

WINDSOR PARK COMMUNITY NEWSLETTER



Quarterly Newsletter – Spring Edition

*Community League Executive Meetings are held at the hall at 7pm, usually on the
3rd TUESDAY of the month*

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

So what has taken place in Windsor Park over these last 3 months? If you subscribe to our e-newsletter, then you will have had this information provided to you in near-real-time (if not, contact wpclxexecutive@gmail.com and we will connect you) – either way, I am pleased to provide a quick summary: December’s Annual Christmas Party had music, fun, and a great turnout!; the new Sustainability Committee has started strong – with 10 members already, and 2 monthly events (and more in the works); our January Edo Talk took a wonderfully sophisticated turn with neighbourhood literary ladies speaking on “Jane Austen and the Juvenilia Press, and the Orlando Project”; our Civics Committee hosted a well-attended session on a rezoning application and property tax assessment processes; our Rink was used in the Annual Medicine Cup, a wonderful fund-raiser organized by the UofA Med Students and supported by our great rink volunteers; our U14 Soccer Boys have had a successful season, and are on their way to the Provincial Championships; and we have had a great Wine-Tasting Session hosted by local expert Scott Meadows, with another planned in April.

Our General Plan is to continue to have at least 1 Community-wide Event per Month – so if you have a passion for a specific occasion, let us know, new ideas are always welcome at Windsor Park! See below, for some future highlights – and the rest of this Newsletter for more details overall. **Thanks Everyone – Volunteers, Attendees, WPCL Executive, and the entire Community - for all of your support! As Always, I Look Forward to Seeing You Soon Neighbours!**

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

Mar 14 Wed	7:00 PM	WPCL Social	WPCL Social – Pie/Pi Day (3.14 – March 14) Bring a Pie to Share! Fun Best Pie Contest
Mar 15 Thur	5:00 PM-7:00 PM	WPCL PreSchool	Open House – for Parents of Young/Future Pre-School Children
Mar 27 Tues	7:00PM-8:30PM	WPCL Social	WPCL Edo Talk and Dessert Potluck: “Learning Alongside Health-care Professionals in Africa”, Neighbour Dr. Louanne Keenan
Mar 31 Sat	10:30AM	WPCL Social	WPCL Easter Egg Hunt
Apr 4 Wed	7:00PM-8:30PM	WPCL Sustainability	WPCL Sustainability – Free Series: Gardening
Apr 17 Tues	7:00PM	WPCL - Bylaws	WPCL Special Meeting Vote Bylaw Change
Apr 27 Fri	7:00 PM	WPCL Social	Wine-Tasting - Open Social: \$15 RSVP esmeadows@gmail.com
May 2 Wed	7:00PM-8:30PM	WPCL Sustainability	WPCL Sustainability – Free Series
May 27 Tues	7:00PM-8:30PM	WPCL Social	WPCL Edo Talk and Dessert Potluck
July 3 – 6	12:30PM-5:00PM	City of Edm at Windsor Pk	Children’s Summer Camp Program: Dance to the Beat. Register Early – Phone 311 or see Edm Program Guides
Aug 13-14	Shifts	WPCL Casino	Casino Fundraiser at WEM Casino (West Edmonton Mall) To volunteer contact Bonnie bonniemausten@gmail.com

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WPCL EXECUTIVE and VOLUNTEER LEADERS

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
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esholmes@shaw.ca; lynxwolf@shaw.ca

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

Soccer (3) | Allison Baker, Shona Nichols,
Vacant
windsorgarneausoccer@gmail.com

Casino | Bonnie Austen
bonniemausten@gmail.com

Social (2) | Gabriella Makar, **Vacant**
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) | Kyle and Kjeryn
Willes

Nursery School | 780-439-0919
khjoosse@gmail.com

Neighbourhood Watch | **Vacant**

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

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

Advertise in the WPCL Newsletter

Windsor Park residents
can submit short ads for
free.

Business Rates:

\$15
1/4 page

\$30
1/2 page

Full
page
\$60

Note: 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!

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

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

SPECIAL WPCL MEETING

- VOTE ON PROPOSED BYLAW CHANGES -

TUESDAY, APRIL 17TH AT 8:30 PM AT THE COMMUNITY HALL

ALL LEAGUE MEMBERS ARE INVITED!

In accordance with Windsor Park Community League Bylaw 18, a special meeting, as announced above, will be held to enable community league members to vote on proposed changes to three league bylaws.

The League bylaws are at

<http://www.windsor-park.ca/docs/WPCLBylaws-20161021.pdf>

Background: At the WPCL Executive meeting on January 16, 2018, the Executive reviewed the proposed changes to bylaws 4, 11 and 17, relating to Membership, Assistants and Audit and passed a motion to call a Special Meeting to seek League approval for the amendments. The reason for each of the amendments is set out below, followed by the text of the actual resolution.

1. Bylaw 4: Membership

The Edmonton Federation of Community Leagues (EFCL) advised leagues to amend their bylaws if they conflict with the updated membership and voting requirements stipulated by the Alberta Gaming and Liquor Commission, which authorizes the biennial Windsor Park Community League (WPCL) casino. To make the changes recommended by the EFCL we need to delete “4.2 Household Memberships” from the league’s bylaws and substitute new text. The EFCL proposal will still allow family memberships, but they will be set out in a separate Membership Structure document which the league will create, as recommended by the EFCL.

2. Bylaw 11: Executive

Members of the 2016 Bylaws Committee noticed an oversight regarding Assistant positions, a new provision in the 2016 bylaws, after the final draft of the proposed bylaws were circulated for approval and it was too late to make further revisions. The bylaws permit Assistant positions to be created to help Directors or Coordinator-directors (in Article 11.12), but there is currently no provision for approval of assistant appointments by the Executive. This omission creates ambiguity and suggests a Director could appoint someone to act on his or her behalf without the knowledge of the Executive. Also in reviewing the wording of the Assistants provision, it was noted the existing language suggests that an Executive or Coordinator/Director position can have more than one Assistant, which wasn’t the intent and could be problematic. While the bylaws are being opened to make other changes, the Executive decided it was opportune to revise this provision to require executive approval of Assistant positions and to permit one Assistant for each position, not an unlimited number.

3. Bylaw 17: Audit

At the January 2018 WPCL Meeting, the Executive approved an audit policy for the League. It is very expensive to engage a professional accountant to conduct an audit for our organization, relative to the League’s limited budget. The EFCL governance expert advised the Finance Committee that a professional audit is not considered necessary for a community league. Also, while the *Societies Act* requires an audit to be carried out, it does not have to be done by a professional accountant unless it is

required by the society's bylaws (*Societies Regulation, s. 2(4)i*). Thus, the recommended amendments to Bylaw 17, which will enable an audit to be conducted, without the expense of engaging a professional accountant are shown below.

Special Resolution:

In the table below, the resolution is given in the left-hand column. The right hand column shows the current bylaw text, and is for information only. This is the resolution which will be voted on at the April 17th meeting of the Windsor Park Community League at 8:30PM in the League building.

<p>To amend the Windsor Park Community League Bylaws Articles 4, 11 and 17 as follows:</p>	
<p>In <u>Article 4</u>, by deleting subsection 4.2, and replacing it with the following:</p> <p>4.2 Admission of Members Any individual, meeting the requirements set out in Article 4.1, may become a Member in the appropriate category in Article 4.3 by paying the appropriate fees. The individual will be entered as a Member under the appropriate category in the Register of Members.</p>	<p>Article 4.2 currently reads:</p> <p>4.2 Household Memberships <i>4.2.1 All persons resident in one household, who dwell at one mailing address, including all adults and all of their children or charges residing in the household, are eligible to be members, if their names have been recorded on the membership card or form. Only a single membership is required for each household for these persons to hold membership and there may be more than one Active member in a household. Notification of meetings shall be sent to members of the household via the e-mail addresses or postal address on the membership card.</i> <i>4.2.2 Those residing in a secondary suite or rental accommodation may be regarded as a separate household, even if they have the same mailing address as the property owner.</i></p>
<p>In <u>Article 11</u>, by deleting Article 11.12 and replacing it with the following:</p> <p>11.12 Each Executive member and Coordinator/Director may appoint an Assistant, to help with the duties of the position, who is authorized to act on his or her behalf if absent or unavailable. Assistants are League members who are unpaid volunteers. Assistants shall be approved by the Executive before acting in that capacity.</p>	<p>Article 11.12 currently reads:</p> <p><i>All Executive members and Coordinator/Directors shall be empowered to appoint assistants. Assistants are League members who are unpaid volunteers who help the Officer or Coordinator/Director with their duties and whom he or she may instruct to act on his/her behalf if absent.</i></p>

<p>In <u>Article 17</u> by a) in the title, after “ARTICLE 17: AUDIT” inserting “AND ACCOUNTING”; b) in subsection 17.1 after the phrase “by a duly qualified accountant” inserting “or other volunteers, in accordance with the League’s audit policy”; c) by deleting 17.2 and replacing it with the following:</p> <p>17.2 Accountant The Executive shall appoint an accountant at the first Executive meeting following the Annual General Meeting to hold the position until the next Annual General Meeting.</p>	<p>Article 17 currently reads:</p> <p>ARTICLE 17: AUDIT 17.1 Annual Audit <i>An audit of the League’s finances and statements shall be conducted annually, as required by the Societies Act, by a duly qualified accountant. A complete statement of the standing of the books shall be presented by the Auditor and/or the Executive at the Annual General Meeting.</i></p> <p>17.2 Auditor <i>The League at each Annual General Meeting shall appoint an auditor or auditors to hold the position until the next Annual General Meeting and their appointment, remuneration, rights and duties shall be governed by the applicable laws of the Province of Alberta.</i></p>
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¹ SOCIETIES’ ACT Section 25

“A society shall hold an annual general meeting in Alberta and shall present at that meeting a financial statement setting out its income, disbursements, assets and liabilities, audited and signed by the society’s auditor.”

¹ SOCIETIES REGULATION Section 2(4)

“The audited financial statements that must accompany the annual return need not be audited by a professional accounting firm permitted to perform an audit engagement pursuant to the Chartered Professional Accountants Act unless

(a) the by-laws of the society so require, or

(b) a fee is being charged to perform the audit.”

THE FACULTY CLUB PRESENTS

TRIVIA NIGHT!

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

WHEN: Thursdays: 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.



PLANNING MATTERS IN WINDSOR PARK

by Elaine Solez, WPCL Civics Director

1. Rezoning Application from RF1 (single family) to RA7 (apartment) housing at the southeast corner of 87th Avenue and 117th Street

Thanks to everyone who attended the meeting on January 30 about this rezoning application and provided feedback to the Development Officer. He received more than 30 letters and was impressed with both the quality and respectfulness of the input. The league and the individual letters from residents emphasized our interest in rezoning to accommodate family-oriented higher density housing in Windsor Park, such as townhouses, rather than apartment housing that's more likely to appeal to students (as there is already sufficient student housing with the University Lister Expansion). Great job, everyone. You made the community look really good.

The Development Officer estimates the site is only large enough to accommodate a 4-6 unit apartment building without significant variances. The site can accommodate 3-6 townhouse-style units, depending on which rowhousing zone is applied. The developer has said he plans to build a 9-unit apartment building but there is no development application at this point, nor is one required until after the site is rezoned.

The date for the Public Hearing before City Council has not yet been set but it won't be on March 19 as initially expected. It's more likely to be in April. Watch for information in the Windsor Park E-news.

2. Recent changes in Edmonton's Zoning Bylaw that affect local development

- **Parking requirements for single family houses in Edmonton have been reduced.** One off-street parking space is required for each housing unit on a single family lot, for example one for the principal dwelling and one for a garden or basement suite. We anticipate that new houses in Windsor Park will continue to be built with 2- or 3-car garages whether or not they develop a suite, but we want community residents to be aware of this city-wide change as it is now possible to build a house with only one parking space or to add a suite without adding an additional parking space if the lot already has 2 parking spots.
 - **The term Garage suite has been replaced by the more general term Garden suite, and Garden suites are now a permitted use in the RF1 Zone.** If a homeowner plans to build a garden suite, neighbours and the league will be notified and have the right of appeal only if there is a variance.
-

WINDSOR PARK SUSTAINABILITY COMMITTEE

The newly formed WPCL Sustainability Committee would like to invite you to participate in our community efforts to reduce our neighbourhood's carbon footprint!

We have set a goal of: 10% carbon reduction for the entire neighborhood.

We are currently working on the following:

1. **Setting up Working Groups – and Welcoming more Volunteers:**

Led by individuals in the neighborhood that have a passion for things that relate to sustainability and results in carbon emission reductions. Our committee currently has 10 members – ranging in age from 20 to 70 years old, and are doctors, lawyers, engineers, professors, students, retirees, and more – in general good neighbours, and everyone is welcome. Join us!!

Subject areas currently being considered include: energy use, waste, water, food, transportation, economics, or other areas which may drive your enviro-passions:

- Are you an **economist** and would like to set up a sustainable investment group/portfolio?
- Perhaps you are a **gardener** and want to help set up a community garden.
- Do you have a **different idea**? **Great, we want to hear from you!**

2. **Eco-grants:**

We are applying for funding and all levels of government are supporting community led sustainability initiatives.

3. **Monthly Sustainability Presentations:**

We have held 2 sessions already this year (see below) and are actively accepting suggestions for our monthly meetings in April and later – please contact us at dewaaldevelopments@gmail.com if you have any suggestions!

- **Thursday, February 8 7:00pm - First Presentation: City of Edmonton presented on “Rebates for Home Energy Audits”** <http://ace.edmonton.ca/energiguide/rebates/>
- **Tuesday, March 6 7:00pm – Second Presentation: Solar Energy on Homes**

4. **Hall Energy Audit – for Future Green House Gas Reductions:**

We are in the process of getting an energy audit done on the community league hall to learn where we can reduce energy usage and save money. We look forward to presenting our findings to the community.

Thanks Everyone, and Look Forward to Seeing You Soon!

**The WPCL Sustainability Committee
Contact us at: dewaaldevelopments@gmail.com**



KINDERGARTEN REGISTRATION AT WINDSOR PARK PUBLIC SCHOOL

We are now accepting Kindergarten registrations for the 2018-2019 school year for students who will be 5 years old on or before March 1, 2019. If you have a child eligible for Kindergarten, we encourage you to come in and register them as soon as possible.

Parents with children currently enrolled in an Edmonton Public school can pre-register on SchoolZone starting March 12, 2018. The pre-enrolment deadline for all schools is April 16, 2018.

Visit our Windsor Park School website at windsorpark.epsb.ca for important details regarding the pre-enrolment process under the "For Parents" tab or call our office at 780-433-3924.

WINDSOR PARK PRESCHOOL OPEN HOUSE

Thursday March 15, 2018

5:00 - 7:00 PM

Windsor Park Preschool (at the WPCL Community Hall)

[11840-87 Ave, Edmonton](#)

Windsor Park Preschool offers a learning-through-play program for 3 and 4 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 also be fun activities for the children. Refreshments will be provided.

www.windsorparkpreschool.com

WINDSOR PARK FITNESS **WPCL REGULAR YOGA CLASSES**

Saturday's starting at 9:30am, Doors Open at 9:15am

Cost is \$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, even beginners.

Strathcona Registry -New Location Grand Opening!

Strathcona Registry held its Grand Opening celebration at their new location (10375-78 Avenue NW, Edmonton across from Save-On Foods) on Thursday, January 11th. The celebration included a ribbon cutting by the Honorable Stephanie McLean – Minister of Service Alberta and Status of Women. Minister McLean and other distinguished guests, including Lee Todd (Ministerial Assistant), Roger Grove (Executive Director of Service Alberta Registries), Stephen Murphy (Director, Registries at Service Alberta) and Margo Long Executive Director of Youth Empowerment and Employment Services (YESS), were onsite to inaugurate the registry and show their support for local businesses in the service sector.



The Grand Opening was an opportunity for the staff to welcome Minister McLean, an advocate for women and youth. In turn, Minister McLean and all guests were able to meet and show their support for the front-line registry staff, who perform excellent work for Albertans every day.

For more than two decades, Strathcona Registry has provided registry services to the residents and businesses of Garneau, Windsor Park, Strathcona, Queen Alexandra, Park Allen, and Allendale. Their convenient new location, nestled amongst other local businesses, boasts the same great service with a larger space and more parking. Strathcona Registry is a local family owned business, Scott Mather was on site for the grand opening. Scott strongly believes in supporting local businesses and charities. To this end, refreshments for the opening came from Transcend Coffee and Wild Earth Bakery.

Strathcona Registry, as part of the local communities it supports, provides philanthropic support to several local charities including Youth Empowerment and Employment Services (YESS). The Registry held a fundraiser this past Christmas in support of their program, which ensures all youths received a wrapped gift. In turn, YESS supports the Registry by using their services to obtain identification for their youth. Proceeds from the Grand Opening were donated to YESS.

For more information on services provided by Strathcona Registry, visit their website at www.strathconaregistry.com or call 780-430-1154.

Those interested in volunteering opportunities with YESS can find further information at www.yess.org.

WE HAVE MOVED



HOURS OF OPERATION

MONDAY TO FRIDAY

8:30am to 7:00pm

SATURDAY

9:00am to 5:00pm

SUNDAY

12:00pm to 4:00pm



WWW.STRATHCONAREGISTRY.COM



INFO@STRATHCONAREGISTRY.COM



[/STRATHCONAREGISTRY](https://www.facebook.com/STRATHCONAREGISTRY)



(780) 430-1154

Alberta

Authorized Registry Agent

10375 - 78 Ave NW-

76 Ave NW

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

WINDSOR PARK COMMUNITY NEWS

SAVE THE DATE - NEXT WPCL FUNDRAISING CASINO – AUG 13 & 14, 2018

The next WPCL casino is scheduled for Monday and Tuesday, August 13 and 14 – so **Please Save the Date!** We are pleased to be assigned to work at the West Edmonton Mall Casino again, and will be assisted by 2 experienced casino volunteer coordinators.

The Casino is the main way we fund our operations and maintain the Community Hall facilities – and we must have a sufficient number of volunteers for this event, otherwise we forfeit this important fundraiser. It actually is an enjoyable activity, with many roles which allow you to get to know your fellow volunteers (and neighbours) - and a meal and treats are provided.

If you can help us out this year by volunteering for a shift it would be greatly appreciated!! Please contact our Casino Volunteer Lead – Bonnie Austen at bonniemausten@gmail.com



Gabriella Makar B. Comm, MBA

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 F: [780-430-7283](tel:780-430-7283)
 E: gabriella.makar@shaw.ca
 W: www.gabriellamakar.com

FOUND

Decorative cloth bag with purple cutting board and glass lemon squeezer, in alley between 117 Street and 118 Street, near 89 Avenue, in late December 2017.
Call 433-8632.

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

WPCL SUMMER NEWSLETTER

Deadline for submission: **Friday May 18, 2018.** Please provide all submissions to Alexia at alexia.lane.ferrari@gmail.com

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Al-Anon Advertisement

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

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

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introducing kids to music and sound technical foundations
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Providing solid musical/technical foundations

Intro to jazz, pop and blues

All ages and levels are welcome!

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www.edmontonpianoteacher.com



*DISCOUNTS available for kids coming from Music for Young Children
and students at McKernan Elementary or McKernan After School Care.*

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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)**

U OF A FEATURE: SENIORS EVENT

ELLA: WHAT DO YOU WANT TO LEARN?

Edmonton Lifelong Learners Association (ELLA), in partnership with University of Alberta Extension, invite those aged 50-plus to sign up for Spring Session (April 30 to May 18, 2018), at the Education Centre on the University of Alberta campus.

You can choose up to four expert-led courses from the over 60 options available and sit in a variety of noon-hour presentations. Registration begins **March 13, 2018**, on a first-come, first-served basis. The cost to participate in the learning and fun is \$250 and bursaries are available for participants who need financial assistance.

Last year over 600 enthusiastic participants signed up to socialize and attend the engaging smorgasbord of sessions related to music, art, science, global affairs, finance and physical and mental health and wellness. There are no prerequisites, homework or marks and everyone is welcome.

Starting February 16, details about this year's classes and bursaries will be available at **www.my-ella.com**, or by calling the ELLA office at **780-492-5055**. Join us!

U OF A FEATURE: ALUMNI EVENT

EDUCATED CRITIC – GRANDPARENTS DAY AT THE BALLET

Enjoy the magic, fun, and romance of *Cinderella*

Bring your special little ones out to delight in the timeless fairytale *Cinderella*, beautifully performed by Alberta Ballet. Follow the tale's heroine as she turns her unfortunate circumstances to remarkable fortune with the help of a fairy godmother and a special pair of shoes.

Plus, treat your sweet tooth to a dessert reception before the matinee performance.

This event is open to all alumni and their guests.

Details:

- **March 24, 2018 12:30 pm– 4 pm**
- **Banquet Room, Northern Alberta Jubilee Auditorium (11455 87 Avenue)**
- **\$40 (includes dessert reception, matinee ticket to Albert Ballet's *Cinderella*)**

Space is limited. Registration will close when the event reaches capacity, or on **March 21, 2018**.

CHARITABLE CORNER:

YOU CAN GIVE A CHILD HOPE, THROUGH SHORT OR LONG-TERM CARE

All children and youth deserve a home that is nurturing and safe - a simple statement that carries with it the opportunity for you to transform the life of a child who needs you right now.

There are children and youth in Alberta of all ages, from newborns to teenagers, and from all different backgrounds, who are in need of such a home. Every child's story is different but all of them have been abused, neglected or abandoned by the people who were supposed to love them the most.

When you decide to become a foster or adoptive parent, you show them that someone cares for them and you give them hope for the future.

A Child's Hope - is looking for families who can provide both short and long-term care for a child in need.

Great families come in all shapes and sizes. Single or in a partnership, gay or straight, rent or own, whatever your nationality, all stable families have a few things in common: they have good communication skills, show patience, and can establish consistent guidelines and expectations.

The most important thing you can offer a child in need is a caring and supportive home to help them grow and prosper.

Kevin's story

Kevin was in junior high school when he was placed in foster care with the Spencers. With a new structure and routine established in his life, he found somewhere he could thrive and receive the positive feedback that he needed to set and achieve his goals for the future. He excelled in school, specifically in math, and joined his older brother and sister every weekend to play soccer on a community league team. They would even join him and the rest of the Spencers to go camping each summer.

Learn more about how you can give a child hope for the future. Visit www.achildshope.alberta.ca or call 780-422-3333.



The volunteer gardeners at the Green & Gold Community garden, on the University of Alberta South Campus, are making plans for our **tenth** gardening season! The garden is a project of the University's Faculty of Agricultural, Life and Environmental Sciences. The garden is totally volunteer run; virtually all of the seeds, plants and equipment used are donated.


The vegetables, fruit, herbs and flowers are "spray-free" --no pesticides or artificial fertilizers are used. The general public is welcome to purchase their vegetables at the garden and all of the money raised – that's 100% – goes to the **Tubahumurize Association**. A non-profit organization in Rwanda, it supports and empowers female victims of violence and marginalization through trauma counselling, life-skills coaching vocational training, and micro-credit loans. Many women who benefit from Tubahumurize are genocide survivors, widows, orphans, HIV infected, or survivors of physical and sexual violence. To date, the garden has raised over \$290,000 for Tubahumurize.

We are now gearing up for the 2018 gardening season, and are looking for new volunteers to join us at the garden. Both novice & experienced gardeners are welcome—however, if you aren't interested in gardening, but would like to help in other ways (promoting the garden) please contact us at:


E-mail: gggarden@ualberta.ca/ **Phone:** 780-492-4087


Web site: www.greengoldgarden.com

Watch our [www](http://www.greengoldgarden.com) site for details regarding our volunteer orientation session in April.



ZOE'S
ANIMAL RESCUE SOCIETY





The voucher code is applicable on orders over \$50 from The Organic Box's catalogue

Zoe's Animal Rescue will receive 5% of the proceeds from any order that uses the **ZOESRESCUE** voucher code

Enter code on the "Your Box" page under the 'Vouchers & Gift Cards' slot

VOUCHER CODE: ZOESRESCUE

Bicycle Helmet Safety



Head injuries are the leading cause of serious injury and death to kids on wheels*. Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist/pedestrian. Remember – it's the law in Alberta that cyclists under the age of 18 must wear a helmet (and highly recommended for all ages). Helmets should be CSA approved and worn during recreational activities such as skateboarding, in-line skating, and cycling.

Getting informed

- Wearing a helmet while cycling can prevent a serious injury, or even save a life;
- Brain injuries can cause permanent disability or death;
- Reduce your risk by always wearing your helmet;
- Replace any helmet that has been involved in a crash, even if it appears undamaged.

Getting started

- Allow children to assist when buying their helmet. Cyclists who choose their own helmet are more likely to wear them;
- Start the habit early. Young children learning to ride tricycles need to wear helmets;
- Parents must lead by example – always wear a helmet when cycling.

Getting the right fit

- ☐ Take the time to properly fit and adjust your helmet to ensure maximum protection in case of a crash;
- ☐ When worn properly, helmets should fit level, not tilted up, or down over the forehead;
- ☐ Helmets should feel snug, but not too tight. To test the fit, the helmet should not fall off when you shake your head from side-to-side while the straps are unfastened;
- ☐ Adjust the chin straps to form a "Y" below and slightly forward from the ears;
- ☐ Only one finger should be able to fit under the chin strap when it is fastened;
- ☐ Do not forget to use the sizing pads included with the helmet. They will help improve the overall fit, comfort and safety.

*Parachute Canada
<http://www.parachutecanada.org/injury-topics/item/wheeled-activities1>

www.albertahealthservices.ca

WPCL SUSTAINABILITY FEATURE:

ATTRACTING BUTTERFLIES, HUMMINGBIRDS AND OTHER POLLINATORS

5 TECHNIQUES FOR BACKYARD GARDENERS

By: Kathy LaLiberte <https://www.gardeners.com/how-to/attracting-butterflies-hummingbirds/7265.html>

1. PLANT NECTAR- AND POLLEN-RICH FLOWERS

The most important step you can take is to plant a pollinator-friendly garden. Choose nectar and pollen-rich plants like wildflowers and old-fashioned varieties of flowers. A succession of blooming annuals, perennials and shrubs is best so nectar and pollen will be available throughout the growing season. Also, include plants like dill, fennel and milkweed that butterfly larvae feed on.

Any size garden can attract and support pollinators — from a [wildflower meadow](#) to a [planter with a few well-chosen species](#). Researchers in Tuscon, AZ, have found that communities of bees can sustain themselves for long periods of time in small vacant city lots.

A [patchwork of pollinator gardens](#) in neighborhoods, cities and rural areas around the country could provide enough habitat to restore healthy communities of beneficial insects and pollinators.

2. GO ORGANIC

Many pesticides — even organic ones — are toxic to bees and other beneficial organisms. There's no need to use powerful poisons to protect your garden from insects and diseases. In the short term they may provide a quick knock-down to the attackers, but they also kill beneficial organisms. In the long term, you expose yourself, family, pets and wildlife to toxic chemicals, and risk disrupting the natural ecosystem that you and your garden inhabit.

An organic approach is both safer and more effective. By applying the simple principles of ecological plant protection, you can work with nature to control pests and diseases, enjoy a healthier garden and harvest and protect pollinators and other beneficial insects.

If you do apply pesticides make sure you apply them carefully and selectively. To protect pollinators, do not use pesticides on open blossoms or when bees or other pollinators are present.

3. PROVIDE SHELTER

Butterflies, bees and other pollinators need shelter to hide from predators, get out of the elements and rear their young. Let a hedgerow or part of your lawn grow wild for ground-nesting bees. Let a pile of grass cuttings or a log decompose in a sunny place on the ground. Or, allow a dead tree to stand to create nooks for butterflies and solitary bees.

[Artificial nesting boxes](#) can also help increase the population of pollinators in your area. Wooden blocks with the proper-sized holes drilled into them will attract mason bees. Bat boxes provide a place for bats to raise their young.

4. PROVIDE FOOD AND WATER

A pollinator garden will provide pollen and nectar. Consider adding special feeders to help attract hummingbirds and butterflies.

Bees, birds and butterflies also all need water. Install a water garden, a [birdbath](#) or a catch basin for rain. [Butterflies are attracted to muddy puddles](#) which they will flock to for salts and nutrients as well as water.

5. BACKYARD BEEKEEPING

You don't have to live in the country to keep bees. All you need is a little space, a water source, plenty of nearby flowers for them to visit, and a willingness to learn. Keeping a beehive or two in the backyard used to be a common practice. Maybe it's time to bring back this old-fashioned hobby. It does require equipment and some specific knowledge. But it's nothing an interested hobbyist can't handle. For more information, read [Attracting Beneficial Bees](#).

PLANTS THAT ATTRACT BUTTERFLIES

- Alyssum
- Aster
- Bee balm
- Butterfly bush
- Calendula
- Cosmos
- Daylily
- Delphinium
- Dianthus
- Fennel
- Globe thistle
- Goldenrod
- Hollyhock
- Lavender
- Liatris
- Marigold
- Musk mallow
- Nasturtium
- Oregano
- Phlox
- Purple coneflower
- Queen Anne's lace
- Sage
- Scabiosa
- Shasta daisy
- Stonecrop

- Verbena
- Yarrow
- Zinnia

PLANTS THAT ATTRACT BUTTERFLY LARVAE (CATERpillERS)

- Borage
- Fennel
- Grasses
- Hollyhocks
- Lupine
- Milkweed
- Nettle
- Thistle
- Willow

PLANTS THAT ATTRACT HUMMINGBIRDS

- Ajuga
- Bee balm
- Begonia
- Bleeding heart
- Butterfly weed
- Canna
- Cardinal flower
- Century plant

- Columbine
- Coral bells (heuchera)
- Cleome
- Crapemyrtle
- Dahlia
- Dame's rocket
- Delphinium
- Fire pink
- Four o' clocks
- Foxglove
- Fuchsia
- Gilia
- Geranium
- Gladiolus
- Glossy abelia
- Hollyhocks
- Impatiens
- Iris
- Lantana
- Liatris
- Lily
- Lupine
- Nasturtium
- Nicotiana
- Paintbrush
- Penstemon
- Petunia
- Phlox
- Sage

- Salvia
- Scabiosa
- Scarlet sage
- Sweet William
- Verbena
- Yucca
- Zinnia

PLANTS THAT ATTRACT BEES

Perennials and Annuals

- | | | |
|---|---|---|
| <ul style="list-style-type: none"> • Allium • Aster • Basil • Bee balm • Bee plant • Bergamot • Blanket flower • Borage • Cosmos • Flax • Four o'clock • Gaillardia • Geranium • Giant hyssop • Globe thistle • Goldenrod • Helianthus | <ul style="list-style-type: none"> • Hyssop • Joe-pye weed • Lavender • Lupine • Marjoram • Mint • Mullein • Paint brush • Poppy • Rosemary • Sage • Skullcap • Sunflower • Thyme • Verbena • Wallflower • Wild rose • Zinnia | <ul style="list-style-type: none"> • Flax • Four o'clock • Gaillardia • Geranium • Giant hyssop • Globe thistle • Goldenrod • Helianthus • Hyssop • Joe-pye weed • Lavender • Lupine • Marjoram • Mint • Mullein • Paint brush • Poppy • Rosemary • Sage • Skullcap • Sunflower • Thyme • Verbena • Wallflower • Wild rose • Zinnia |
|---|---|---|

Trees Shrubs and Fruit

- Allium
- Aster
- Basil
- Bee balm
- Bee plant
- Bergamot
- Blanket flower
- Borage
- Cosmos

WINDSOR PARK HOUSE-SITTING SERVICES: FREE

Hi! I am a mature student at the University, working to become a teacher with a major in Mandarin and a minor in Health Education from the Faculty of Education. I also currently work part-time at the University of Alberta as an Intramurals Recreation Facilitator underneath the newly renamed Faculty of Kinesiology, Recreation and Sport.

I have house-sat previously for residents of the Windsor Park Community, and am interested in future house-sitting opportunities that will allow me to be closer to my work and studies. I am a hard and responsible worker, have great references and am described as honest, kind, and friendly. Most importantly, I do a great job keeping the house clean and tidy, and looking after small pets! Please contact me at **780 729-5898** if I may be of service.

HEALTH CANADA Information Update

March 6, 2018

Ottawa

Health Canada

Health Canada Reminds Canadians about Safe Levels of Alcohol Consumption

Following a recent tragedy in Quebec, where media have reported that the death of a 14-year-old girl may have been associated with consumption of a sugary alcoholic beverage, Health Canada is reminding Canadians, especially youth and young adults, of the risks associated with drinking large-volume, single-serve beverages that are high in alcohol.

Many single-serve alcohol products are intensely flavoured and are high in sugar, which could cause consumers not to realize how much alcohol they are actually consuming. Some of these products contain more than 3 standard alcohol drinks in one serving. Health Canada advises adults to be cautious if consuming such beverages and recommends that parents talk to their teens about the risks of drinking alcohol. For further information, please refer to [Canada's Low-Risk Alcohol Drinking Guidelines](#).

Energy Drinks and Alcohol Don't Mix

The product linked to the recent tragedy was not considered to be a [caffeinated energy drink](#) (which are not permitted to contain any alcohol). Health Canada discourages Canadians from mixing energy drinks with alcohol, something that has become increasingly popular in recent years. People may not feel all of the symptoms of intoxication when consuming caffeinated energy drinks mixed with alcohol, in particular, the drowsiness associated with alcohol consumption.

Health Canada requires that all caffeinated energy drinks carry warning statements on the label stating that these products are not to be mixed with alcohol. The Department does not allow the sale of any caffeinated energy drinks that are prepackaged and premixed with alcohol.

Health Canada is in contact with Quebec provincial authorities and is working with the Canadian Food Inspection Agency to learn more about the product that may have been a factor in the death of the 14-year-old Quebec girl, as well as similar products that may be on the market. The Department is also reviewing large-volume, single-serve alcoholic beverages to assess their safety, and will take any necessary action to help protect the health and safety of Canadians.

Related Products

[Problematic Alcohol Use](#)

[Canada's Low-Risk Alcohol Drinking Guidelines](#)

[The Chief Public Health Officer's Report on the State of Public Health in Canada 2015: Alcohol Consumption in Canada](#)

[Caffeinated Energy Drinks](#)

[Labelling Requirements for Alcoholic Beverages](#)

Public Inquiries:

[613-957-2991](#)

[1-866 225-0709](#)

Alberta Regional Communications, Communications and Public Affairs Branch
Health Canada and the Public Health Agency of Canada / Government of Canada
hc.alberta.communications.sc@Canada.ca / Tel.: [1-855-809-6966](tel:1-855-809-6966) / TTY: [1-800-465-7735](tel:1-800-465-7735)

LOCAL RESTAURANT FEATURE:

THE VINTAGE FORK AT RUTHERFORD HOUSE

On the University of Alberta Campus inside the historic Rutherford House, the newly opened Vintage Fork recreates classic dishes. The plates are visually stunning, and Chef Salar serves a set menu of 3 to 4 course meals for lunch and brunch.. sharing options available.

Lattes, Teas, Scones and Baked Pastries are always available, for eat-in or take-out.

HOURS

(GENERALLY OPEN 9AM-5PM DAILY)

Tuesday – Friday

Lunch 11:00-3:00

Saturday – Sunday

Brunch 9:30-2:00

Afternoon Tea 3:00-5:00

ADDRESS

11153 Saskatchewan Drive, Edmonton, Alberta, T6G 1S2

(Free Parking Available)

RESERVATION

+1 780 427 4113 [BOOK HERE](#)

WEBSITE

vintagefork.ca



Linda Duncan

Member of Parliament
Edmonton Strathcona

Contact my constituency office for assistance with:

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

780-495-8404

linda.duncan.c1@parl.gc.ca

10049 81 Avenue (entrance on 101 Street)

Assistance également disponible en français.



www.LindaDuncanMP.ca

[f](#) [t](#) LindaDuncanMP

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



WINDSOR PARK EASTER EGG HUNT

Saturday March 31, 2018

At 10:30 AM

Windsor Park

**(Meet at the Windsor Park Community Hall
11840-87 Ave)**

Bring Your Own Basket!

All ages welcome!

Join us for fun in the park!

**Egg Decorating and Coloring
in the Community Hall
following the Easter Egg Hunt**

**For more information or to volunteer, e-mail
gabriella.makar@shaw.ca**

