

EVERGREEN NEWS



September 2015

BLOCK PARTY

EECA ANNUAL BLOCK PARTY AND MEMBERSHIP DRIVE



PETTING ZOO
BOUNCY CASTLES
FACE PAINTING



BBQ PROVIDED BY TAFEY
50/50 DRAW



**EVERGREEN COMMUNITY
HALL**

SEPTEMBER 19, 2014

11 a.m. - 4 p.m.



Youth Centre BBQ
11 a.m. to 3 p.m.
Full Meal Deal
\$4.00

September 2015



**COUNTRY HILLS
HOMES**
by Parkbridge

Our August Sales Activity



**PENDING
#120**

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If you are thinking of selling your home contact the Country Hills Homes Sales Office and set-up an in home market evaluation to determine the value of your home in today's real estate market.

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FACT: Country Hills Homes SOLD over 35% of all homes sold in the Evergreen Community in 2014!

FACT: WE are your local expert for new and pre-owned modular home sales!

FACT: WE operate in the Community by having a Community Sales Office, with an On-Site Specialized Sales Associate.

FACT: WE can list your home on the MLS to get you maximum exposure on your listing!

FACT: WE offer FREE Market evaluations!

**Call the Country Hills Homes Sales Office
or stop by for more information on listing
your home with Us!!!**

780-472-0082

724 Evergreen Park NW

sbanks@parkbridge.com

Why do People Come to Us? We Know Your Community!

A Message from Your EECA Board

Can you believe the kids are already going back to school? The summer went by so fast with the weather up and down every other day.

We would like to take time to thank all of our countless volunteers who have been working hard on our bingo's and casino's to make sure we have funds flowing in to continue to offer our programming.

Speaking of programming, Darts, Crib and the Early Learning Program are starting up again! Check the ad's in our newsletter for start times.

On September 19, 2015 our annual Block Party and Membership Drive will be happening. Did you know with your Community Association membership, you can skate in our rink for free? You can also swim at Clareview Rec Centre from 4-6pm on Saturdays and Londonderry Pool from 2-4 pm on Sundays for free as well. Being a Community Association member gives you many other perks including participating in our programs. More details about memberships are near the back of the newsletter.

Our bottle drive will take place on Saturday, September 26, 2015. We will be coming door to door to ask for your donations of bottles and cans. If you won't be home but would like to donate to us, please email us at info@eeeca.ca with a time when we can come pick them up or leave them by your door with a note on saying For EECA.

Have you been thinking of getting involved in the community? We are always looking for volunteers for bingo's and other events. We are also looking for a Hall Rental Agent. Are you good with people? Bondable? Accountable? Reliable? Then this might be the volunteer position for you. We need someone that can answer inquiries about hall rentals and meet with potential renters, complete agreements and collect payments. If you are this person, please email president@eeeca.ca

We also would like to welcome our Janitor, Kathy, back from her sick leave and thank Gloria for her help while Kathy was away. We missed you Kathy and can't wait.

We look forward to seeing you at our Block Party on September 19, 2015!



Though we glean food from the food industry, our success depends largely on the donation of people like you. Consider donating one, some, or all of the following:

MOST NEEDED ITEMS

- Beans with or without pork - Canned fish or meat - Baby formula - Peanut Butter - Soup
- Canned fruit or vegetables - Pasta & pasta sauce - Juice boxes - School Snacks
- Monetary donations are also gratefully accepted -

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ed.gibbons@edmonton.ca



EECA Bottle Drive

Have your bottles ready for EECA's annual Bottle Drive Saturday, September 26th.

Please have your bags marked if you are not home and placed by your door.

Contact Troy at
president@eeca.ca or
780-935-9611
if you can help us collect!



Remember:

School's back starting

September 8, 2014





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.
- 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.

Evergreen Seniors News

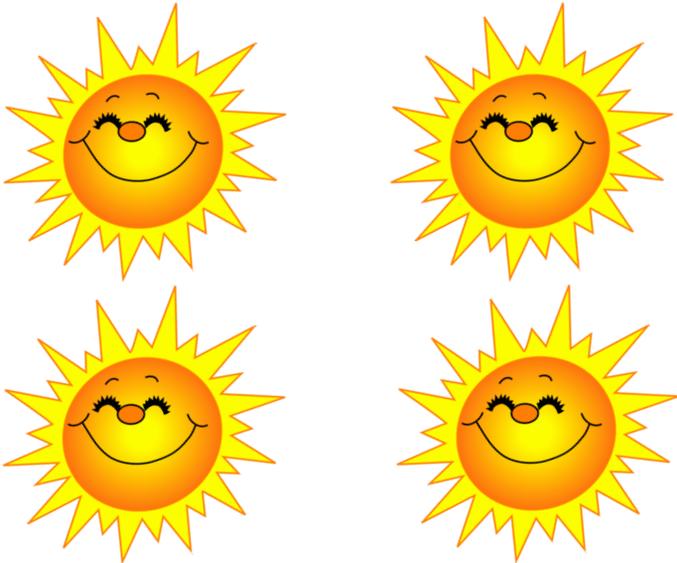
Hi! Hope you all had a lovely summer. Meetings start this month, are you read Denis? We are going for a Chinese Smorg this month at "Elegant Court, 216 Manning Crossing. Always make sure you check the calendar for events!

Seniors Calendar

Sept. 2nd	Meeting Bingo follows meeting	7 pm
Sept. 9th	Chinese Supper Bingo follows supper	6 pm
Sept. 16th	Bingo	7 pm
Sept. 23rd	Crib	7 pm
Sept. 30th	Bingo	7 pm

**Coffee & Pool every
morning
10 a.m. to Noon**

**Seniors
Craft & Quilt
Thursday's 1 - 4 pm**



The Evergreen Seniors Crafters and Quilters would like to thank all those that bought tickets for the Quilt. The draw was done in August and the winner was Gloria Biledeau! Congratulations Gloria!

Garden Club News

Greetings fellow gardeners! Are you enjoying the fruits of your labour in the vegetable garden over the long, hot summer? Have your leaves started to turn? Are you enjoying the return of brisk mornings and evenings or dreading the winter already?

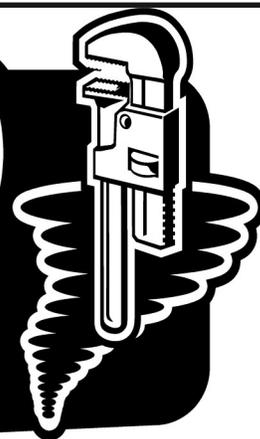
Whatever your feelings towards the autumn in your yard, the Garden Club's members are sure to understand. It's always a sad time of year, throwing out dead annuals and cutting back glorious perennials. Get your mind off the winter ahead by joining us for a garden-related craft on September 21st, 2015. We will be meeting at 6:30pm at the Community Hall just beside Happy's in the strip mall. Of course there will be coffee, tea, and some snacks for all the gardeners in the club. It is a great way to share your love of gardening, meet new friends, and get out of the house. Come out no Monday to see what we are all about, or call Mary at 780-406-5710 for more information.



A huge thank you to Anita Kuhlmann who came to our last Garden Club meeting and bravely answered questions from the floor. Advice was given on everything from container design to pests in the garden. Many of us were on holidays and missed out on this great opportunity, but I have a feeling we might request her help again. Thanks to Kuhlmann's Greenhouse for letting us borrow her for an evening!

From all of us to all of you, congratulations on another garden well done. Now, start planning for next year!

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EECA EARLY LEARNING PROGRAM

EECA's Early Learning Program is for children ages 3-5 years (must be potty trained) and is designed to get kids ready for the challenges of school. The program encourages the developmental of social, sensory, and language skills through structured play.

Where: EECA Community Hall

When: Tuesday and Thursday beginning from September 15th 2015 – December 18th 2015 & January 5th 2016- June 16th 2016.

Time: 10am -1pm

Who: Instructed by Laura Scott

Price: Per child-\$80/Month

***Only 10 spots are available, so register NOW to avoid disappointment.

To register please contact Laura Scott by email: lascott@ualberta.ca or by phone: 780.222.5722.

DARTS LEAGUE

The EECA Darts League starts again this month! Registration is on Wednesday, September 9 & 16, 2015 at 7:00 p.m. and regular play starts on September 23, 2015. Come out and register for some amazing Wednesday night fun. During regular season, the bar will be open for your thirst requirements. Please note that this league is for Adults only!



CRIBBAGE

The EECA Drop In Cribbage group starts again on October 1, 2015. We will be playing ever Thursday at 7pm. This is a drop in event so even if you can't make it every Thursday, we would still like to have you come out and play when you can! The bar will be open for your thirst requirements.

Please note that this league is for Adults only!



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EG Youth Express

Summer 2015 in the Park Program

The Association for
Evergreen Youth



September 2015

Special points of interest:

- ☺ We reopen Sept 8th
- ☺ Program sign up forms available then
- ☺ Memberships are due for renewal in September
- ☺ Don't forget the Block Party Sept 19th by the EECA Hall

Evan and Kara thank the children and residents of Evergreen who helped make Summer 2015 in the Park Program the most successful in recent history.

63 children/youth signed up for the program and daily average attendance was nearly 20 kids! If we could maintain that level of participation year round we would be in a much better position when it comes to applying for funds to continue our programs!

This year's program included 7 swims; the zoo; the Minion Movie; Fort Edmonton Park and the John Janzen Nature Centre along with amazing and fun activities every day at the Youth Centre including Sportball; Zumba and EPL2Go.

Do you have a skill or hobby that you'd like to share with the kids at Evergreen Youth Centre? Please give us a call at 780-413-8248 or email tafey@shaw.ca with your program ideas!

Don't forget to thank the City of Edmonton, and Robyn for bringing us another Green Shack Program every weekday morning from 10 a.m. to 1:30 p.m.

Inside this issue:

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Youth Centre Closed

As in previous years, the Youth Centre is closed from August 21st through September 7th for much needed staff holidays and to allow kids time to get ready to return to school without distraction.

We wish all kids an easy transition into the new

grades they're in and can't wait to see you all when we reopen on September 8th right after school.

Be aware of the program changes this year. Until further notice, all programs (except Karate) finish by 6 p.m. and there are no programs on

Fridays (our lowest attended day).

38 Evergreen Park NW
Edmonton, AB T5Y 4M2
Phone: 780-413-8248
Email: tafey@shaw.ca
"like" our facebook page
Evergreen Youth Centre



This program is designed for children from Kindergarten to Grade 6. We deliver a well-rounded approach to teaching children the skills necessary to develop their love of cooking. Way Cool Cooking School is designed to allow creativity to mesh with culinary techniques for exciting results!

Weekly classes at Evergreen Youth Centre are the perfect place for students to sharpen cooking skills and stir-up creativity as they explore a different theme each month!

Not only do students experience new foods and preparation techniques, but

the program is designed to expand learning into the areas of math, science, history and important cognitive skills. Parents love watching their "junior chef" grow with confidence and knowledge as they create the recipes at home and develop life-long skills while having FUN!

Our budding junior chefs will learn basics in:

- kitchen safety
- proper food handling
- food preparation
- cooking and baking techniques
- presentation
- table setting
- manners
- basic cognitive subject matter and so much more!

Don't miss the family events hosted by Way Cool Cooking School. Watch for your invitation coming home with

YOUR junior chef!

Scheduled for after school on Tuesdays at the Youth Centre (north end of rental office building) 3:30–6 p.m.



Dojo Arts Evergreen Martial Arts

"The purpose of Karate is to discipline the mind and to master the art of self defense"

Kanei Uechi, 1911-1991

"Once you see the benefit of Tai Chi, you won't want to stop."

– Ma Yueh Liang

Dojo Arts offers:

- Regular competition
- Regular belt tests
- Regular fitness tests
- Safe professional atmosphere
- Team building exercises
- Bully management strategies
- Leadership development
- Traditional Okinawan system martial arts instruction
- Certified Black Belt instructors
- Lots of FUN
- Programs for all ages and all fitness levels

"For weapons training (Kobudo), please understand that the student does not choose the weapon, the weapon chooses the student"

Born in Edmonton, AB in 1974, Ryan started his martial arts training at 10 years old. He enjoyed many competitions and special events as a youth.



After a break from training in martial arts to start a family and a career, Ryan returned to martial arts as a student to Uechi-Ryu karate. Signing up



with his two

oldest sons, quickly becoming an assistant instructor and sparring coordinator for the club.

In 2008 Ryan became a certified black belt and also earned certification as a trainer. 2008-2011 was a time Ryan got to spend working closely with athletes from many arts and styles. In 2011 Ryan opened Dojo Arts Martial Arts Dojo.

Contact Sensei Ryan at 587-938-1262 "like" Dojo Arts Evergreen Martial Arts Club on facebook or visit our website: www.dojoartskarate.com

Current Certifications:

CPR

Sandan (3rd Dan) International Uechi-Ryu Karate Federation: South China Martial Arts Alliance

Shodan (1st Dan) Ryukyu Kobudo Hozonkai

Yoga is about clearing away whatever is in us that prevents our living in the most full and whole way

EG After School

EG After School provides an atmosphere in which ALL participants are welcomed, supported and valued. The Program provides a safe, stimulating environment in which all children are able to develop and enhance a positive concept of their unique selves. The Program believes each participant is a unique individual who will develop to his/her potential. We believe the developmental childhood years are extremely important to increase social and emotional skills via play based programs to help prepare them for the future.

Some goals of the EG After School Program are to:

- Provide a variety of activities including opportunities to develop and enhance the skills required for healthy child development such as large and small motor skills, cognition and social skills.
- Promote individuality, positive

self-concept and respect for other people and their uniqueness.

- Provide a quality environment that is positive, nurturing and supportive.
- Encourage participants to develop effective communication skills and appropriate ways of expressing feelings in order to develop strong positive relationships with their peers.
- Promote healthy lifestyles for participants by providing supplemental snacks that meet Canada's Food Guidelines and by teaching self care skills that promote proper personal care and hygiene.



Don't forget to renew your membership in Tafey. \$15 pays for the whole family for the whole year! (Sept–Aug). *Some additional fees may apply to some programs.*

Benefits of Having YOUR Child Participate at EG Youth

Concrete Skill Development	Soft Skill Development
School, work and life skills problem solving, self-discipline, perseverance, goal setting and time management and team building	Gaining confidence and self-esteem
Leadership and personal growth learning to inspire and to work as part of a team, achievements build self-esteem and confidence	Becoming more independent
Igniting future career interests an actor, an astronaut, an athlete, an astronomer	Internalizing morals and values
Specialty training mastering skills that can transfer back to classroom work	Gaining better self-awareness
Learning to try new things Kids discover and explore new activities, crafts and challenges	Improving interpersonal and social skills
Learning through success and failure There are no grades. Kids are encouraged in a supportive environment to test and master new skills and try again and again if they fail	Becoming a good community member and good citizen
Physical activity and increased strength kids are up and active and using their bodies as well as their minds	Taking responsibility for self and others



September 2015

...at Evergreen Youth Centre

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
Youth Centre Closed						
6	7 Labour Day!	8 EG After School 3:30 Karate 7:30	9 EG After School 3:30	10	11	12 Youth Program 3
13 Karate 3	14 EG After School 3:30	15 Way Cool Cooking School 3:30 Karate 7:30	16 EG After School 3:30	17	18	19 Block Party BBQ
20 Karate 3	21 EG After School 3:30	22 Way Cool Cooking School 3:30 Karate 7:30	23 EG After School 3:30	24	25	26 Youth Program 3
27 Karate 3	28 EG After School 3:30	29 Way Cool Cooking School 3:30 Karate 7:30	30 EG After School 3:30			

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Saturday 9-4

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FREE SWIM TIMES FOR COMMUNITY ASSOCIATION MEMBERS!

**Clareview Recreation Centre
Saturdays 4-6 p.m.**

**Londonderry Pool
Sundays 2-4 p.m.**

With EECA Membership!



To advertise in the
Evergreen News please email secre-
tary@eeca.ca by the 20th of each
month.

- Business Card Size \$15
- 1/4 page \$25
- 1/2 page \$50
- 3/4 page \$75
- Full Page \$100

- Prices subject to change -
- Prices listed are for B&W ad's Only -

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Boat Motor, Air Compressor, Treadmill, Elliptical, Etc.

**Call Mark
780
803-3854**



Will do interior cleaning of your mobile home. Reasonable Rates!
Call Gloria at 780-756-3746 and leave message.

Deadline for ad's for the October issue of the EECA News is September 20th.

We're on the web! www.eeca.ca

Recipe Corner



Late-summer tomato & carrot salad

From bbcgoodfood.com

Ingredients:

- 600g mixed ripe tomatoes, such as red and yellow cherry, plum and medium vine
- 2 medium carrots, peeled and finely shredded or grated
- bunch spring onions, trimmed and finely chopped
- 1 red chilli, deseeded and finely chopped
- 25g pumpkin seeds
- 3 tbsp extra virgin olive oil
- 2 tbsp balsamic vinegar

Instructions:

1. Chop the large tomatoes, halve the cherry ones and tip into a large serving bowl. Add the carrots, spring onions, chilli and pumpkin seeds, and toss together.
2. Mix the extra virgin olive oil with the balsamic, a pinch of salt and a good grinding of black pepper. Pour over the tomatoes and toss together.



2015 Federal Elections will be held on Monday, October 19, 2015.

Advanced polls will be open on October 9, 10, 11, and 12th, 2015

**ADVANCED POLLS WILL BE HELD IN THE SENIORS CENTRE
ELECTION DAY POLLS WILL BE HELD IN THE COMMUNITY HALL**

Many changes to the rules for voters are in place this year.

Make sure you register to vote at <http://www.elections.ca>

It's Membership Renewal Time!

An EECA Membership is required for ALL EECA sponsored programs. Get yours today! Being an active community member comes in many forms. Purchase a membership to help keep your community league viable, volunteer at a community event, coach a team, or get active on the Board of Directors, attend and support community league events and activities. Your annual community league memberships expire August 31st of each year.

By belonging to EECA, you can participate in a variety of services and programs right here in Evergreen.

There are numerous reasons to renew, or purchase, your membership and support Edmonton Evergreen Community Association like...

- FREE skating on our community rink (professionally produced and maintained this year at considerable cost).
- Access to EECA programs and activities for the whole family
- Access to sports programs throughout the City
- Input on community issues, challenges and opportunities
- Having a strong community league helps promote a safe, healthy neighbourhood, while it increases a sense of community spirit and pride.
- FREE Swimming at Clareview Recreation Centre on Saturdays from 4-6 p.m. or Londonderry Pool on Sundays from 2-4 p.m.

Through events and programs, we assist in developing strong families and a vibrant community. The opportunities EECA provides for social interaction improves the quality of life for all residents alike.

Help make Evergreen an even better place to live.....get involved!

Edmonton Evergreen Community Association Membership Fees:

- \$10 – Single Membership
- \$10 – Senior's Membership
- \$10 – Couple Senior's Membership
- \$15 – Single Parent & Single Child Membership
- \$20 – Family Membership

Benefits of Membership:

- Ability to participate in all our programs
- Discount at City recreation and fitness facilities
- Discount on some Community League functions
- Free Skating at any outdoor EFCL rink, including ours
- Being able to have a say in how your community spends its money
- A good feeling from supporting your community

Contact memberships@eeca.ca or
call 473-6962 to obtain your
EECA membership
today!



31 Evergreen Park NW
Edmonton, AB T5Y 4M2
Phone: 780-473-6962
Fax: 780-472-1506
Email: info@eeca.ca
Website: www.eeca.ca



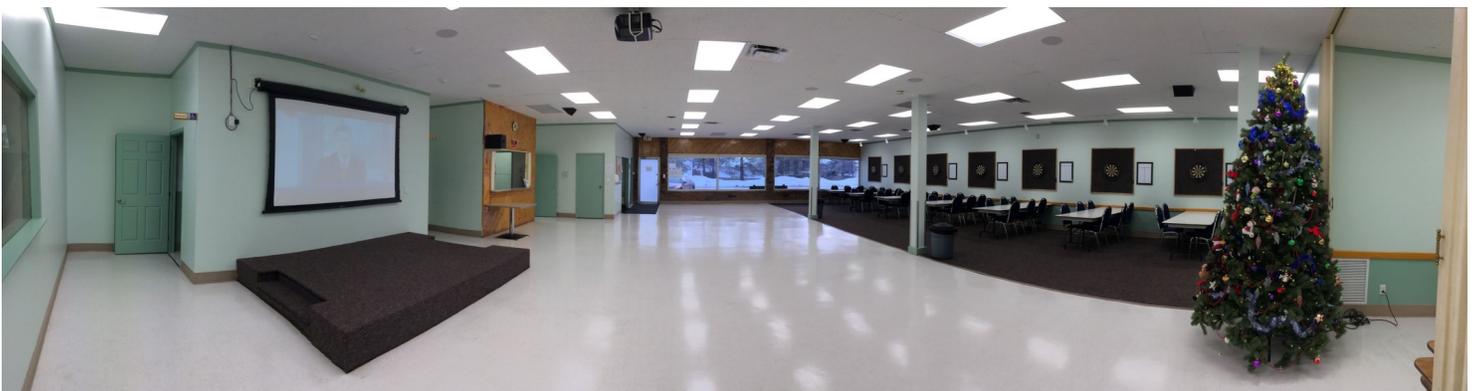
WE NEED YOU!!!

Bingo and Casino events provide the funds to allow Evergreen Community Association non-profits to continue offering programs and events to the residents of Evergreen Community. If you attend programs or events put on by the Community league, EECA needs you!! Contact Troy: president@eeca.ca or 780-935-9611 to help.

Next EECA Bingo Day
Saturday September 12, 2015
Sunday September 27, 2015

*If your children participate in programs or events at the Youth Centre, AI needs YOU!!
Call 780-413-8248 to volunteer to help.*

Consider volunteering to help with this or in any other capacity. No contribution is to small or goes unnoticed!!!



Our hall is available to rent. Call 780-473-6962 or visit www.eeca.ca for details.



"Like" us on Facebook at
<http://www.facebook.com/EvergreenCommunity>

September 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Seniors Meeting 7pm Bingo follows Meeting	3 Seniors Quilters 1pm	4 	5 Member Free Swim Clareview Rec Ctr. 4-6
6 Member Free Swim Londonderry Pool 2-4	7 Labour Day Holiday	8 	9 Darts Registration 7:30pm Seniors Supper 6pm Bingo 7pm	10 Seniors Quilters 1pm	11 	12 Member Free Swim Clareview Rec Ctr. 4-6
13 Member Free Swim Londonderry Pool 2-4 Board Meeting 7pm	14	15 Early Learning Program 10am	16 Darts Registration 7:30pm Seniors Bingo 7pm	17 Early Learning Program 10am Seniors Quilters 1pm	18 	19 Member Free Swim Clareview Rec Ctr. 4-6 Community League
20 Member Free Swim Londonderry Pool 2-4	21 Garden Club 6:30pm 	22 Early Learning Program 10am	23 Darts 7:30pm Seniors Crib 7:30pm	24 Early Learning Program 10am Seniors Quilters 1pm	25 	26 Member Free Swim Clareview Rec Ctr. 4-6 Bottle Drive Day
27 Member Free Swim Londonderry Pool 2-4	28	29 Early Learning Program 10am	30 Darts 7:30pm Seniors Bingo 7pm			

Every weekday, from 10am to noon
the Senior's Centre has a pot of coffee on.
Drop in for a visit, stay for a game of pool, and
to meet other Seniors in the Community!