# WINDSOR PARK COMMUNITY NEWSLETTER

*Quarterly Newsletter – Summer Edition*

## Windsor Park and Area – General Event Schedule

Note: The "WPCL" Events are generally held at the Community Hall (at 118 St and 87 Ave)

| Date/Day | Time | Community/Area | Event/Description |
|---|---|---|---|
| **July 3-Aug 23** | **2:30PM-6:00PM** | **City of Edmonton at Windsor Park** | **Summer Green Shack Program** Ages 6-12, under 6 with supervision. (Mon-Fri) |
| **July 4** | **7:00PM** | **WPCL Sustainability Talks** | **Free Series: "Bike Clinic"** |
| **July 12 Thurs** | **7:00PM** | **WPCL EDO Talks** | **WPCL EDO Talks and Dessert Potluck:** "One Part Medicine.." |
| **July 18 Wed** | **7:00PM** | **Royal Astronomical Society** | **How to Use your Telescope**: Join in on this Free Session, Open to Public |
| **July 22 Sun** | **7:00-9:00AM** | **Lulu Lemon Charity Run** in Windsor Park/Downtown | **Lulu Lemon Charity 10k Run //canadarunningseries.com/edmonton-10k/** |
| **Jul 27- 8 (Fri-Sat)** | **Multiple Times** | **ITU World Triathlon & Canada Corner** (and Draw) | **ITU World Triathlon & Windsor Park Cheer** edmonton.triathlon.org/ |
| **Aug 1 Wed** | **7:00PM-8:30PM** | **WPCL Sustainability Talks** | **WPCL Sustainability Monthly Talk – "Ever-Blooming Gardens"** |
| **Aug 13-14** | Multiple Shifts | **Casino – WPCL at WEM (West Edmonton Mall)** | **WPCL Casino Fundraiser** To volunteer contact Bonnie at bonniemausten@gmail.com |
| **Sep 1** | | **UofA Service Day** | **University Students at Windsor Park** |
| **Sep 5 Wed** | **7:00PM-8:30PM** | **WPCL Sustainability Talks** | **WPCL Sustainability Monthly Talk: "Preserving the Harvest" –** Treats! |
| **Sep 15 Sat** | **11:00AM-4:00PM** | **WPCL ANNUAL BBQ Community League Day** | **WPCL ANNUAL BBQ Come Join us for great fun, food, and community! Face-painting, Green Onion Cake, and favourite foods brought by all to this pot-luck.** |
| **Sep 15** | **5:00PM** | **Mental Health Awareness** | **Free Concert - UofA Convocation Hall** |
| **Oct 3 Wed** | **7:00PM-8:30PM** | **WPCL Sustainability Talks** | **WPCL Sustainability Monthly Talk – Free Series: "Water Conservation"** |
| **Oct 20 Sat** | **7:00PM** | **WPCL AGM and Wine & Cheese** | **WPCL AGM and Wine & Cheese:** Vote in our Executive, join our Wine & Cheese. |
| **Oct 31 Wed** | **6:00PM-8:00PM** | **WPCL Halloween Warm-up** | **WPCL – Halloween Warm-up** Come by for hot chocolate, games - and just to warm up! |
| **Nov 7 Wed** | **7:00PM-8:30PM** | **WPCL Sustainability Talks** | **WPCL Sustainability Monthly Talk – Free Series:** Speaker and Treats |
| **Nov 27 Tues** | **7:00PM** | **WPCL Edo Talks and Dessert Potluck** | **WPCL Edo Talks and Dessert Potluck:** Neighbours and Experts |
| **Dec 5 Wed** | **7:00PM-8:30PM** | **WPCL Sustainability Talks** | **WPCL Sustainability Monthly Talk – Free Series:** Speaker and Treats |
| **Dec 16 Sun** | **4:00PM** | **WPCL Christmas Singalong Party** | **WPCL Christmas Carol Singalong:** Full Orchestra, Carols, Food, Friends |

# WINDSOR PARK COMMUNITY LEAGUE PRESIDENT'S PAGE

## BY GAIL POWLEY, P.ENG

***Hello Windsor Park Neighbours,***

There continues to be a lot going on in **Windsor Park this summer** - as seen through: **the many charity runs through our neighbourhood, the events at Hawrelak Park, the Summer Green Shack, and the many initiatives through the WPCL volunteers who are running our Casino, Sustainability (Energy, Environment, and Gardening), Social, and Health & Wellness Committees**. Highlights include: **August 13-14 Casino Fundraiser** (volunteers needed); **future solar panels** at the hall; the thousands of runners in the **Lulu Lemon Run 10k** (with a Water Station at Windsor Park School); and **the internationally televised ITU TRIATHLON (July 27-28)** where we again cheer-on the athletes at **the Windsor Park CANADA CORNER** (road at the Top of Emily Murphy Hill & Saskatchewan Drive) and this time we will be having a draw/day ($50 Vintage Fork gift certificate, drawn at the Athletes Awards Session, Hawrelak Park) – stay tuned to our e-news for more details.

(Note: While the Summer Green Shack Program will be running for the entire summer as usual, the City has cancelled the 1-week 'Dance to the Beat' program due to low enrollment, a regular issue with young-children-programs held in Windsor Park)

Many thanks also to the **WPCL Civics Committee**, who helps us manage the many new developments – with the city, and with the construction in our neighbourhood. The WPCL Sustainability Committee is drafting a **"Windsor Park Area Best Practices Guide for Contractors**", which will include items such as requests for: "No Idling" of vehicles; keeping sidewalks clear of snow; maintaining trees; and not obstructing traffic flow. Of note - our long-term Soccer Leaders **Allison Baker and Shona Nichols,** are finishing their terms this year – Thank you all for your service!

If you can help by volunteering for any of these roles or committees – it would be greatly appreciated. There are several vacancies that are in high need, and everyone can make a difference: Soccer, Financial Audit Committee members, Amenity Garden Option Planning Committee Members, Safety and Security/Neighbourhood Watch, and new Executive members. **As there has been an unfortunate upswing in thefts – filling the Neighbourhood Watch/Security roles would make the greatest impact.** Please contact windsorgarneausoccer@gmail.com to volunteer for soccer, and wpclexecutive@gmail.com for any other roles – **and thank you again all, for being such good neighbours!**

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# REGULAR WPCL EVENT/HALL USE LISTINGS

| Pattern | Time | Regular WPCL Session | Event/Description |
|---|---|---|---|
| Every Sat | **9:30-10:45AM** | **WPCL *Yoga Class*** | *Open Session: Instructor-led, $12/Session* |
| 1st Tues | **7- 8:30PM** | **WPCL Health & Wellness Planning** | Planning: Committee Session |
| 1st Wed | **7- 8:30PM** | ***WPCL Sustainability Talks*** | *Talks: Housing, Gardening, Eco-Initiatives* |
| 2nd Tues | **7- 8:30PM** | **WPCL Gardening Planning** | Planning: Committee Session |
| 3rd Tues | **7- 9:00PM** | **WPCL Executive Meeting** | Planning: Community Operations and Initiatives |
| 3rd Thurs | **7- 8:30PM** | **WPCL Sustainability Planning** | Planning: Committee Session |
| Various | **7- 8:30PM** | ***WPCL EDO Talks*** | *Talks: Neighbour-Sharing Expertise/Experience* |
| Various | **7- 8:30PM** | ***WPCL Health & Wellness Talks*** | *Talks: Fitness, Health, and Well-being-related* |

**Note 1: Exceptions do apply** - Hall is rented out for other events. See e-mailed e-News Updates and **windsor-park.ca website**

**Note 2: All Windsor Park Community League Members are welcome to join the Faculty Club. Cash Wine Bar is Available to both members and non-members. For more information see facclub@ualberta.ca**

**Note 3: Newly opened local "Vintage Fork"** is an entrepreneurial restaurant in historic **Rutherford House** (11153 Saskatchewan Dr.) Free Parking, and free entrance to the manor – this lovely restaurant is run by a former chef of Pampa. Open 9-5PM Daily (except Monday), and Monthly Jazz Nights. Brunch, Lunch, and High Tea, (and available for supper for large parties upon reservation). Enjoy Scones and Lattes anytime (to stay or to go). www.vintagefork.ca

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# WPCL EXECUTIVE and VOLUNTEER LEADERS

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

*City of Edmonton – Information and Issue Reporting: 311*

**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

**Finance Audit Committee | *Vacant***

**Grants | Susanna Biro**

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

**Directors-At-Large |**
**Robert Gariepy, Bill Sheldon**

**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 | Lynn Wolff & Ed Holmes**
esholmes@shaw.ca;lynxwolf@shaw.ca

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

**Soccer (3)| Allison Baker, Shona Nichols, *New Leads Needed,* windsorgarneausoccer@gmail.com**

**Casino (2) |Bonnie Austen, *Vacant***
bonniemausten@gmail.com

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

**Facebook (3) | Gabriella Makar, Stephanie Powley Unrau, gabriella.makar@shaw.ca, Gabi Maier-Hicks**

**Sustainability (2) | Koen deWaal, Dorothee Feils**
dewaaldevelopments@gmail.com, dfeils@shaw.ca

**Webmaster |Tracy Grange Stanicky**

**University Liaisons (2) | Kyle Willes| *Vacant***

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

**Neighbourhood Watch| *Vacant***

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

**Health and Fitness Director | Avneet Hayer |**
akhayer@ualberta.ca

**WPCL NEWSLETTER**

**Next Deadline: August 1, 2018**

**Advertising Rates:**
- Windsor Park residents can post short ads for free

- Business Rates:

| $15 | $30 | $60 |
|---|---|---|
| ¼ page | ½ page | Full page |

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

**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!**

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

# DEVELOPMENT MATTERS IN WINDSOR PARK

by Elaine Solez, WPCL Civics Director

Recent Rezonings in Windsor Park: City Council unanimously approved a rezoning from RF1 to RA7 for a property on the southwest corner of 87th Ave and 117th St on April 9 and approved rezoning the property at 8343 Saskatchewan Drive from RF1 to RF2 on May 7 on a spilt vote 7-6.

Development, Subdivision and Rezoning Notices: The City sends letters to neighbours notifying them of development, subdivision and rezoning applications. If you have questions or concerns about a notice you have received, the league may be able to help. Contact Elaine Solez at esolez@hotmail.com. Also, the community league no longer receives notices about subdivision applications but would like to keep track of subdivisions in the neighbourhood. Please let us know when you receive a subdivision notice.

A number of city initiatives have potential to affect Windsor Park:

- **Infill Roadmap 2018:** A draft document to further encourage infill has been developed by city staff based on consultations and internal review for City Council's consideration this summer. It contains about 20 actions to encourage infill development, some of which could affect Windsor Park. For example, the roadmap calls for simplifying the low density zones, removing location criteria for semi-detached housing in RF1, identifying infrastructure upgrades needed to support infill development, and creating opportunities for a mix of suites or for tiny homes on one property. Further work is needed before the actions could be implemented, such as changing the Zoning Bylaw or allocating funding for laneway upgrades to accommodate more laneway housing. For more information: coeinfill.ca.

- **Flag-lots:** The City is exploring the possibility of allowing separate ownership of garden (garage) suites through subdivision. Three properties in other Edmonton neighbourhoods were selected for a pilot project last year, and City Council will be considering a report later in the year. For more information and a diagram, search 'flag lot pilot project' on the city's website: edmonton.ca.

## July 13, 14, 15: Enoch Pow Wow in the Edmonton Area

**Free Transportation to Registrants on Saturday, July 14**

The Pow Wow takes place on **Enoch Pow Wow Grounds**, southwest of Edmonton - Friday July 13th beginning at 7pm, **Saturday July 14th beginning at 1pm** and Sunday July 15th starting at 1pm. Transportation will be provided as a round trip from Edmonton **on Saturday**. Pick up spots and times are TBD but we are planning for the EFCL office (7103 105 ST NW) and the Aboriginal Senior's Centre (10107 134 Ave NW). **It is mandatory that all interested attendees RSVP so that there are enough spots on the bus. Email to RSVP or use the link below:** https://www.surveymonkey.com/r/EFCLBusRSVP Any questions or comments please contact:

**Robin Cisek**, Indigenous Project Lead
**Edmonton Federation of Community Leagues**
robin.cisek@efcl.org; 780.437.2913
efcl.org

## WINDSOR PARK COMMUNITY LEAGUE CASINO

**Monday Aug 13/Tuesday Aug 14 at WEM:** ***We still need more volunteers for the casino!***

- Are you a night owl and like handling lots of money? Consider signing up for the count room.
- Encourage family members and neighbours to get involved.
- While the event is not until August, it is important that we get some commitment at this time.

I would like to thank residents who have already come forth to volunteer. We are fortunate to live in such a vibrant, caring neighbourhood as Windsor Park. Our community league does a lot to look after our interests and to provide needed programs and services. Monies raised at the casino will go towards operating our building and tending to community needs.

Looking forward to hearing from you. If you have any questions or comments – please contact me,

Bonnie M Austen, WPCL Casino Chair, 780 439-2612, bonniemausten@gmail.com

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## URBAN POLING (NORDIC WALKING) IN WINDSOR PARK

**Want to improve your fitness? You may want to try Urban Poling. Class are free**. Urban Poling or Nordic Walking requires specially designed poles. It is a total body workout that combines an upper body technique similar to cross country skiing with the lower body technique of regular walking. Evidence from over 100 research studies, indicate that walking with poles is an effective, safe and enjoyable form of physical activity. Several community leagues have offered Urban Poling classes. We would like to offer this in Windsor Park this summer. The league has some poles for our use. The classes would last about an hour each and would include a walk around our wonderful neighbourhood. If interested, please contact me. I am considering offering the classes Saturday mornings and/or early evenings week-days. Let me know what works best for you. Consider it an investment in your health.

Bonnie M. Austen B.P.E, M.Ed, Certified Urban Poling/Nordic Walking Instructor
bonniemausten@gmail.com

## WPCL EDO TALK & DESSERT POTLUCK: THURS JUL 12 7PM

## "HEALTH AND WELLNESS - ONE PART MEDICINE, ONE PART COMMUNITY,.."

Come join our new neighbour and **WPCL Volunteer Health and Wellness Director, Avneet Hayer** (Program Coordinator, Faculty of Kinesiology, Sport and Recreation, University of Alberta) and **young neighbour, long-time Windsor Park resident and medical student Stephanie Powley Unrau** – as they talk about how Community, Health, Fitness, and Medicine can lead to Wellness.

Current examples will be provided from med-school-acceptance to healthcare-practice, with U of A medical students supporting volunteerism, charitable events (hockey tournaments, Rockin' Doc camps, fun runs, ..) and healthy living in local communities, and are empowered by these same communities to meet the most urgent needs in our city.

**Appropriate audiences: Windsor Park community, medical professionals, fitness enthusiasts, parents/students with an interest in learning the pathway to medical school acceptance, members interested in local volunteerism, community giving and promoting healthy development of all… and anyone who enjoys dessert!**

## CITY OF EDMONTON BUS NETWORK PUBLIC ENGAGEMENT

The information, including maps, a survey and list of engagement events, also is online: https://www.edmonton.ca/projects_plans/transit/bus-network-redesign.aspx.

## 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

## THE TEGLER FOUNDATION

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Tegler Terrace
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Email: info@teglerfoundation.ca

## *Al-Anon Advertisement*

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

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

For meeting information contact:
**AL-ANON FAMILY GROUPS**
**(including Alateen)**
Web Page: **www.al-anon.ab.ca**
Phone 24 hours: **780-443-6000**

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## FRONT YARDS IN BLOOM!

Don't miss your chance to nominate that special front yard that you admire! Front Yards in Bloom is a recognition program all about celebrating the efforts of our neighbours who beautify Edmonton's neighbourhoods. Nominations are accepted until **June 30** in five categories:

- General: Any variety of plants and features that make you smile when you walk by!
- Natural: A "naturalized" style that features native plants and reduced water use.
- Edible: Fruits, vegetables, even flowers that look good enough to eat.
- Public Spaces: A beautiful space in front of a business, school, community hall, church or other public building.
- Tiny Yards: New category! Gardens that are found on a front yard that is less than 600 square feet in size
- Balconies in Bloom is Back! Submit a photo of your balcony online and be eligible for a prize at the Edmonton in Bloom Awards held on August 22.

You can nominate on our website or by calling 311.

Visit www.frontyardsinbloom.ca.

## GREGOR AND JAMES' WINDSOR-PARK LAWN CUTTING SERVICE

We are back for the summer having completed our fourth year of studies at UBC, where we also rowed for the Men's Varsity Crew. We are twins who live in the neighbourhood and have been cutting our North Windsor Park neighbours' lawns for the past 9 summers. We have our own lawn care equipment and can tend to properties north of 87th Avenue. If you are in need of a regular lawn cutting service or temporary vacation cutting service, please contact us at 780-668-8899 or via e-mail at mejammed@telus.net . We charge per cut, based on the size of property and services required.

## PIANO – THEORY - ADVANCED THEORIES – VOCAL COACH

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- Music for weddings, funerals, private functions

lindasteinbring3@gmail.com;780 435-4657

## NEIGHBOUR REFERRAL: JEFF ROSE, THE FURNACE WHISPERER

On Dec 1st, 2017 we had a new Lennox furnace installed by "Company A". The minute Company A turned it on, it became very painful for me to breathe. Three weeks later Company A finally tried to fix it, but I still had trouble breathing. We were ready to throw the Lennox away. So in desperation, on Dec. 22nd we found a new Company on Google: The FURNACE FAMILY. JEFF ROSE came. IN LESS THAN AN HOUR, JEFF fixed the problem and helped me breathe normally again. JEFF's 40 years' experience made him our FURNACE WHISPERER. We learned that we can trust this FURNACE FAMILY CO. 100%, because JEFF told us NOT to throw away the Lennox. He fixed it instead.... He could have made a lot more money if he had installed a new furnace for us!!! Because we feel so grateful, we would like to share this FURNACE FAMILY CO. and our Hero: JEFF ROSE with all our neighbours in Windsor Park. (Written by Alice Loe, Windsor Park Resident).

FURNACE FAMILY PHONE: 780 432-6459 www.furnacefamily.com jeff@furnacefamily.com

**JEFF ROSE:** Service Technician. First Class Gasfitter.

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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:** Thursdays: June 28 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.**

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## WINDSOR PARK HOUSE-SITTING SERVICES

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 under 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.

## WINNING WPCL PI/PIE DAY RECIPE!

**Raspberry Pie (Winner from Windsor Park's First PI Day – March 14 <3.14>)**
*Adapted slightly from Canadian Living*

- 1 batch of your favourite pastry
- 4 cups raspberries, fresh or frozen
- 1 cup granulated sugar
- 1/2 cup all-purpose flour
- 1 tablespoon lemon juice

- Milk or cream
- Extra granulated sugar

1. Line a 9-inch pie plate with pastry.
2. In a large bowl, combine raspberries, sugar, flour and lemon juice.
3. Fill pastry shell with raspberry mixture.
4. Moisten edges of bottom crust; cover with top crust.
5. Trim and flute the edges. Cut steam vents (make them larger if using frozen fruit).
6. Brush top with milk/cream, sprinkle lightly with granulated sugar.
7. Bake at 425 F for 20 minutes; reduce heat to 350 F and bake for another 45-60 minutes or until filling is thickened and crust is golden.

Pulse Barre
is excited to begin offering
classes at the community centre!

Barre is an amazing full body workout
that will sculpt and tone muscles you
didn't even know you had!
This 60 minute workout is for all ages and all
abilities – so grab a yoga mat and join us
Sundays @ 11am beginning July 8.

Questions?
We'd love to hear from you!

pulsebarreyeg@gmail.com

@pulsebarreyeg

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

**Has concert/recital space for music teachers and students**

- ***Yamaha C2 Grand Piano***
- ***Beautiful, intimate setting with seating capacity of 150***
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**For more information, please contact David Cass**
**(d.cass@ualberta.ca)**

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Lori
Sigurdson
MLA, Edmonton - Riverview
780-414-0719
edmonton.riverview@assembly.ab.ca
9202 B 149 Street NW, Edmonton, AB T5R 1C3


## WINDSOR PARK FITNESS
## WPCL REGULAR YOGA CLASSES

**Saturday's starting at 9:30am.**

**Doors Open at 9:15am**

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

Our experienced instructor leads regular classes at the Windsor Park Community Hall.

Come enjoy the benefits of movement! All you will need is a yoga mat and some clothes you can move in. Classes are for all levels of experience – and for all: men, women, and children.

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

Want more information?

Contact wpclexecutive@gmail.com, or just drop in!

# VINTAGE FORK

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**The menu is set and changes almost daily.**

**visit www.vintagefork.ca**
**for daily menus and to book a reservation**

Tuesday - Friday 9:00-5:00
lunch 11:00-2:00

Saturday & Sunday 9:30-5:00
brunch 9:30-1:00
afternoon tea 3:00-5:00

Free parking in Rutherford house parking lot

**Visit us at Taste of Edmonton 2018**

FREE DROP-IN

# SUMMER GREEN SHACK

| LOCATION | DATES | DAYS | TIMES |
|---|---|---|---|
| Windsor Park<br>11840 - 87 Ave | July 3 – August 23 | Monday – Friday | 2:30 PM - 6:00 PM |

**Our Green Shack program is running in neighbourhoods all over Edmonton.**
Come and join us for games, crafts, sports, free play, 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/Greenshacks**
**or call 311.**

@GreenShackEdmonton

# Fun Speakers Toastmasters Club

## Where Leaders Are Made

**Henry He**
VP Public Relation
Fun Speakers #3164 / District 99
https://funspeakers.toastmastersclubs.org/

Are you nervous to speak in front of audience? Are you ready to advance your personal and professional development? Toastmasters offers you the great opportunity to improve your public speaking and leadership skills at your own pace. Here you can build your confidence, develop your public speaking and leadership knowledge, and enhance the skills you already have.

**Who we are**

Our club is comprised of a diverse mixture of individuals from various backgrounds:

- Government employee
- Business professionals
- Graduate and undergraduate students
- Retirees

We host fun, engaging and informative meetings every week, which take place in a supportive environment, all in the interest of helping our members learn and grow week by week. Anyone who is 18 years or older is welcomed to be a member of our club.

**What we do**

Toastmaster meetings are essentially a learn-by-doing workshop in which participants hone their speaking and leadership skills in a friendly, supportive and fun atmosphere. By joining Fun Speakers Club, you will:

- LEARN to communicate effectively
- GAIN confidence in a supportive environment
- OVERCOME your public speaking anxiety
- BUILD a professional network
- REACH your potential

**Meeting Information**

We meet at the Jubilee Auditorium in the lower level KAASA meeting room every Monday from 7:15 p.m. to 9:15 p.m. all year round. Free parking is usually available in front of the main doors, but there are a few exceptions depending on whether events are taking place at the venue. Occasionally we will have our meeting at Windsor Park Community hall at the same time. Notice will be posted on our website if there is a venue change. If you have any enquiry, please contact our President Andrew Danyleyko by email adanley@ualberta.ca. Thanks.

Fun Speakers Club #3146 • District 99 • Where Leaders Are Made

NEW

# Play sports ALBERTA

# EDMONTON

## play your summer!

2018 marks the year that Volleyball Alberta, Basketball Alberta, and Alberta Soccer Association have partnered together for a NEW Multi-sport co-ed summer camp program for ages 6-12 years!

**WEEK 1** July 9-13
**WEEK 2** July 16-20
**WEEK 3** July 23-27
**WEEK 4** July 30-August 3
**WEEK 5** August 7-10
**WEEK 6** August 13-17
**WEEK 7** August 20-24

Registration Opens February 28

**HOURS:**
9-12 yr: 9:00am - 4:30pm
6-8 yr: 9:00am - 4:00pm
**COST:** $325.00

**LOCATION:**
Saville Community Sports Centre
11610 65 Ave
Edmonton, AB

**playsportsalberta.ca**

PLAY SPORTS ALBERTA PARTNERS

EDMONTON GRADS BASKETBALL CENTRE
volleyball alberta
BASKETBALL ALBERTA
Alberta
EVCS

Located just 45 minutes Southwest of Edmonton, Camp Maskepetoon at Pigeon Lake has been helping kids create summer memories in the great outdoors for over 60 years.

*Some of our activities include:*

ARCHERY • CANOEING • CRAFTS
CAMPFIRES • HIKING • THEME DAYS
GAMES • SLEEPING UNDER THE STARS

**Ages 6–17** *(See online for schedule)*

***Registration includes free shuttle bus from Edmonton***

**REGISTER TODAY TO BOOK YOUR BUNK!**

**campmaskepetoon.com • 780.389.2251**

SPRINGHILL community Preschool

7730-106 St. Edmonton, AB

# Join us for Summer Camps!

**Full day camps (09:30-3:30) for kids age 3-5**

**On-site and off-site activities and snacks included**

| Dates | Theme |
|---|---|
| July 16-20 | Little Artists |
| July 23-27 | Le Petit Gourmet |
| August 7-10 | I ♥ Science |
| August 13-17 | Camp Rangers |

## $250/week ($200 for 4-day week)

**$25 discount for attending more than one camp**

**For more information and to register, call**

**780-433-4224 or go to** www.springhillpreschool.com

Inspired by one, who inspires us all.
THE RHEANNA BOWL
JUNE 23RD 2018 | RE/MAX FIELD
COMPETE – THE RACE
PLAY – THE FUN
SUPPORT – THE CAUSE
EVENT DETAILS
When: Saturday, June 23, 2018 from 11:00am to 5:00pm
Where: Re/Max Field - 10233 96 Ave NW, Edmonton, AB T5K 0A5.
• Parking is free and there's lot of it!
• Free admission to Re/Max Field
95.7 CRUZ fm
HOT 107
kids with cancer society
SOUTHWARK
MB EVENTS
therheannabowl.ca

## The ITU World Triathlon Series Edmonton race will be back in Hawrelak Park on Friday, July 27 and Saturday, July 28!

Come cheer in the park, or with your neighbors at Canada Corner (intersection of Saskatchewan drive and 116th Avenue), and watch elite athletes from over 30 countries compete in the World Paratriathlon Series, the Elite Men's and Women's races, and, for the first time in Edmonton, the Triathlon Mixed Relay Series. With the community's support, we can show the world our city's spirit!

If you'd like an even more action packed weekend, you can either volunteer, or participate in our amateur races! We have something for everyone, whether looking to qualify for the 2019 Grand Final in Lausanne, or interested in testing out the sport (Try-a-Tri). Gather friends and family to join a team event, or we can help match you with athletes from other disciplines! We also have a corporate program if your company is looking for a team building challenge.

**Friday, July 27**

**1:45 PM** World Paratriathlon
**5:36 PM** Women's World Triathlon Series
**7:21 PM** Men's World Triathlon Series
**4:15 PM** Award Ceremonies
**6:56 PM** Award Ceremonies
**8:41 PM** Award Ceremonies

**Saturday, July 28**

**9 AM** Age group athletes race
**4:04 PM** Triathlon Mixed Relay Series
**3:40 PM** Award Ceremonies
**5:50 PM** Award Ceremonies

edmonton.triathlon.org
Facebook: @worldtriathlonedmonton
Twitter: @WTS_Edmonton
Instagram: wts_edmonton

**We hope to see you there!**

# Cats Just Wanna Have Fun!

presented by
Zoe's Animal Rescue Society

HELLAS PET ENCLOSURES
Custom CATIOS and Runs

To be drawn live
**June 30, 2018**

Enter to win a beautiful 4x4x8 Catio (Value: $1150) designed and installed by Hellas Pet Enclosures.

Includes cedar flooring, shelving & locking human door. All proceeds go towards veterinary care for rescued animals.

UNIVERSITY OF ALBERTA
ENGLISH LANGUAGE SCHOOL

# Host Families Wanted!

Open your home to **international students** this summer and enjoy a cross-cultural exchange that will provide lasting memories for your family.

The English Language School at the University of Alberta welcomes groups of students from Japanese universities during the summer. The groups will arrive at various times throughout **August**. The students will stay with a host family from one week up to a month.

Our students are at least 18 years old and will be using public transportation to get to campus. Students will attend class Monday to Friday.

We provide host families with an honorarium of **$850** per month or **$28** per night.

To receive more information on becoming a host family this summer, please contact Trudy Stevens, Homestay Coordinator, at **trudy.stevens@ualberta.ca** or by phone at **780-492-0071** .

THE GREEN AND GOLD COMMUNITY GARDEN IS CELEBRATING ITS TENTH ANNIVERSARY SEASON!

Located on the University of Alberta South Campus, the garden, an initiative of the University's Faculty of Agricultural, Life and Environmental Sciences, is totally volunteer run. Virtually all of the seeds, plants and equipment used are donated.

The vegetables, herbs, fruits and flowers are "spray-free" (no pesticides or artificial fertilizers are used) and are available during market garden hours throughout the summer. Anyone 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. Tubahumurize provides socially and economically marginalized women with vocational training, counselling, life-skills coaching, health care education, and opportunities for sustainable income generating activities. Most individuals who benefit from Tubahumurize are genocide survivors and many are widows or orphans, HIV infected, and survivors of physical and sexual violence. To date, the garden has raised $290,000 for the Tubahumurize project. (rwandanwomencan.org)

Our market garden should be up and running in early July—so check our www site for our opening date and market hours. Also—in honour of our 10th anniversary, we will have a number of special events open to the public—including a presentation by Jeanne Mwiliriza, founder and programme coordinator of Tubahumurize, who will be in Edmonton later in July.

Check our www site for updates regarding these events and opportunities!

**Web Site:** www.greengoldgarden.com

**E-mail**: **gggarden@ualberta.ca**/

**Phone:** 780-492-4087

If you would like to receive garden e-mails when produce from the garden is available this summer—and about our special anniversary events--please go to the SIGN UP BUTTON at the bottom of our website or send us an e-mail at the above address with a request to be added to the e-mail list.

BEE SAFE IN THE SUN
WEAR A HAT
APPLY SUNSCREEN
SEEK SHADE
PUT ON SUNGLASSES
COVER UP YOUR SKIN

Alberta Health Services — Emergency Medical Services

# Window & Balcony Safety

With the return of warmer weather, Emergency Medical Services (EMS) would like to remind parents and caregivers of an often overlooked hazard in the home – access to open windows. Every year, paramedics respond to emergencies where a child has fallen from an open window, often from the second floor. These can be avoided by following safety measures. Take the time to assess potential hazards in your home before a preventable fall occurs.

## Windows and screens

- Prevent access to windows by moving furniture such as cribs, beds, stools, and change tables out from under them;
- Keep drapery cords out of childrens' reach. Wrap excess cord around cleats, or tie-downs to avoid a choking hazard;
- Remember, screens are not safety devices. They are designed to keep bugs out, not children in.

## Balconies

- Do not underestimate a child's ability to climb. Furniture and other items stored on balconies and decks can be used to climb resulting in falls over the railing;
- Ensure that your balcony railings are not more than 10 cm (4 inch) apart. This will eliminate access between the vertical bars of a balcony, or deck.

## Further prevention tips

- Toddlers & preschoolers are at highest risk of falling from a window, or balcony, but it may happen at any age;
- Direct supervision of children is the single most effective way to prevent falls from windows and balconies;
- Install safety devices which limit the distance in which a window be can open to a maximum of 10cm (4 inches);
- Ensure the safety device can be released quickly, so the window can be used for escape in case of emergency.
- Consider purchasing a portable air conditioner, which will enable windows to stay closed & secure.

EMS is proud to be a member of the **Partners Promoting Window and Balcony Safety.** Take time to assess your home for window and balcony hazards and eliminate the risks before a preventable fall occurs.
www.windowsafety.ca

www.albertahealthservices.ca

## CHARITIABLE 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.

### DONATION REQUEST - Rockin' Docs Summer Camp Initiative, by Neighbour Volunteer

**Please help sponsor disadvantaged kids to go a summer camp that inspires and equips them for a healthier future!**

**Rockin' Docs Summer Camp Initiative** is a free camp run by volunteer UofA Medical Students for children from low income families, who wouldn't otherwise be able to go to summer camp at all. Your generous sponsorship is greatly needed to help us meet our goal of $4000, so that we can provide healthy meals, have supplies to make memorable crafts that teach campers about key life skills (like hand hygiene and sun safety), and get them fired up for a future career they may never have dreamed of before in health sciences! So whether you would consider sponsoring the camp in general, or specifics (like lunch for 25 kids for a day, or t-shirts to remind campers of their summer experience), we would be deeply grateful for your support. If interested, please contact lead volunteer organizer Stephanie Powley Unrau (780 977-0647, sunrau@ualberta.ca) for more information. **Many thanks for making a difference with us, this summer!**

# Linda Duncan

**Member of Parliament**
**Edmonton Strathcona**

**Contact my constituency office for assistance with:**

- Employment Insurance
- Old Age Pensions
- Income Tax
- Citizenship and Immigration
- Canada Student Loans
- 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** **LindaDuncanMP**


## WINDSOR PARK COMMUNITY LEAGUE MEMBERSHIP APPLICATION

Adult 1: _____ Adult 2: _____

Children/Dependents: _____ 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!**

Types of Membership:

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

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

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

# Heritage Amphitheatre 2018 Schedule of Events

| | |
|---|---|
| **June 19 - July 15** | **Freewill Shakespeare Theatre Festival** |
| **July 20 – 22** | **Interstellar Rodeo Music Festival** |
| **July 27 – 29** | **ITU Triathlon (and Cheer Corner)** |
| **August 3 – 6** | **Heritage Festival: Music, art, dance, and food** |
| **August 10** | **BADD Fest One-day music event** |
| **August 17 – 18** | **Edmonton Rock Music Festival** |
| **August 24 – 26** | **Edmonton Blues Music Festival** |
| **August 30 - Sept 2** | **Symphony Under the Sky Series** |
| **September 15** | **Harvest Festival 1-day music & food event** |
| **September 22** | **Light the Night:**<br>**Large fundraiser walk with food & music** |
| **September 30** | **Motorcycle Toy Run:**<br>**Motorcycle rally, food & music event follows** |

**Event listing subject to change*

***Please contact the Facility Coordinator if you have any questions***
***587-990-0079 or amphitheatre@edmonton.ca***