healthy YEG movement. For more information on the right to a healthy environment, visit <http://bluedot.ca/> and <https://www.ecojustice.ca/case/right-to-a-healthy-environment/>.

Nicole Unrau – Sustainability Committee

WINDSOR PARK COMMUNITY BULLETIN BOARD

Feel Free to submit Buy, Sell, Trade, Donation Requests, Give Away Opportunities

Submit any New Opportunities to wpclexecutive@gmail.com

| Request | Item (s) | Contact |
|---|---|-------------------------|
| <u>Donation Request</u> Used Items to Women’s Shelter | - Gently Used Christmas Tree - Christmas Tree Decorations | stephyu1995@yahoo.ca |
| <u>Donation Request</u> Used Items for crafts | - Large Frames (with or without pictures/artwork) | 780 819-8830 |
| <u>Donation Request</u> Used Quality items for Charity Silent Auction | - Any items that you may not need any longer – and you would be willing to donate to a good cause <You can stipulate a favourite charity> | wpclexecutive@gmail.com |
| | | |

WE HAVE MOVED



HOURS OF OPERATION

MONDAY TO FRIDAY

8:30_{am} to **7:00_{pm}**

SATURDAY

9:00_{am} to **5:00_{pm}**

SUNDAY

12:00_{pm} to **4:00_{pm}**

Alberta Authorized
Registry Agent

 WWW.STRATHCONAREGISTRY.COM

 INFO@STRATHCONAREGISTRY.COM

 /STRATHCONAREGISTRY

 (780) 430-1154

SHOPPERS
DRUG MART

80 Ave NW

Gateway Blvd

104 St NW

79 Ave NW

save on foods



78 Ave NW

10375
-78 Ave NW-

77 Ave NW

76 Ave NW

10375 - 78 AVE NW, EDMONTON
• NEXT TO SAVE ON FOODS ON GATEWAY BLVD •

FREE DROP-IN

LEARN TO



Edmonton

SKATE PROGRAM

| LOCATION | DATES | DAY | TIME |
|--------------------------|---------------------------------|----------|---------------------------|
| McKernan 11341 78 Ave | January 13 to February 17 | Saturday | 10:00 AM to 1:00 PM |

Meet new friends and learn basic skating skills through fun games and activities! This is a free drop in program targeted for children (ages 6-12) and their families, however all are welcome to attend.

Skates and helmets are not provided but both are required to participate.

Programs will cancel at -25° Celsius with wind chill, or if the ice is closed by the facility.

For more information, please visit:
edmonton.ca/playgrounds or call 311.

 @GreenShack



WALKING YOUR DOG: HOW TO DO IT WELL AND WHY IT'S SO IMPORTANT

<https://healthypets.mercola.com/sites/healthypets/archive/2011/05/19/walking-your-dog-how-to-do-it-well-and-why-its-so-important.aspx> (November 29, 2017)

Most dog breeds were developed with a specific purpose in mind, for example, working, herding and so forth. Consequently, whether your pet is a purebred or mixed breed, chances are he carries genetic traits that drive him to pursue an activity. Many modern day dogs don't get opportunities to do what their breed instincts tell them to do. Dogs need walks for both exercise and mental stimulation.

Generally, people walk their dog for 4 reasons: elimination, mental stimulation, exercise, and training. Dogs like to go for walks to get outdoors, sniff and engage with their environment, exercise, and perhaps socialize with people and dogs outside the home. There is no reason that a walk cannot encompass and meet all the needs of both humans and dogs. Because time is often at a premium, it is useful to help owners understand and find creative ways to meet these needs.

There are lots of pet owners who:

- Don't walk their dogs at all, or don't do it routinely
- Don't make the most of the activity
- Dread walks because their pet actually walks them, or exhibits other bad leash manners

Before You Head Out the Door

The best way to develop a positive dog walking habit is when your pet is a puppy. As soon as her immune system is strong enough to protect her from communicable disease (discuss with your vet), she's ready for walks. She should already have her own secure-fitting collar or harness and ID tag, and she should be used to wearing it before you attempt to take her for walks. If your dog is fighting it, as long as you're sure it isn't too tight (you should be able to easily slip your fingers under it) or uncomfortable for some other reason, distract her from fussing with her collar until she gets used to it. It shouldn't take more than a couple days for your pup to forget she's even wearing it. Don't try to take your pup for a walk if she protests wearing a collar. The next step is to attach about 4 feet of light line (such as cotton cord or rope) and let your puppy drag it around the house with her under your watchful eye. She'll get used to it being attached, as well as the tug of it when she steps on it. Once your pup is used to the 4-foot line, swap it for a 10 to 15 foot line of the same material, and head outdoors.

Starting Out on the Right Foot

Initial walks should be short for most puppies – the main goal is to get your dog used to being attached to you by a lead. Find a safe environment. Allow puppy to drag the line behind him for a bit, then pick up the opposite end. Let him lead you around for a few seconds while you hold the line just off the ground. Slow down so he's forced to slow down, ultimately to a stop. Take a short break for praise and a little playtime.

Next, let him trail the line again, but when you pick up your end this time, call him and stand still. If he pulls, hold your ground without pulling him in your direction. The goal is to teach him to put slack in the line himself by moving toward you. When he puts slack in the line, praise him and call him to you. If he comes all the way to you, more praise and a training treat are in order. If he stops on his way to you, tighten the line just enough to apply a tiny bit of pull to it. Immediately call him to come again. Give praise as he moves toward you and treats when he comes all the way back. Two or three repetitions is all many puppies need to understand lack of tension in the line is what earns praise and treats. When your pup has learned to come towards you to relieve tension on the line, you can begin backing up as he's coming towards you to keep him moving. Next, turn and walk forward so he's following you. If he

passes you, head in another direction so he's again behind you. The goal is to teach him to follow on a loose lead. Once you've accomplished the goal, you can continue to use the light line or replace it with a leash.

Depending on your pet's temperament, 5 to 15 minute sessions are sufficient in the beginning. Practice controlling your dog on the lead for 30 second intervals during each session. Exercise patience and don't engage in a battle of wills with your pup. Don't snap, yank or otherwise use the line for correction or punishment. Stop before either of you gets frazzled or tired. After each short session on the lead, praise your dog and spend a few minutes playing. Remember -- you're building the foundation for an activity both you and your dog will enjoy and look forward to throughout her life.

Problem Pullers

Some puppies stubbornly fight the pressure of the line rather than create slack. If your puppy freezes on a tight line or routinely pulls against it, my first recommendation is to use a halter or harness rather than a collar attached to the lead. Your dog can create serious [neck and cervical disk problems](#) by pulling on a collar/leash combination. Next, make sure it's not you creating the problem. Our human instinct is to hold the leash taught, so you must also train yourself to keep slack in the line. Your dog's natural response to a tight line is to pull against it.

Do the following when your puppy refuses to create slack or move toward you: Maintain the tension on the line and turn your back on her. Allow time for it to occur to her she can't win by pulling against you. Remain still holding the tension in the line – don't pull or yank her toward you, and don't put slack in the line yourself, which will teach her the way to get slack is to pull at the line. The message you want to send your pup is pulling on the lead doesn't accomplish a thing. It doesn't change the scenery and it doesn't earn praise or treats. Eventually, your puppy will stop doing what doesn't work – especially when she is consistently rewarded for desirable behavior.

Different Types of Dog Walks

Once your dog has been taught good leash manners, vary the purpose of your walks with him.

- If your habit is to [walk him to his potty spot](#) to relieve himself, that's a purposeful walk – usually of short duration.
- Then there are mentally stimulating walks during which your pup is allowed to stop, sniff, investigate, mark a spot and so forth. Most dogs on a leash don't spend as much time sniffing and investigating as off-leash dogs. (This is probably because leashed dogs sense their owners aren't really into the same things they are!)

Allowing your pet some time to sniff around and investigate is good for him mentally. Dogs gain knowledge of the world through their noses. You can train your dog with commands to know when he's out for a mental stimulation walk, a training walk or an exercise session.

Exercise consistency is really important. Dogs need exercise every 3 days, minimum, in order to maintain muscle tone and prevent muscle wasting. In my opinion, consistent [daily aerobic exercise](#) should be the goal. It's important to elevate your pet's heart rate for 20 minutes during exercise sessions. If your dog is out of shape, you'll need to start slow and build gradually. Ongoing training throughout your dog's life is a great way to keep his faculties sharp and boredom at bay. It's also a wonderful way to strengthen the bond between you and your pet. Training walks can be about improving leash manners, learning basic or advanced obedience commands, ongoing [socialization](#) – just about anything you can think of that can be done on a leashed walk.

Your dog depends on you for her quality of life. Walking her every day or at least several times each week – taking advantage of different types of walks to stimulate her mentally and physically – will help your canine companion be balanced, healthy and happy for a lifetime.

Charity Feature: Christmas Bureau

Over 60,000 Edmontonians will turn to the Christmas Bureau for help in 2017. And, the fact is, you probably know some of them. Our clients could be your neighbour, your child's best friend, a coworker. You know them, but not what they're going through. When you donate to the Christmas Bureau, you're helping to make the holiday happen for the people in your community.

Visit www.christmasbureau.ca to learn how you can make the holidays happen for someone in your community.



You can make the holiday happen for someone you know.

You know who they are, but not what they're going through.

 Christmas Bureau of Edmonton

Donate today at ChristmasBureau.ca

FRIEND

South-side Charity Feature: The Neighbour Centre

Join other Windsor Park Community members, and volunteers across the city to fight poverty in Edmonton by supporting The Neighbour's Centre (www.theneighbourcentre.ca 7221-104 St (Calgary Trail) , 780 439-5216, contact@theneighbourcentre.ca).

This past year the Neighbour Centre provided a nurturing environment in a manner that developed relationships and communities of support - receiving more than 14,600 visits resulting in: 1,266 Loads of Laundry, 2,987 Showers, 27,310 Articles of Clothing, 14,600 Meals, and more.

The Neighbour Centre is in need of: Bus Tickets, Lunchmeat and Cheese – and Volunteers and Donations.

Thank you for your help!

FAVORITE HOLIDAY COOKIE RECIPES

Sugar Cookies

1.5 cups butter, softened
2 cups white sugar
4 eggs
1 tsp. vanilla extract
5 cups all-purpose flour
2 tsp baking powder
1 tsp salt

In a large bowl, cream together butter and sugar until smooth. Beat in eggs and vanilla. Stir in the flour, baking powder, and salt. Cover and chill dough for at least one hour (or overnight).

Preheat oven to 400F. Roll out dough on a floured surface ¼ to ½ inch thick. Cut into shapes with any cookie cutter. Place cookies 1 inch apart on ungreased cookie sheets.

Bake 6-8 minutes in preheated oven. Cool completely.

Chocolate Crinkles

1 cup unsweetened cocoa powder
2 cups white sugar
½ cup vegetable oil
4 eggs
2 tsp vanilla extract
2 cups all-purpose flour
2 tsp baking powder
½ tsp salt
½ confectioners' sugar

Mix together cocoa, sugar, and oil. Beat in eggs one at a time, then add the vanilla. Combine the flour, b. powder, and salt – stir into the cocoa mixture. Cover dough and chill for at least 4 hours.

Preheat the oven to 350F. Line baking sheets with parchment paper. Roll dough into 1 inch balls. Coat each ball with confectioners' sugar and place onto the lined sheets.

Bake in preheated oven for 10-12 minutes. Let stand on the cookie sheet for 1-2 minutes before transferring to a rack to cool.

Molasses Cookies

¾ cup shortening
1 cup packed brown sugar
½ cup white sugar (put aside – for rolling cookies)
1 large egg
½ cup molasses
2.5 cups all-purpose flour
½ tsp salt
2 tsp baking soda
1 tsp cinnamon
1 tsp ground ginger
1 tsp allspice
1 tsp nutmeg

Cream together shortening and brown sugar. Add the egg and molasses – mix well. Fold in dry ingredients and stir. Cover and chill for 1-2 hours (dough should be firm).

Preheat oven to 350F. Roll dough into small balls and roll in white sugar. Place on a lightly greased cookie sheet.

Bake at 350F for 9-10 min. Let stand on the sheet for 1 minute.

FAVOURITE CAFÉ REVIEW: CAFÉ REINETTE

New Parisian Café – Cordon Bleu Chef, Award-Winning Key Lime Tartes, Lunches, and Lattes
301 Woodvale Road West (approx 36 Ave and 64 St) www.chezreINETTE.wixsite.com



CHRISTMAS FEATURE FOR WINDSOR PARK RESIDENTS
**** FREE MACARON or MADELEINE, with PURCHASE ****

Hours: Monday–Saturday 7:00am – 9:00pm, Sunday 11:00am-5:00pm

Café ReINETTE is a new hidden gem in Edmonton! **From the Parisian decor, to the AVENUE Magazine Award-winning Key Lime Tartes, macarons, the Amazing Sandwiches and Quiches**, to made-to-order cakes and specialities. Matched with friendly service straight from France (and the heart) – and beverages such as hot chocolate made from melted-gourmet chocolate, lattes and teas - a visit to ReINETTE is an enjoyable and memorable experience. High-tea Service (\$20/for 2) available all day Friday-Sunday (while supplies last).

Sledding Safety

Emergency Medical Services (EMS) would like to remind parents and children about some sledding safety tips, as the winter season continues. Sledding injuries may result from collisions with stationary objects, such as trees & rocks, or with other people on the hill. Unprotected falls can result in injury if you lose control at high speeds. Everyone is at risk – especially children. Have a fun and safe trip on the toboggan hill by following these simple reminders.

Equipment

- Always ensure your toboggan, or sledding device, is in good repair. Inspect it for any damaged, or missing parts, before each use;
- Be certain the operator is fully capable of staying in control of the sled at all times;
- Children should wear a properly fitted helmet designed for other high impact sports such as hockey, cycling, or climbing.

Hazards

- Avoid hills that are too steep, or too icy;
- Choose hills free of all obstacles such as trees, rocks, utility poles, or fences;
- Beware of loose scarves or clothing containing drawstrings which can present a choking hazard if they become caught, or snagged.

Plan ahead

- Dress warmly in layers and anticipate weather changes;
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones;
- Take breaks, out of the cold, to warm up;
- Ensure frostbite hasn't affected any exposed skin;
- Even when properly protected from the elements, the finger tips, toes, ears, the tip of the nose, and other high points on the face such as the forehead and cheek bones can be affected by frostbite;
- If frost bite has occurred, treat it by first removing the individual out of the cold environment; Gently warm the affected skin by placing a warm hand over it, or by placing the affected part in warm, *not hot*, water, until re-warmed.

Season's Greetings
and Best Wishes for a
Happy New Year

Linda Duncan

**MEMBER OF PARLIAMENT
EDMONTON-STRATHCONA**

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**WINDSOR PARK COMMUNITY LEAGUE
MEMBERSHIP APPLICATION**

Adult 1: _____ Adult 2: _____

Children/Dependents: _____

_____ Age: _____ Age: _____

_____ Age: _____ Age: _____

Address: _____

Email: _____ Phone: _____

Interested in receiving WPCL email updates: Yes _____ No _____

Volunteer interest (optional): Yes _____ No _____

THANK YOU FOR BECOMING A WPCL MEMBER!

Type of Membership

Family (household of any number)
- \$25.00 per year

Honorary (seniors 65 years and
older) - \$0.00 (or donation, if
desired)

Cheques Payable to:
Windsor Park Community League
11840 87 Ave NW
Edmonton, AB T6G 2S3

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



Everyone is invited to the
Windsor Park Christmas Carol Party
Sunday December 17 from 2 – 4 pm
Community League Building



Carol Singing, live chamber orchestra directed by Lillian Upright

Storytelling by Jennie Frost

Refreshments

Bring a plate of holiday sweets or savouries to share!

Admission free; donations to the Food Bank are appreciated

Volunteer musicians who would like to join the orchestra (with one hour of practice just before the concert) are most welcome. If you are interested, please contact Sarah Nyland at 780-433-2211 or sarah.nyland@gmail.com

