

WINDSOR PARK COMMUNITY NEWSLETTER



Quarterly Newsletter – Fall Edition 2018

General Event Schedule

Date	Time	Community/Area	Event/Description
Sep 5 Wed	7:00PM	WPCL EDO DESSERT TALKS	Neighbour and co-founder Ivan Fair discusses the National Mysterious Barricades Cross-Canada Concert for Suicide Awareness, Prevention & Hope
Sep 6 Thurs	Evening	Rutherford House with Vintage Fork	Live Jazz Night - in LOCAL Vintage Fork. 11153 Saskatchewan Dr., RSVP 780-975-2204, \$45
Sep 15 Sat	12:30PM- 3:30PM	WPCL ANNUAL BBQ	WPCL Annual Community BBQ: Free - Come Join us for great fun, great food, and great community!
	4:00PM- 6:00PM	Uof A - Old Arts/ Convocation Hall	Free Concert: Join your Neighbours at Cross-Canada Concert for Suicide Awareness, Prevention & Hope
Sep 21 Fri	7:00PM	WPCL WINETASTING: Savard Vines	Windsor Park Winemakers: Neighbours/winemakers Lori and Michael Savard www.savardvines.ca \$20 RSVP https://goo.gl/8Uz7Y1
Sep 24 Mon	7:00PM	Jubilee Auditorium	UofA Annual Alumni Awards: Always a source of inspiration! Free, RSVP & Formal Attire
Sep 25 Tues	7:00PM	WPCL Development	Medical Guesthouse Rebuild Informational Session
Oct 3 Wed	7:00PM- 8:30PM	WPCL Sustainability Talks	Free Series: "Preserving the Harvest". Treats and Refreshments Provided!
Oct 4 Thurs	Evening	Rutherford House with Vintage Fork	Live Jazz Night - in LOCAL Vintage Fork. 11153 Saskatchewan Dr., RSVP 780-975-2204, \$45
Oct 20 Sat	7:00PM	WPCL AGM and Wine & Cheese	WPCL AGM and Wine & Cheese: Vote in our Executive, later enjoy Wine & Cheese.
Oct 26 Fri	7:00PM	WPCL WINE- TASTING	Windsor Park Sommelier: Neighbour/Sommelier Scott Meadows on Niagara's best wineries.
Oct 31 Wed	6:00PM- 8:00PM	WPCL Seasonal Event	WPCL Halloween Warm-up Come by for Hot Chocolate and games, Free Event.
Nov 1 Thurs	Evening	Rutherford House with Vintage Fork	Live Jazz Night - in LOCAL Vintage Fork. 11153 Saskatchewan Dr., RSVP 780-975-2204, \$45
Nov 7 Wed	7:00PM- 8:30PM	WPCL Sustainability Talks	Free Series: "A Conversation about Water Conservation" Treats and Refreshments Provided
Nov 27 Tues	7:00PM	WPCL EDO DESSERT TALKS	"Historical Designation for St George's Church in Windsor Park" – David Cass. Free Event
Dec 5 Wed	7:00PM- 8:30PM	WPCL Sustainability Talks	Free Series: "A Conversation on Bee Pollination", Treats and Refreshments Provided
Dec 6 Thurs	Evening	Rutherford House with Vintage Fork	Live Jazz Night - in LOCAL Vintage Fork. 11153 Saskatchewan Dr., RSVP 780-975-2204 \$45
Dec 16 Sun	2:00- 4:00PM	WPCL Seasonal Event	WPCL Christmas Sing Party at the Hall: Free Event - Chamber Orchestra, Choir Sing, Food.
Jan 22 Tues	7:00PM	WPCL EDO DESSERT TALKS	WPCL EDO Talk and Dessert : Polar Bears – an Arctic Icon in a Changing Climate, by Neighbour/Expert Prof. Andy Derocher. Free Event

WINDSOR PARK COMMUNITY LEAGUE PRESIDENT'S PAGE

BY GAIL POWLEY, P.ENG

Hello Windsor Park Neighbours,

The summer has been action-packed as always – with **Festivals, Marathons, and our most important fund-raiser of the year, our regular Casino**. Thank you to our **volunteer Casino-Leader and neighbour Bonnie Austen and all the MANY Windsor Park Neighbours** who stepped up – allowing us to continue to run the hall and all our programs through the Casino proceeds. I would also like to extend my heartfelt thanks to **Candice Wong, our fabulous Treasurer** – who we will sincerely miss as she moves away from Windsor Park later this year.

Thank you also to the **Sustainability Committee** – who provide our Eco and Gardening talks. This summer was another hot and dry one, continuing to put pressure on our neighbourhood's beautiful trees – so we have sent out several notices, encouraging everyone to ensure our beautiful elms are given sufficient watering. Also a couple of new initiatives are being started this fall: the **Windsor Park Community Walking Map, and Abundant Communities** - with both having support from the city – so please see this issue for more information on how you can get involved.

We have been so fortunate to have such a **qualified new volunteer Health and Wellness Director in Avneet Hayer**, who is interested in adding new programs and forming a committee – so please let us know of your interests in this space. Through working with Bonnie and other volunteers and paid-instructors, we are introducing a **seniors fitness class**, adding to our **current yoga and Nordic walking programs**. We are also looking forward to cheering our Kids Soccer teams on again throughout the indoor season – but are in great need of a new volunteer to take on this role from long-serving and retiring **Soccer Coordinator Allison Baker**. Also, the **Neighbourhood Watch Coordinator** role is still vacant – and one of our highest needs. A community is strengthened by its volunteers – so please consider taking on any of these roles, especially the **executive position of Treasurer**, which will be vacant in October. Our Executive roles are voted in at our **WPCL AGM held on Saturday, October 20 7PM** – and we welcome all interested candidates to express their intentions to wpclexecutive@gmail.com. Our volunteers currently in the executive roles are always interested in bringing on assistants and successors, as there are more positions than volunteers - and thus room for all.

Lastly – I hope you can join us for our upcoming **Social Events and Wine & Cheeses**. The **Edo Nyland Dessert Talks by our Neighbours are always enjoyable**, on topics such as creating a **National Concert Series to promote the Awareness of Mental Health Issues (Mysterious Barricades)**, to understanding the current condition of **Polar Bears**, to something as local as the achievement of **Historical Designation for Windsor Park's own St. George's Church**. Each of these sessions has a pot-luck (dessert) component, but none bigger than our **Annual BBQ Potluck** (held on **Community League Day – Sept 15**) – where last year we had over 100 of our neighbours out - enjoying green onion cakes, Taber corn, face-painting, and your neighbours' favourite recipes. This year's event includes an invitation to attend the **Mysterious Barricades Concert at UofA afterwards**, and the BBQ itself has an **Important Sustainability Challenge - to reduce our event waste footprint by 50%**. Therefore please bring along a washable plate, cutlery, and mug – and help us make a difference together, by bringing back some old habits we had as kids – of not creating waste. Let's set an example for all, and hopefully a new **Windsor Park Tradition** at the same time. **In closing, thank you again for being such great neighbours – and see you soon!!**

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
Mon & Thurs	7-8:00PM	WPCL Nordic Walking	All Welcome: Neighbour-led, No Charge
Most Mon	7- 9:00 PM	Toastmasters: Public Speaking	Open – Spectators Free, otherwise standard charges apply
1 st Tues	7- 8:30PM	WPCL Health & Wellness Planning	Planning: Committee Session
1 st Wed	7- 8:30PM	WPCL Sustainability Talks	Talks: Housing, Gardening, Eco-Initiatives
2 nd Tues	7- 8:30PM	WPCL Gardening Planning	Planning: Committee Session
3 rd Tues	7- 9:00PM	WPCL Executive Meeting	Planning: Community Operations and Initiatives
3 rd Wed	7- 9:00PM	Royal Astronomical Society	Club Fees apply, some sessions open
3 rd Thurs	7:30- 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

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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
wpclxexecutive@gmail.com

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

Vice-President | Scott Meadows
esmeadows@gmail.com

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

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

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

Treasurer | *Vacant*
<Previous Treasurer – Candice Wong is moving>

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

Finance Audit Committee | *Vacant*

Webmaster | Tracy Grange Stanicky

Grants | Susanna Biro

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

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

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

Directors-At-Large | Robert Gariepy, Bill Sheldon

Neighbourhood Watch | *Vacant*

Building Manager | John Collier
jbcollier@shaw.ca * 780-433-1270

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

Membership and Landscaping | Marilyn Gaa
jamesgaa@telusplanet.net * 780-432-7660

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

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

WPCL QUARTERLY NEWSLETTER

Next Deadline: November 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 wpclxexecutive@gmail.com.

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

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

FROM THE EDITOR

Thank you to everyone who has contributed to our Fall 2018 newsletter. This is the lengthiest, most diverse publication in quite some time!

Do you have a story to tell? A poem to share? A favorite recipe? An article you found particularly interesting? A restaurant or travel destination review waiting to be written? We are always looking for local contributors to add content to our community newsletter. This is a place to share what you think is interesting and relevant to your neighbours. Be creative! Following are a few examples I prepared to get the ball rolling.

Recipe: Lazy Daisy Duff

This is a breakfast hit in our household! It was my 90-year-old god-mother who first introduced me to it as a child. I would visit her every summer at the lake where she prepared this with fresh local berries. When there started to be kids at my house, I brought this recipe out of the archives. It's become an instant favorite at our place too! What I love about this recipe is that it's quick and easy to make, and it's a mix of sweet and salty flavours.

Ready in: 40 min

Ingredients:

¼ cup butter, melted in a cast iron pan
1 cup of flour
½ cup of sugar
1 Tbsp. baking soda
2/3 cup milk
2 cups fresh or frozen fruit (I always use berries)



Directions:

Preheat oven to 350°F.

Mix dry ingredients.

Add milk to dry ingredients; mix until just wet.

Spoon into the cast iron pan - on top of the melted butter and sprinkle the fruit on top.

Bake for 35 minutes or until golden brown. Serve directly from the cast iron pan.

BOOK REVIEW: BONJOUR TRISTESSE

Bonjour Tristesse was one of my favorite summer reads. Written by Françoise Sagan in 1954, at the tender age of 18, Sagan captures the trials of coming-of-age. The story focuses around Cecile and her father, a carefree playboy who has had endless women on his arm since Cecile's mother passed away some years prior. They reside in Paris but are summering on the French Riviera. What unfolds is a story of testing boundaries, learning about love and the consequences of actions. This book is at times completely over-indulgent but so are the setting and characters! This novel is perfect for a short flight or a quick read by the pool. It inspired me to read more of Sagan's material, to see how she matures as an author and in her understanding of life events.

PLANNING AND DEVELOPMENT NEWS

by Elaine Solez, WPCL Civics Director

You've likely noticed Windsor Park has had a busy infill construction season this summer. This may be the new normal as our aging housing stock is replaced and the City continues to encourage infill development. There are 3 upcoming items of interest to the community:

1. City expanding opportunity for Semi-Detached housing forms in Windsor Park: Proposed changes to the RF1 zone in the Zoning Bylaw will make it easier to build semi-detached housing by removing location criteria, making semi-detached a permitted rather than discretionary use and enabling subdivision if semi-detached housing is built so that each of the two units can be separately owned. These proposed changes are slated for discussion at the September 11, 2018 Urban Planning Committee. The league will be speaking in support of these Zoning Bylaw amendments. If Council approves the recommendation, they will be scheduled for approval at a subsequent Public Hearing.

These amendments were prepared in response to a motion made by Councillor Henderson at a City Council public hearing in June 2017. Council was considering a proposal to reduce the minimum width of lots in the RF1 zone from 7.6 metres to 7.5 so that more properties could be subdivided to build skinny houses. Windsor Park Community League spoke against the proposal at that public hearing indicating that semi-detached housing could be built on properties that were too narrow to subdivide. The league took this position following a number of discussions with individual residents and at community league events. A semi-detached provides two homes where one home previously existed, just like the skinnies, but the housing form looks more like a new full-sized house on the property. This will provide the opportunity for more housing options in Windsor Park.

2. Meeting with City's Infill Team to be scheduled: The City's Infill Team has reached out to community leagues in mature neighbourhoods indicating availability to discuss infill development at community meetings. Windsor Park Community League responded by indicating we would be interested in hosting such a meeting for residents in our community since we have and continue to experience a considerable amount of infill development. This meeting will likely take place later in the fall and will be announced in the president's regular e-newsletters and on the league sign.

3. Informational Meeting on Medical Guesthouse Rebuild: A medical guesthouse has operated for many years at the corner of 83rd Avenue and 117th Street. It provides a place for outpatients to stay who come to the Cross from out of town for cancer treatments.

An application has been submitted to the City to demolish the existing older home and build a new guesthouse facility. The property is zoned DC2, which means that neighbours and the league will be notified when the development permit is issued. According to the DC2 bylaw for the property, the new development is required to meet the regulations for a single family house in the Mature Neighbourhood Overlay.

The session on Tuesday, September 25 7PM will provide an opportunity for the community to meet the applicant, look at the plans for the new guesthouse and ask questions.

Community Leagues & Citizens Play a Key Role in Monitoring Construction Sites

While the City of Edmonton tries to proactively inspect infill construction sites for compliance to approved development permits and other regulations, not all developments are visited. If you are noticing an issue with the infill development next door to you or throughout the community, you have the ability to flag this for inspection.

Ideally your first step would be to contact the prime contractor or property owner listed on the development sign situated on the construction site. Expressing your concerns to those in charge of the construction may be all that is needed. If issues persist, then contact the City.

Below are some tips.

Landscaping Requirements

In the Edmonton Zoning Bylaw (section 55), it indicates that "Landscaping shall be provided on a Site within 18 months of the occupancy of a development or commence of a Use." In addition, "Trees and shrubs shall be maintained on a Site for a minimum of 42 months after the occupancy of a development or commence of a Use."

Should you notice that landscaping has not been provided and fulfilled as per the bylaw, phone 311, or better yet, email 311@edmonton.ca to file a complaint. 311 will then create a ticket for a Development Permit Inspection Team to investigate further, and to possibly schedule an inspection should they have reason to believe that construction has not proceeded in accordance to their approved Development Permit. Please note that landscaping is often not undertaken until approved lot grading is completed.

Damage to public infrastructure (public trees, boulevards, alleyways)

If you notice that boulevard trees within 5m of a construction site are not fenced, or vehicles are crossing boulevards without plywood or mats being placed on the boulevard, contact 311. Your actions could prevent serious damage to Edmonton's treed boulevards.

If you note damage to public infrastructure contact 311 to file a complaint. Ask 311 to forward your complaint to "City Infrastructure, Parks and Roads." (These are key words to include with your complaint.)

It would be helpful to take date stamped photos of public infrastructure (and private property) before construction begins. Once construction begins, if you note damages being done, keep your distance and take photos of offending vehicles and equipment. Little can be done without proof of who did the damages. It would be extremely helpful to include your photos when reporting a damage.

Additional Problems to Report to 311

- Sidewalk obstructions
- Foundations too close to the property line or buildings too high (ask for an inspection)
- Washing out of cement trucks onto streets
- Garbage
- Construction before 7 am or after 9 pm on weekdays, and before 9 am on Sundays

PARKING IN WINDSOR PARK

Soon the University will be back in session. Each year concerns arise with increased traffic and parking in the neighborhood. It may be helpful to review parking in the neighborhood.

A Residential Parking Program is in effect in the Windsor Park Community. These programs were established to ensure parking would be available for residents in areas with a high on-street parking demand (i.e. near educational institutions).

Residential Parking Permits

The residential parking permit allows residents in Windsor Park to park their own vehicle(s) on the street in UA-4 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. The permit must be clearly displayed on the bottom left of the windshield (i.e. on the driver's side). These permits are not transferable and are only issued for vehicles that are registered to an address in Windsor Park. 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 adjacent to or in close proximity of the address stated on the front of the permit. They are to be used only for guests attending your residence. They must be clearly visible on the dash on the driver's side of the car. 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.

Temporary Parking Permits

If you require temporary parking permits for contractors doing work at your residence or for a gathering with a number of guests, you can request temporary parking permits from Parking Services at https://www.edmonton.ca/residential_neighbourhoods/temporary-permission-to-park-form.aspx

Another issue that may be a concern for residents is the renting of parking spaces on private property. Under the Edmonton Zoning Bylaw 12800, non-accessory parking is not allowed on RF-1 property. This means residents are not allowed to rent spaces for parking in their front or back yards or on their driveway.

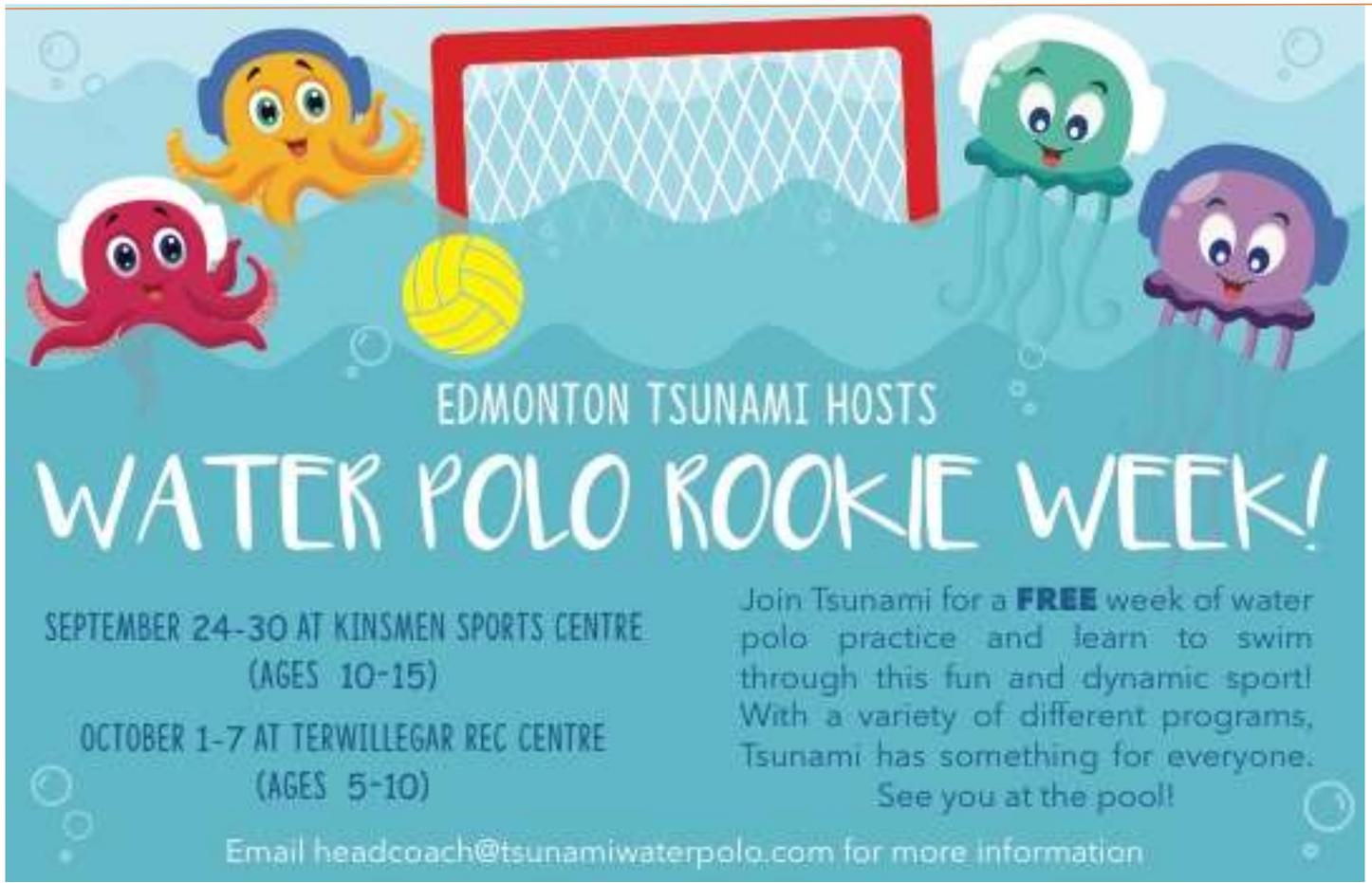
In general, we encourage residents to resolve parking concerns amicably with their neighbors, although they may seek advice from the Executive. The Executive has the authority to investigate concerns about use or misuse of visitor parking passes. Please e-mail wpclexecutive@gmail.com with any concerns.

With respect to infringements of City bylaws relating to parking i.e. no parking permit (resident or visitor) renting spaces, or any other issue, it is best if a resident contacts the City directly through 311 (either calling or using the 311 application).

Additional information is available at <http://www.windsor-park.ca> Windsor Park Parking Bylaws.



Chickadee! Captured by WP Neighbour Bob Wolkow



EDMONTON TSUNAMI HOSTS
WATER POLO ROOKIE WEEK!

SEPTEMBER 24-30 AT KINSMEN SPORTS CENTRE
(AGES 10-15)

OCTOBER 1-7 AT TERWILLEGAR REC CENTRE
(AGES 5-10)

Join Tsunami for a **FREE** week of water polo practice and learn to swim through this fun and dynamic sport! With a variety of different programs, Tsunami has something for everyone. See you at the pool!

Email headcoach@tsunamiwaterpolo.com for more information

WINDSOR PARK PRESCHOOL – ANOTHER YEAR BEGINS!

Windsor Park Preschool is excited about embarking on another year of learning, friendship, and discovery for our 3 and 4 year old students. Windsor Park preschool is a program of the Windsor Park community league and offers a dynamic learning environment, created by our wonderful teacher Miss Neudorff. Miss Neudorff has been teaching at Windsor Park Preschool for over 15 years and has a passion for ensuring preschool is a positive and rewarding experience for the children. Through, music, crafts, baking, field trips, stories, and a lot of play, the students at Windsor Park Preschool explore the learning process. Although we enjoy our time off during the summer, we can't wait to start the next adventure this fall. If you'd like more information about Windsor Park Preschool, please visit our website at www.windsorparkpreschool.com.

Katie Joosse - President, Windsor Park Preschool Parent Executive



Blue Jay in flight. Captured by WP Neighbour Bob Wolkow



Emergency
Medical
Services



Back to school safety

Alberta Health Services EMS would like to remind parents and students about some road safety tips, as streets become more congested, with the return of the school year. Pedestrians and motorists both have an important role to play – road safety is a shared responsibility.

Motorists

- Avoid talking on cell phones, texting, or any other behavior that diverts your attention away from driving;
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner;
- Remember, it is illegal to pass vehicles - other than those that are parked - in school zones or playground zones, during posted hours.

Around school buses

- Flashing amber lights mean a bus is slowing down to stop – motorists should do likewise;
- No matter which direction you are coming from, STOP, when approaching a school bus with activated flashing red lights – unless the bus is on the opposite side of a divided highway from you;
- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

Pedestrians

- Cross only at marked crosswalks, or street corners that have clear visibility from all directions;
- Make eye contact with all drivers before crossing the street, and keep distractions to a minimum;
- When activating overhead crossing lights, pause before stepping off the curb to ensure motorists in both directions have come to a complete stop;
- Stay within the crosswalk lines until fully clear of the roadway;
- Obey pedestrian lights at intersections. Cross the street only when you see the 'walk' sign and only when all cars have come to a complete stop;
- If you are with young children or pets, hold your child's hand firmly and keep a solid grip on leashes when crossing;
- Remember: children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.

www.albertahealthservices.ca



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EDMONTON (WINDSOR PARK) SWIMMER, 15, GETS CLOSER TO SPOT ON CANADIAN NATIONAL TEAM (REPRINTED FROM THE EDMONTON JOURNAL – JULY 2018)

Emma O’Croinin will have a memorable summer trip to tell her friends in September — she just doesn’t know what trip she will be making just yet. The 15-year-old member of Edmonton’s Keyano Swim Club has already booked her ticket for the 2018 Junior Pan Pacific Games in Suva, Fiji, but if she can earn her spot on the senior national team this weekend at the 2018 Canadian Swimming Trials at the Kinsmen pool, she’ll qualify for the 2018 Pan Pacific Games in Tokyo.

Over the last couple years, O’Croinin has proven not only to be one of the top swimmer’s of her age group, but she’s continuing to show that she’s one of Canada’s young up-and-coming swimmers. Her goal this weekend is to make the Canadian senior national team. On Friday morning, she qualified for the final in the 400m freestyle, and on Saturday night, she’ll race in the 1,500m freestyle final.

“She’s very close to making the senior national team,” said Keyano Swim Club head coach Chris Nelson. “Her best chance is in the 1,500 freestyle. We came into this weekend knowing there’s a chance and that’s what we’ve planned for. Otherwise, we’ve set a target for her to medal at the Junior Pan Pacific Games, and from there, she’ll go into next season with the idea of making the senior national team.”

Last year, O’Croinin really started to make waves in the pool with an impressive performance at the Canada Summer Games in Winnipeg, where she took home four gold medals, one silver and one bronze. She’s followed it up by breaking the provincial record in the 400m freestyle, and she has much bigger goals and dreams she wants to accomplish. “I grew up in a swimming family. My mom was a swimmer and I fell in love with it at a young age, and it’s something I love and I’m passionate about. I love competing and everything about it,” said O’Croinin. “I’ve always taken it seriously. I’ve had these dreams at a young age, and it’s been more than I’ve ever imagined.”

With the emergence of young Canadian phenom Penny Oleksiak at the 2016 Rio Olympics that saw her become the youngest Canadian to become an Olympic champion, and the first to win four medals in the same Olympics, Swimming Canada has taken a different approach in developing their athletes, and O’Croinin has benefited from it. “What Swimming Canada has done is start to throw more development carding money into kids who are a little younger than they traditionally did in the past. Ten years ago, Emma wouldn’t be nationally supported like she is because she’s on track, essentially,” said Nelson. “It’s working really well. Normally, you have to wait to see what happens to the athletes when they’re 18 years old, but some kids are making it faster, and they need to get to different events and training camps.”

Nelson has coached members of the senior national team before and he sees something very special in O’Croinin. She may be just 15, but her focus, drive and determination no matter who she’s racing against in the lane beside her is what makes O’Croinin’s future so bright. “Some kids have that innate ability to focus on what they want in the sport they’re training for and so they pick up so many things that on the average would only pick up 50 per cent, but she picks up 99 per cent of what we teach her and that’s special,” said Nelson. “She has abilities that are difficult to train. One of them is focus, another is a natural aerobic system. She gets better with distance, and she never gets tired. Somewhere in her mind, she has a goal of what her future is going to be, and for her, it’s a pretty high goal. Along the way, that’s the fuel that keeps that far off target for her into focus.”

This is O’Croinin’s second Canadian Swimming trials. After attending last year and not making a final, O’Croinin qualified for two finals. She’s showing that she may be one of the youngest swimmers competing, but that isn’t going to stop her from fighting for that spot on the senior national team. “Swimming next to the top girls, it’s an experience and challenge I take on. It really motivates and pushes me even harder,” said O’Croinin. “I want to keep improving my times and I want to challenge at the senior level and earn my spot on the national team. I feel like I’m real close.” E-mail: hillsvjay@gmail.com

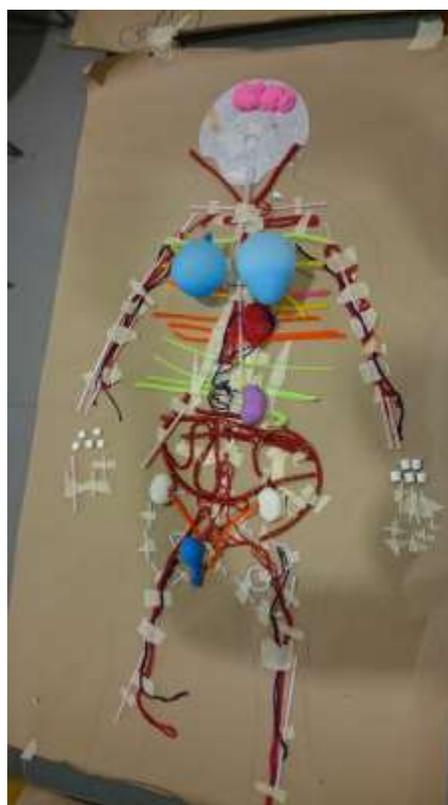
Rockin' Docs – UofA Summer Camp was a Great Success!

Our annual goal is to host 50 kids - ages 6 to 12-years old - from low income families for 2 weeks of summer camp, and teach the kids how to make healthy choices, and how awesome medicine and the human body are - and with your help, we achieved it!

By building a community of: volunteers, campers' families, and sponsors - we succeeded in taking the kids through an absolute whirlwind of medicine-based activities and interactive sessions, games and songs, healthy meals, and meaningful mentorship connections. The kids were incredibly receptive and bright. They understood and remembered complex topics, and even created their own working stethoscopes, lung models, and full body multi-system diagrams! Have you ever heard a 7-year-old pronounce the word "diaphragm" in explaining the mechanism of breathing? Have you seen a 6-year old list the bad ingredients in a cigarette, and then say how excited they were to tell their dad so he would stop smoking? By the end of each of our weeks together, the kids had this and much more to say that warmed our hearts and confirmed that this camp is perfectly positioned to encourage their interests in helping others through careers in healthcare, and to take active roles in their own well-being.

All of this was made possible by amazing sponsors in the Windsor Park Community and beyond. Thank you so much for your support, and see you again next year!

-Stephanie, Nila, and Jordan- UofA Med Students, and Leaders of Rockin' Docs



HEALTH & WELLNESS

By: Avneet Hayer

Wellness is an active and changing process of becoming aware and making choices toward living a healthy and fulfilling life. It's a concept that can mean many different things to different people and is open to interpretation. While the traditional view of health has historically been defined as the absence of disease, the concept of wellness spans beyond the mere absence of disease and is a dynamic process of change, growth, and self awareness.

The key to understanding your wellness needs lies in your ability to better understand yourself. Becoming more self aware over time will allow you to better understand your unique health needs. As you grow and learn, and have new experiences, your wellness needs can change over time.

Many individuals confuse wellness with fitness; while there is a connection between fitness and your physical health, it's not the only thing contributing to your healthy development. Physical health in one aspect contributing to your wellness, and fitness or physical activity is one subset contributing to your physical health.

People often forget or underestimate the value of the other components of wellness and how they interact in contributing to your health status. There are quite a few models of wellness that exist in the literature; a commonly used model divides wellness into 7 categories or dimensions: **Occupational wellness, emotional wellness, spiritual wellness, environmental wellness, physical wellness, social wellness and intellectual wellness.** Each dimension is interrelated and equally important in the pursuit of optimal health. Fitness is as important to physical health as building positive and supportive relationships is important to your social and mental health. Understanding how you best cope with stressful situations is just as important to your mental health as understanding how you interact with nature and your surrounding environments is important for your environmental wellbeing.

In the Windsor Park Community League, our health and wellness initiatives focus heavily on physical fitness. I'd like to build on that momentum, but also explore the other wellness opportunities that will benefit our community. Stay tuned for a wellness needs survey coming out to the community league sometime this fall! I'd like to learn more about the people that live in this neighbourhood so we can collectively work on ways to improve the health and wellness needs of our community.





Work week activities to improve fitness

Finding time to exercise during the work week can be challenging. For many of us, most of the daylight hours are consumed preparing for work, commuting to and from work and...working.

Experts recommend a minimum of 2 ½ hours of moderate activity a week. To qualify as “moderate”, an activity should increase your breathing rate and speed up your heart rate.

Examples of moderate activity include brisk walking, slow jogging or climbing stairs.

The good news is that achieving the recommended activity time doesn't have to happen all at once, or even in big chunks. Health Canada recommends activity in periods of at least 10 minutes at a time, so you can add a few minutes here and there throughout your work day and they all add up to a healthier you.

A few ways you can increase activity throughout the work day include:

- Parking a few blocks further away from work or getting off the bus a few stops early and walking a bit further at the start and/or end of the day
- Using the stairs instead of the elevator for trips up and down floors in office buildings
- Take a quick walk to the nearest coffee shop rather than making coffee in the lunch room
- Use the washroom two floors up or down
- Use half your lunch hour for some kind of activity - organize a walk club or challenge and invite colleagues to add some activity to their days as well
- Take advantage of fitness classes offered at many gyms immediately before or after work

Over time, adding in a bit of extra activity throughout the work week will give you energy and focus – helping you make the most of your time off and weekends!

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**

URBAN POLING CLASSES IN WINDSOR PARK

“Urban Poling” has arrived in Windsor Park! Evidence from over 100 research studies indicate that walking with poles is an effective, safe and enjoyable form of physical activity.

Some of the benefits of a community walking program include:

- Improving your physical and psychological health
- Getting to know others in your neighbourhood
- Familiarizing yourself with the resources and amenities of your community
- Appreciating vitamin ‘N’ature
- **Reducing crime by residents being visible on the street**

Classes were held in July and August, attracting 10 or more people on each occasion, and will continue in September on most Mondays and Thursdays –and beyond. If you would like to join these free sessions, please contact me at bonniemausten@gmail.com, or just meet as at the WPCL Hall at 7PM.

See it as an investment in your good health.

To learn more about walking with sticks, check out the website of: urbanpoling.com

Bonnie Austen
Urban Poling Instructor, and Windsor Park Neighbour

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 everyone: 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!

NEW SOCCER COORDINATORS NEEDED!

Thank you to Allison Baker and Shona Nichols for their efforts in the Windsor Park-Garneau Soccer Program. Their departure leaves room for new volunteers to step up. Community soccer is a great way to have fun, be physically active and learn new skills alongside friends, neighbours and classmates. During the 2018 outdoor season, Windsor Park-Garneau hosted one U5 team, three U7 mixed teams, a U9B team, a U11B team, and a U15B team.

What do Soccer Coordinators do? Each community in the South West Zone has a volunteer Soccer Coordinator who manages the community soccer program under SWEMSA. Duties for the outdoor season include registration, recruitment of coaches and other volunteers, team formation, supplying equipment to teams, and working with other Soccer Coordinators in the University area to make sure there is a spot on a team for every player who registers on-time. Duties for the indoor season are limited to supplying equipment to any Windsor-Park Garneau teams.

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www.toastmasters.org/membership

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COMMUNITY LEAGUE MEMBERSHIP – 2018-19 – A GREAT VALUE!

Connection through membership in your Windsor Park Community League offers many benefits! This Newsletter and frequent Email/ENews updates keep you informed of the social events, neighbourhood improvement projects, sport team registrations, recreation facility discounts, Edo talks, security issues, and much more. You have a voice in community decisions and an advocate at City Hall.

The “value” of your community league membership is priceless, but after August 31st, you will be asked to join or renew, and pay a small yearly fee.

There are five easy ways to join the WPCL:

1. The Membership Drive is Aug.- Oct., and you may be visited by a volunteer canvasser at your door. Please welcome him or her.
2. Quick and easy! You can join online by going to the Edmonton Federation of Community Leagues website. Your membership card is sent by Email to you.
3. Attend any Community League event and speak to the Membership Chair. We hope to see you at the Annual Picnic, this year on Sept. 15.
4. Fill in the simple form printed in this Newsletter, enclose your chosen payment and deliver to the Community Hall
5. Contact the Membership Chair, Marilyn Gaa, for assistance: 780-432-7660; marilyngaa@telusplanet.net

Volunteer membership canvassers enjoy visiting their neighbours and contributing to the health of our community. Each block assignment takes about an hour to complete, at a convenient date and time between mid-August and October 31. If you would like to join the team, please contact me! **Marilyn Gaa**

WINDSOR PARK COMMUNITY LEAGUE MEMBERSHIP APPLICATION

Membership Type: Family Single Student Senior Associate

Adult 1: _____ Adult 2: _____

Children/Dependents: _____ Age: _____

_____ Age: _____

_____ Age: _____

Address: _____

Email: _____ Phone: _____

Interested in receiving WPCL email/e-News updates: Yes No

Volunteer interest (optional) – Role, Idea: _____

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

2018 **ALUMNI** AWARDS

UNIVERSITY OF ALBERTA



**Congratulations
Windsor Park
resident
Shannon Scott,
'06 PhD**

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knowledge translation
in health research.

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Sept. 24, 2018 | 7 p.m.

Northern Alberta Jubilee Auditorium

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ABUNDANT COMMUNITIES INITIATIVE TO START IN WINDSOR PARK

What make a great place to live? What can we do to improve safety? What can we offer our neighbours? How can we foster meaningful relationships in our community?

5 years ago private local residents (in Highlands) partnered with the City of Edmonton and EFCL - to deliver the Abundant Communities movement, which provides a path to answering these questions. Over 24 Edmonton neighbourhoods (10%+) have already joined the movement and dozens more are interested - including Oliver, Laurier Heights, Lendrum, Ritchie, and more. Windsor Park is poised to increase safety, security, caring, and community engagement - by bringing this program to our neighbourhood.

Abundant Community is based on the belief that every individual in a neighbourhood has a contribution to make, and uncovering, sharing and the harnessing of those contributions creates neighbourliness, and also addresses issues as diverse as social isolation, crime, and physical and mental health. The notion is at the same time ridiculously commonsensical and ridiculously powerful." - Mary Sturgeon, Make Something Edmonton

"The international leader in creating new methods for organizing local neighbours.. is the Abundant Community Initiative in Edmonton Canada." - John McKnight, Asset Based Community Development Institute, Northwestern University and co-author of "The Abundant Community,"

<http://www.abundantcommunityinitiative.org/overview.html>

<video> http://www.abundantcommunity.com/home/posts/john_mcknight/parms/1/post/20160330_abundant_community_edmonton.html

At its most basic, ACE is a process to foster communication among households to identify the skills and resources within our community, and to find out more about the interests, needs and priorities of our residents. So, how does it work?

ACE is built around the concept of household-by-household direct engagement. When fully implemented, volunteer block level neighbour coordinators called Block Connectors will directly engage each household in Windsor Park. Individual participation is completely optional, but for those participating, the Block Connector will visit each home to learn about the priorities and interests of individuals, and to assess skills and resources that individuals are willing to offer their neighbours. Block Connectors are coordinated by a single (Windsor Park) Neighbourhood Connector. The Block Connectors and Neighbourhood Connector are supported by a neighbourhood support team, a sort of "board of directors" for the process, except that they do less directing and more supporting. The true direction of the ACE process come from the bottom up, i.e., from members of our community.

To ensure a great place to live, we must actively work to counteract the social isolation that seems to be a byproduct of new technologies and modern work life. ACE offers a path forward. I encourage everyone to learn more about the process. There is an abundance of resources available via the Web. Search "abundant communities" to learn about this international movement, or "abundant communities edmonton" to find out more about local efforts.

WPCL has received a provincial grant to support the start of this program in Windsor Park, and is seeking candidates for our Neighbourhood Connector position. An ideal candidate would be a friendly enthusiastic resident of Windsor Park, and other neighbourhoods have found that recent retirees or stay-at-home parents make good Neighbourhood Connectors, but this is in no way a requirement. For consideration, please send a resume to wpclxecutive@gmail.com. Before submitting, please review the general role requirements found below and be prepared to discuss. If you know of any great candidates - please feel free to make the recommendation to any WPCL executive member, or email wpclxecutive@gmail.com.

Opportunity: Windsor Park Neighbourhood Connector – Abundant Communities

This is a paid, part-time position (through community grant program) with an expected contribution of 40 hours per month, and is expected to last for 6-9 months (Approx total: 400 hours) The hours are highly variable and require a motivated individual - who will be supported by WPCL executive and community members, and the City of Edmonton ACE members and support.

The purpose of this role is to support the implementation of the Abundant Community Program in our neighbourhood, intended to develop and promote a connected and vibrant neighbourhood life, while reducing social isolation and increasing neighbourhood safety and security. The Neighbourhood Connector is responsible for identifying, mobilizing, encouraging and supporting the volunteer Block Connectors. For more information on this program, please click on the following link:

https://www.edmonton.ca/programs_services/for_communities/abundant-community-edmonton.aspx.

Responsibilities of the Neighbourhood Connector may include:

- Various initiation and start up tasks, such as creating a block map for your neighbourhood and working with the neighbourhood support team to select and implement an appropriate community database.
- Attending citywide neighbourhood connector gatherings
- Revising the Block Connector Introduction Letter and the Neighbourhood Conversation Guide for your Neighbourhood
- Identifying and orientating new Block Connectors and accompanying them on their first neighbourhood conversations
- Providing ongoing support and encouragement to the Block Connectors
- Ensuring regular and accurate data entry into the selected database
- Supporting the creation of new activity groups of shared interest
- Reporting to the neighbourhood leadership team

As a potential Neighbourhood Connector, you ideally have:

- Existing relationships within the neighbourhood
- Confidence and passion to seek out and enlist a Block Connector from each block in the neighbourhood
- Ability to teach, direct, empower and motivate Block Connectors to connect with their whole block
- Tenacity and sufficient organizational skills to engage the entire neighbourhood
- Boldness and social skills to engage any neighbour
- Hospitality to convene the Block Connectors for encouragement and “team support”
- Interest in the information collected in conversations, to ensure collection and relevant follow-up action
- Care, respectfulness and patience to work with all levels of ability and commitment among Block Connectors
- Communication skills and confidentiality understanding - to model and coordinate with Block Connectors, the Support Team and the neighbourhood leadership.

To apply for this role, please email your resume to wpclexecutive@gmail.com by Sept 25, 2018.

Your cover letter should include:

Why are you interested in the role of Windsor Park Neighbourhood Connector?

What part of the Neighbourhood Connector role would be the biggest challenge, and how will you overcome?

The Windsor Park Community League would sincerely like to thank all applicants for their interest in helping us build an even stronger, safer, and more engaged community.

WINDSOR PARK WINE TASTINGS

By: Scott Meadows

Windsor Park Winemakers Friday, September 21, 7 pm

This very special tasting will be presented by Windsor Park neighbours Lori and Michael Savard. Lori and Michael have transitioned from part-time hobbyists to full-time growers and winemakers on their Summerland vineyards in BC's Okanagan Valley. They will be telling us their story and presenting their outstanding wines to the wine lovers of Windsor Park. Sign up early. This is sure to be a sellout.

For WP members and invited guests only. The cost is \$20 in cash at the event. RSVP via Eventbrite at <https://goo.gl/8Uz7Y1>

Best of Niagara Friday, October 26, 7 pm

I spent three days in August touring and sampling Niagara's best wineries. I knew that Niagara was great for Riesling and Chardonnay, but there were some surprises! Most red varieties have trouble reliably ripening there, but I discovered some truly outstanding reds, too. Sadly they're not in the Alberta market, but can be ordered directly. Please join me for this celebration of Canadian winemaking.

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Visit us at Taste of Edmonton 2018

Good News - Community Map for Windsor Park!

Wouldn't it be nice to have a community map that features walking routes with their distances, places of interest, public spaces, and local shops? WPCL will soon start working with Walkable Edmonton to develop such a map.

The league is looking for volunteers to form a working committee who would like to make this map happen. Volunteers would help get resident input as to what should go on the map, calculate distances and be field workers. Photographers could add their skills. If you are interested or want more information, contact Bonnie Austen at bonniemausten@gmail.com.

Walkable Edmonton has worked with a more than 50 communities now to develop these maps. Being a 'walkable community' adds strength and enjoyment to the fabric of the neighbourhood. Walking is great exercise and offers a chance to meet neighbours and enhance safety by having more 'eyes on the street.'

Windsor Park now has an Urban Poling group. Urban Poling combines walking with more upper body movement. The Windsor Park Urban Poling Group has allowed neighbours to meet others in a social setting, discover their community and get fit all at the same time.

It is hoped the new community map will be a good resource for everyone in Windsor Park and will encourage our residents be more active.



CREEPING BELLFLOWER ALERT!

Have you seen these pretty purple flowers in your yard or alley? Unfortunately, they are not only pretty but also extremely invasive and bound to take over your garden. If you see creeping bellflowers, please take action to remove them, especially if they are flowering, in order to slow down their spread. Dispose of them in the garbage, not in your compost. Creeping bellflower is an introduced, invasive species designated a noxious weed by the city of Edmonton and the province.

More details about identification and control methods may be found In these links:

- https://www.edmonton.ca/programs_services/pests/creeping-bellflower.aspx
- <https://abinvasives.ca/wp-content/uploads/2017/11/FS-CreepingBellflower.pdf>
- https://www.edmonton.ca/city_government/bylaws/weed-control-private-property.aspx

Please help spread awareness of their invasive nature, and help reduce their spread in our environment.



Photo Credit: Nicole Kimmel, Alberta Agriculture & Forestry. Retrieved from https://www.edmonton.ca/programs_services/pests/creeping-bellflower.aspx on August 10, 2018.

URGENT! WINDSOR PARK ELM TREES

Current Status: Drought Stress: Our beautiful boulevard elm trees are at risk! Please help save them!

Issue: Over 90% of elms in Windsor Park show signs of drought stress as seen by: the copious amounts of elm seeds dropped in spring, many dead branch-ends visible at edge of the leaf canopy, a very thin leaf canopy, and ground littered with short bits of twigs. While we had some rain recently, it is not enough: we are still only at about 77% of the average rainfall for this growing season so far, after only getting 69% of average rainfall in last year's growing season. New construction and use of landscape fabric near trees add to the stress on our trees.

Solution: The best thing we can do to help our elms is to provide them with sufficient water. Water the trees thoroughly at least once a month. You could also direct downspouts towards the trees. Note: Some people interested in sustainable solutions here create swales (shallow wide depressions or ditches) which run parallel to the sidewalk. These swales catch the rain water running to the sidewalk and store it a bit longer so that the water penetrates the ground down to tree roots. For more information, see also <https://www.folio.ca/commentary-drought-putting-edmontons-trees-at-risk-unless-watering-improved/>

HOW I KEEP MY PERENNIAL GARDEN BLOOMING ALL SUMMER

— by Ronnene Anderson (presented at Windsor Park Hall – August 1, 2018)

Note: I have no professional gardening credentials; just experience and a compulsive love of growing my own vegetables and flowers. I also enjoy weeding.

My tips for you:

- **Relax if your plans flop.** I had to rearrange half of my garden when a new bug arrived, and stayed, forcing me to remove much of the daylily patch.
- Warning: My garden is in a **semi-shady area**. Plants that work well for me may become invasive in your garden if it's sunnier. If you want to keep an invasive plant, be prepared to dig out spreading roots and unwanted bulbs (like lilies).
- **Yellow Loosestrife** (not the banned purple loosestrife!) is a long bloomer and a great yellow flower to fill the gap when irises have faded and the delphiniums and lilies are yet to come.
- I like **bright solid colours** like blue, orange, yellow, purple and pink. I don't fuss over which colours should go together, but I do love orange Asiatic lilies next to deep blue delphiniums.
- Put **short flowers** (less than a foot) **in front**; **medium flowers** (2-3 feet) in the **middle**; **tall flowers** (over 3 feet) **in back**.
- **Foliage should have varied shapes and sizes and be attractive after blooming**, such as the iris. I think delphinium foliage is ugly after blooming, so I cut it down, which also gives room for other plants to spread out.
- **Arrange in groups or blocks, instead of spreading individual plants all over.**
- I still use **Lois Hole's book on perennials** to find the longest bloomers for spring, summer and fall. Dozens of flowers are listed under colour categories: pink, purple, blue, yellow, white, silver and black.
- One of **my favourite flowers is cosmos**, which reseeds each year, so I consider it a perennial. It's a great tall flower for back of garden. I like the pink and white variety, but it comes in orange and red too.
- **Add some annuals (seeds) like nasturtiums, bachelor buttons and tall red poppies that will fill in empty spots** and give bursts of colour. Pots of red geraniums do the same job, and you can move the pots around. Avoid tall pink poppies that can over.
- **Deadhead (pick off old blooms) for new flush of blooms**
- **Keep a notebook of where you moved plants**
- **Take photos every few weeks** to determine how you might move plants around in the fall to get better colour combos, heights, etc.

Order of blooming in my garden (after tulips/daffodils)

- Iris (purple, and purple/white)
- Paper iris
- Snow in summer
- Small pink cranesbill
- Blue sage (salvia)
- Asiatic lily
- 2 hardy roses (blooms all summer)
- Yellow loosestrife (*Lysimachia punctuate*)*
- Pinks
- Daylily
- Delphinium
- Veronica (speedwell) Two varieties, pink and purple. They look good next to each other.
- Lavatera
- Thistle
- Cosmos (blooms July-August)
- Goldenrod
- Golden glow (*Rudbeckia laciniata*, "outhouse plant")
- Russian sage
- Tall tiger lily
- Ornamental grasses

**Get some some yellow loosestrife from Ronnene 780-433-8632. The flowers can also seen at St. Albert Botanical Gardens.*

My ground covers include:

- Ajuga (bugleweed), with striking purple-blue blooms
- Periwinkle (or myrtle herb, *vinca minor*)
- Sedums- yellow stonecrop, dragons blood (pink flowers)



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



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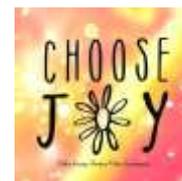
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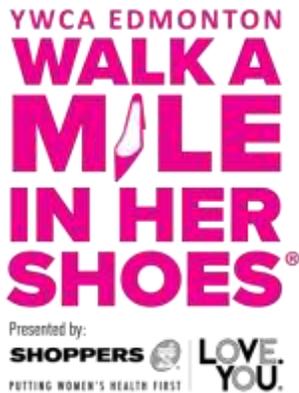
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FACT SHEET

YWCA WALK A MILE IN HER SHOES® is an event where participants walk in high heels and raise funds to support YWCA Edmonton and our domestic violence prevention and recovery programs.

Date | Wednesday, September 12, 2018

Time | 11:30 a.m. to 1:30 p.m.

Location | 104th Street & Jasper Avenue

Register | www.walkamileedmonton.com

Where do I get shoes? We provide the shoes and yes, we have your size!

* **Footnote:** pumps optional!

How can I participate? You can register as an individual, create a team, or join an existing team. We encourage each walker to raise \$1,000 in pledges to help us meet our goal of **\$220,000**.

Where does the money go? Proceeds from this event help fund YWCA Edmonton and our programs and services, including:

- **Affordable services** for women and children currently living with domestic violence;
- Domestic violence **recovery programs**;
- **Support** for women and children in crisis shelters;
- Violence **prevention** programs for youth; and
- A strong **voice** for women and children.

Who is YWCA Edmonton? YWCA Edmonton has been serving the Edmonton area for more than 100 years. We lead, support, and advocate for women, girls, and their families when and where they need us. Our vision is a world of equality, opportunity, and choice for women.

We provide education and services to more than **8,000** people each year. Our services include counselling, youth empowerment programs, outdoor education, and support for persons with disabilities.

For more information on YWCA Edmonton, please visit www.ywcaofedmonton.org.

Have more questions? Contact:

Marty van Sloun

780.970.6503

m.vansloun@ywcaedm.org



T | 780.423.9922 F | 780.488.6077 #400, 10080 Jasper Avenue Edmonton, Alberta T5J 1V9 [@YWCAEdmonton](https://www.instagram.com/YWCAEdmonton)



2018-2019 Solar Seminar Series - Edmonton

Solar Power Your Home and Your Car Presentation, Panel Discussion, and Car Show

CN Theatre, MacEwan University

Thursday September 6, 2018 - 7 pm

Want to generate your own electricity? You can run your house and your car with solar energy. Many Alberta homes and businesses are creating their own electricity and exporting the excess into the grid. But now you can also power your car! A solar powered car has zero tailpipe emissions, zero source emissions and the cheapest fuel available. A solar system for transportation has an ROI of less than 5 years – much better than a household solar PV investment! Meet the Edmontonians who are living in solar powered houses and driving solar powered cars now. Come see electric vehicles and meet their owners. Hear about the City of Edmonton's plans for incentivizing solar installations and encouraging clean transportation options.

Solar Power Your Business

A Presentation and Panel Discussion with Commercial Project Developers

CN Theatre, MacEwan University

Thursday, October 4, 2018 - 7 pm

Edmonton has an increasing number of government solar projects and large commercial systems. Larger systems are going in as installation costs are dropping. What are the steps to putting a photovoltaic system on a business? What are the tax benefits? What kind of ROI do these projects offer? Case studies of commercial systems will be provided by a panel of the installing contractors and developers.

Alberta is Going Solar – The Business Opportunity

A Presentation of the Alberta Solar Supply Chain Study

CN Theatre, MacEwan University

Thursday, November 22, 2018 - 7 pm

Paula McGarrigle, Director of Solas Energy Consulting

Solar is a job generator. Along with new employment opportunities, Alberta's initiatives to diversify our energy sector and tap into our abundant solar resource, are creating emerging opportunities for investment, new business creation, and retooling of existing enterprises all along the solar supply chain. This presentation will be based on the just completed Alberta Solar Supply Chain Study funded by Alberta Economic Development and Trade.

Big Solar – Alberta’s Utility Scale Solar Projects
A Presentation and Panel Discussion with Solar Farm Developers

CN Theatre, MacEwan University

Thursday, December 6, 2018 - 7 pm

Alberta has installed its first 17 MW solar farm. The Alberta Electric System Operator’s Connection Queue presently has proposals for over 4 Gigawatts of solar generating capacity! What are these projects and who are the developers? What are the planning and environmental considerations for this level of development? Round 1 of the Renewable Energy Program (REP) auction in 2017 successfully delivered nearly 600 MW of wind generation at a weighted average bid price of \$37/MWh – setting a new record in Canada. Large solar projects in the US, India, and Chile are coming in with very competitive pricing. What is the potential for large solar project pricing here? What are the short and long term ratepayer benefits of Alberta’s embracing of big solar?

Edmonton is Going Solar

The City of Edmonton’s Inspiring Projects, New Incentive and Financing Programs

CN Theatre, MacEwan University

Thursday, January 10, 2019 - 7 pm

Edmonton has embarked on many exciting new renewable energy initiatives. With new requirements that all City projects, like City recreation centres and fire halls, must spend a minimum of 1% of their budget on renewables, and plans to supply all of the City’s building with renewable electricity, Edmonton is leading by example. Come hear about Edmonton’s own Change Homes for Climate - Residential Solar Incentive program for residents of the city and learn more about the City’s role in the game-changing Property Assessed Clean Energy (PACE) program. To top all of that Edmonton has a growing list of large solar heated and solar electrified buildings.

Community Solar

New Opportunities are Making Solar Accessible for Everyone

CN Theatre, MacEwan University

Thursday, February 7, 2019 - 7 pm

Does solar system ownership have to be limited to home and business owners that have suitable sites? Alberta’s new Community Generation Program has the potential to allow widespread access to solar. Why can’t everyone reap the benefits in a solar investment? Solar co-ops, neighborhood owned projects, school systems funded by a pool of parents, teachers and alumni, Indigenous projects owned by band members, congregations investing in church systems; the possibilities are endless. How do community generation projects work? What is available now?

Alberta’s Solar Industry is Hiring

The Employment and Training Opportunities

CN Theatre, MacEwan University

Thursday, March 7, 2019 - 7 pm

Solar in Alberta is generating many diverse job positions and new business possibilities. Come and learn from a panel of professionals who make their living in the solar industry, as they share their experiences, and address important topics such as:

- *The variety of available careers and jobs*
- *Recommended prerequisites and training*

For more information:

<https://solaralberta.ca/sites/default/files/Edmonton%20Seminar%20Descriptions%20%284%29.pdf>

FEATURE RESTAURANT: REINETTE CAFÉ AND PATISSERIE LTD

Recognized by AVENUE Magazine since first opened 2 years ago – Café ReINETTE is a ‘must’ experience.

The word "ReINETTE" means "little queen" in French, and it is also a type of apple originated from Normandy, France. It bears golden skin and a pink blush, and its sweet sour taste is particularly suitable for making pastries.

Our Chef received professional trainings from **Le Cordon Bleu Paris** and Swiss Hotel Management School. She is a certified barista by City & Guilds Barista Training, and has worked in Le Meurice Paris and Disneyland Hotel Paris. Her pastries are the combination of tradition, elegance and creativity.

High Tea Dessert Sets (\$20/person) are available from Friday to Sunday full day and by special orders on weekdays – Reservations Recommended.

Customized special event orders such as cakes and party trays are available - for your birthdays, weddings, bridal and baby showers, and more! Contact us now! We would love to be a part of your next sweet celebration.

Opened 7 days a week – 7AM-9PM, except Sundays, where we are open from 11AM-5PM.

Phone: 780-577-0974 Email: chez.reinette@gmail.com Website: <http://chezreinette.wixsite.com/home>

Address: [301 Woodvale Rd. West](#) NW (near 63 St and 36 Ave)



SAVE THE DATES! UPCOMING EDO DESSERT TALKS

The WPCL is pleased to announce two upcoming Edo Talks:

November 27, 2018: Neighbour Dr. David Cass will discuss the “Historical Designation for St. George’s Church in Windsor Park.” David Cass and his wife Carol moved to Edmonton from Berkeley, California in 1969. They both became professors at the University of Alberta, Carol in Biochemistry and Oncology, David in Botany which became part of Biological Sciences. They are now Professors Emeriti. They have lived in the same house in Belgravia since 1973. Carol was an Episcopalian; David became an Anglican in 1996 and both he and Carol joined St. George’s Anglican Church. At the time that St. George’s was recognized for its architectural uniqueness, David was Rector’s Warden. He led efforts to achieve designation for St. George’s as a “modern historic municipal resource”.

January 22, 2019: Neighbour and UofA Professor, Dr. Andy Derocher, will be speaking about “Polar Bears – an Arctic Icon in a Changing Climate.” Dr. Derocher is a world-renowned expert in polar bear research. He has been researching polar bears for more than 35 years, around the world. He is the author of *Polar Bears: A Complete Guide to their Biology and Behaviour*, published by Johns Hopkins University Press (2012).

ST. GEORGE’S ANGLICAN CHURCH, 11733-87 AVE.

Has concert/recital space for music teachers and students

- *Yamaha C2 Grand Piano*
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For more information, please contact David Cass
(d.cass@ualberta.ca)

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MUSIC OF HOPE AND HEALING – CROSS-CANADA CONCERT

Saturday September 15

We believe music heals. And because we believe music heals, on Saturday September 15th, music will follow the sun across Canada, from sunrise over the Atlantic to sunset on the Pacific. Hundreds of musical artists will perform in thirteen cities, livestreamed in one day-long concert of hope and healing. All concerts will be free to attend; the livestream will be free to enjoy on any device. In Edmonton, the music will start at 4 PM in Convocation Hall on the U of A campus as our part of the third annual Mysterious Barricades Cross-Canada Concert for Suicide Awareness, Prevention and Hope.

This coast-to-coast concert had its genesis in Edmonton, and is organized by a small team of volunteers in this city led by Elizabeth Turnbull. Elizabeth is a professional opera singer and an instructor of voice in the Department of Music at the University of Alberta. Elizabeth's husband was a talented, thoughtful, complex man. An electronics engineer, he designed integrated circuits for communications devices. A craftsman, he created furniture that has been displayed in art galleries, and is in homes and institutions across Alberta. Combining these skills with his musicianship, he built and played his own harpsichord. But for 20 years, he struggled with stress and anxiety. With his logical mind, he did everything he could to understand how to live with his illness: charting his moods, recording his medications, altering his habits, seeking advice from physicians and mental health professionals. On September 15, 2015, at the age of 52, he died by suicide.

Having fought the disease of mental illness alongside her husband for so many years, in her grief Elizabeth vowed to make a difference. Knowing that she had always found solace in music, she wanted to share music of hope and healing with communities across this country, to build connections and raise awareness of the fact we are all on a spectrum of mental health: that suicide is death by mental illness, and is preventable; that we need to reduce the stigma, encourage conversations, and support those who are struggling and those who are left behind. Music was Elizabeth's refuge and joy; music was how she knew she must share her message of healing and hope. So she conceived and has since led the **Mysterious Barricades cross-Canada concert**.

Our first concert was on September 10, 2016, the internationally recognized World Suicide Prevention Day. That day, Canada's first light of dawn was celebrated with an anthem composed for that sunrise by Edmonton's own Allan Gilliland. That anthem signalled the start to a sequence of 13 concerts that ended only as the sun set over the Pacific. The last piece played was a thoughtful rendition of Les Barricades Mystérieuses by F. Couperin, Elizabeth's husband favourite piece of music. This piece has now become synonymous with our cause: our desire to more fully understand and cope with the mysterious barricades that exist within our minds.

Our second Mysterious Barricades concert took place on September 10, 2017, involving 15 concerts from coast to coast. As in our inaugural year, hundreds of professional musicians volunteered their time and talents to bring hope to people at risk of suicide, to offer healing to those left behind, and to emphasize that we as a country and a community wish for the stigma of mental illness to become a thing of the past, like every other prejudice against any other unasked-for human condition or illness. Mental health professionals were in attendance at all locations to offer support and provide information to audience members, and the day of music was livestreamed in its entirety and was viewed in locations across the country and around the world.

Our third cross-Canada concert will take place on Saturday September 15, 2018. We invite everyone to attend in person and to enjoy the day-long livestream of the event. Further information can be found on our website at www.mysteriousbarricades.org

It is about connecting and healing through the common language of music; it is about hope. It is about recognizing the need to reduce the stigma and change perceptions; it is about human connection and positively impacting lives across Canada. But mostly, it is about the music, because we believe music heals.

In gratitude, **The Mysterious Barricades Concert Society: Elizabeth Turnbull, Laurier Fagnan, Ivan Fair, Harold Hornig**

13 CONCERTS. SEA TO SEA. DAWN TO DUSK.
A COUNTRY JOINED TOGETHER IN MUSIC OF HOPE & HEALING

mysterious
BARRICADES
CONCERT



EDMONTON



September 15, 4:00 pm
Convocation Hall
University of Alberta

featuring:
Dirt Road Angels
Aidan Ferguson
Michael Frishkopf
Marnie Giesbrecht-Segger
Shannon Hiebert
University of Alberta
Madrigal Singers
Deepak Paramashivan
... and more

Mysterious Barricades brings artists and audiences together from sea to sea, from dawn to dusk, to offer hope to prevent suicide, and healing for those impacted by it.

#mysteriousbarricades #musicforhealing

Free admission

FULL DAY LIVESTREAM BEGINS AT 7am

MysteriousBarricades.org



Linda Duncan

Member of Parliament
Edmonton Strathcona



Contact my constituency office for assistance with:

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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



SATURDAY, SEPT 15

12:30-3:30PM: ANNUAL PICNIC

4:00PM: FREE CONCERT (AT UOFA)

JOIN US FOR THE WINDSOR PARK ANNUAL POTLUCK AND BBQ!!

FOOD, FUN, FRIENDS, AND FAMILIES!!

- **BBQ BURGERS, GREEN ONION CAKES, AND CORN PROVIDED**
- **EVERYONE JOINS IN BY BRINGING THEIR POTLUCK ITEMS OF SALADS, DESSERTS, SIDES, AND FAVOURITE DISHES**
Note: Make it a 'Greener event' by bringing your own washable plates & cutlery
- **FACE-PAINTING AND GAMES FOR KIDS**
- **JOIN US - OVER 100 PEOPLE CAME OUT LAST YEAR!!**
- **2018-19 MEMBERSHIPS AVAILABLE**
- **FOOD BANK DONATIONS ACCEPTED**

Note: Event takes place Rain or Shine – as we can use the Hall

Questions? Want to Volunteer?

For Information Contact: Marilyn Gaa 780 432-7660

marilyngaa@telusplanet.net