Gommunity Association

Evergreen News

1982 - 2012





Sweet Treat Hide and Seek

4/7/2012 - 4/7/2012 Saturday, April 7, 2012

Easter Fun For All Ages

Find your Easter basket and head down to Fort Edmonton Park to celebrate at our 18th annual Sweet Treat Hide and Seek!

You'll have a chance to go on a scavenger hunt and search for coloured eggs, then cash them in for some sweet treats! Visit the Blatchford Field Air Hangar and construct a special Easter craft, play some hippity-hoppity games, and enjoy the roving entertainment. Don't forget to check out the petting zoo and new spring babies on display. Our storytelling venue will delight and surprise children of any age.

Time: Noon-5 PM Pre-registration for this event is required. Space is limited.

Admission:

- \$34.50/Family (2 adults & children in the same household);
- \$11.50/adult (13 years and up);
- \$5.75/child (2 years and up);
- children under 2 are free.



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LIFE IS A PROMISE; FULFILL IT. - Mother Theresa

Thanks to all of our past, present and future clients!

Featured Home - 661 Evergreen

Please contact Bonnie for more information

Phone: 780.472.0082



A PLACE TO COME HOME TO





This winter has been amazing and spring is among us. We have some great things to look forward to this spring. There are going to be spectacular yards to look at and wonderful weather to get us outside and moving. Our spring fling, AGM and our volunteer appreciation are right around the corner. Our winter programs are ending soon and we are ready to

The President's Corner

get this spring started off with a great sense of community.

The skating rink was a huge success this year. I would like to thank Troy and Terry for all their hard work at the skating rink. The weather was hard to work with this year.

Make sure to check out the hall and book it for your events. We have a great kitchen and lots of room to have birthday parties, weddings and more. The use of the hall is a great way to give back to the community and help us improve on our already amazing amenities.

Volunteering for our bingo's can really pay off. For every 4 bingo's worked you get \$100.00 for the year that can be used towards a sport of your choice. Contact Dennis for more details about getting involved in volunteering. Let's make this community a better place.

Your Community League President, Denise Criss

Evergreen Garden Club News

Greetings fellow gardeners! The busiest season of all is upon us! If you want to save yourself a little bit of trouble on the front end of seeding but still want to get some things started early, check out the "seedling clumps" that Kuhlmann's and some other greenhouses sell this time of year. You can find ready-totransplant seedling clumps containing 5-20 plants for less than \$5. Seedling clumps are available for most vegetables and a lot of annual flowers. Popular amongst the Garden Club members who purchase these are varieties of lettuce, lobelia and petunia.

group was again clearly evident as so many different, yet beautiful terrariums resulted from the same supplies and instruction. Members showcased their terrariums at our Open House on March 24th. Thank you if you joined us to take a look at our creations, enjoyed some free cake, got a seedling, or sharpened a garden tool.

There is no better time to spend \$10 to become a member of the Evergreen Garden Club. That way you can join us at our next meeting, May 7^{th} at 6:30pm at **Kuhlmann's Greenhouse**, NOT the hall. (Please note this May meeting takes the place of our April

Our last meeting was our first ever Terrarium Planting. Members were given glass containers, decorative rocks, charcoal, landscaping fabric, plants and props to create

miniature landscapes under glass. The creativity and diversity of our

Join the club, meet new friends, share a few laughs...and go home feeling good. **there is no Garden Club meeting in April**.) We will be doing our annual container planting. Members must bring a pot 18" or less in

meeting, so

diameter. Following an information session on container planting and a

private tour of their greenhouses, Kuhlmann's allows our members to pick any annuals they want from the greenhouse to put in their con-

tainer. Soil, slow-release fertilizer and refreshments are provided. Kuhlmann's keeps the containers until the end of May, giving them the perfect amount of fertilizer, light, water and trimming. Members simply go after the last frost and pick up a beautiful pot of their own design to grace their garden, at no cost. Sound interesting and fun? It is! Call Mary at 406-5710 for more information.

The Evergreen Garden Club is a lively group ranging from the rookie gardener to the expert horticulturalist. We meet at the hall once a month, year-round, for garden-related crafts, activities, movies, speakers and trips, and we'd love to meet YOU.







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Men's Cut & Streak	\$25.00
Men's Cut + Solid Color	\$30.00
Men's Beard Trim	\$5.00
Men's Clean Up	\$5.00
A 11 ·	· • • • •

All services require Tax (gst)

It is officially Spring. You may now all go out and act Springy.

Springy. I expect to see much frolicking on the lawns, shoulders being scratched against trees and simple meals of bread, fruit, cheese and wine (juice for those who do not or cannot have wine) being taken on park benches, big rocks by the river or some place that lends itself to greater appreciation of the greening earth. Oh, yes, flowers... I expect to see garlands of them in the hair of all, gender notwithstanding. Go. Go now! You may sing my praises to the sky for this timely reminder while you're at it. GO!!!



RR Auto your friendly neighborhood service station where the coffee is on and our licensed technicians are available to service your car or truck. Keeping your vehicle tuned up is a good way to save money at the pump and prevent costly repairs down the road. Tire changes and repairs Service to most cars and trucks. New car warranty approved products

Call 780-472-9959 to book your appointment now, before you break down because after would be no fun.



Check out our new website, at www.eeca.ca! Keep checking back to see what's new and exciting in Evergreen!



Thanks to: EECA for allowing us to use the hall, Evergreen Youth Zone boys who volunteered their time to help make this tournament a success, and to Mewasin Youth Centre, Renshin Kai, 3 Battles, Guthrie and Willow River Dojos for participating.

Saturday, March 10th, 2012

Congratulations to all the medal winners and to all participants!

10 of the many reasons to join Edmonton Evergreen Community Association:

1. It's a great place to meet your neighbours

2. Social activities & events shared with your community at large

Programs and recreation opportunities

4. Winter and summer fun.

5. Discounts at City recreation centers cooperation and tourist attractions 7. Build new

Present your valid EECA membership card at any one of the City of Edmonton's sports and fitness facilities and choose from the following Community League Wellness Products:

Annual Pass* - 10% discount on Adult, Family, Child, and

Youth/Senior Annual Passes Multi Admission Pass* - 10% discount on our already discounted multi admission pass (10+ visits)

Continuous Monthly Pass – 10% discount off an on-going monthly membership pass using our convenient Pre-Authorized Debit Program.

6. Safety programs and crime watch cooperation

7. Build new facilities for public use

 8. Input for planning your parks, green spaces, and urban development
 9. Hall rental privileges with some

leagues

10. Give something back right where you live and like where you live

MARK YOUR CALENDAR FOR OUR ANNUAL GENERAL MEETING

MONDAY, MAY 28TH @ THE HALL STARTS AT 7 P.M. SHARP.

Election of officers; appointment of auditor; approval of operating budget; adoption of bylaw changes. Watch for more details in the May edition of the Evergreen News. All members please attend this meeting. It is vital to the operation of the Community League.





Tots This Month...

Wed

Fri

4 Easter Party 11 Free Play Day		
18	20	
Day at the Park	Toy Cleaning & Lunch	
		A CONTRACT OF A
25	Call Natalie for updates: 780-249-8071	
Pot Luck Lunch	Or check our facebook page:	
	http://www.facebook.com/groups/120007308066558/	

Willow River

Evergreen

Uechi Ryu Karate (lub

Thanks Edmonton Evergreen Community Association for letting Evergreen Youth Centre's Karate program move to the hall when we outgrew our space at the Youth Centre.

STUDENTS: Please note that Karate is changing to Tuesday (6:30—8:30) and Sunday (2—5) and is moving to the EECA hall in the strip mall.

Call 780-413-8248 for details

The Association for Evergreen Youth

NEW Evergreen After School Inc. (EASI)

A partnership program between Evergreen Youth Centre and Boys & Girls Clubs Big Brothers Big Sisters of Edmonton and Area (BGCBigs)



Come and join Sophia and Kim for FUN WITH A PUR-POSE every Mon, Wed and Fri. right after school (3—6 p.m.)! (no program Good Friday or Easter Monday)

Evergreen Youth Centre is proud to support and present "Evergreen After School Inc. (EASI)". a special time for children ages 6—11 years which starts off with our traditional after school snack (Eats B4 Treats) followed by fun and exciting activities that will include homework help, physical activity, life skills enhancement and so much more!

This is a registered program. You MUST fill out a membership/registration form for your child to attend. Forms available at the Youth Centre.

For this program to work, we need your commitment to send your child for the entire program whenever possible.

"You can discover more about a person in an hour of play than in a year of conversation." Plato

Evergreen Youth Zone

Youth Zone is open to boys only ages 12—17. Registration is required along with membership in the Youth Centre. Forms available at the Centre.

Isaac and Adam are completely open to suggestions of what you'd like to do so come on over and talk to them!

This program only works if you are involved. Can we say NERF?

Bottle drives are going really well

and we can't thank you enough for the community service projects you've been taking on. Your help at the Karate Tournament was outstanding!!! Next: Spring Fling (June 2nd) See Alice or Isaac to sign up to help.

Remember, we need your commitment to keep this program active! Like: <u>http://</u> <u>www.facebook.com/</u> <u>GentlemenOfEvergreen</u> for updates.



April 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1	2 Evergreen After School Inc (EASI)	3 Kid Zone Moms	4 EASI Girl Zone	5 Kid Zone Boy Zone	6 No Program Good Friday	7 No Pro- gram Easter Weekend	
8	9 No Program Easter Monday	10 Kid Zone Karate	11 EASI Girl Zone	12 JC, Incredible Edibles Boy Zone	13 EASI Guitar	14 Youth Zone	
15 Karate @ the hall	16 Easi	17 Kid Zone Moms Karate © the hall	18 EASI Girl Zone	19 JC, Incredible Edibles Boy Zone	20 EASI Guitar	21 Youth Zone	
22 Karate @ the hall	23 Easi	24 Kid Zone Moms Karate @ the hall	25 EASI Girl Zone	26 JC, Incredible Edibles Boy Zone	27 EASI Guitar	28 Youth Zone	
29 Karate @ the hall	30 Easi	Programs this month at Evergreen Youth Centre (Subject to change, call 780-413-8248 for updates)					



Every Tuesday until the end of June for ages 6—11 years. 3:30—6 p.m.

Includes: Snack; Wii games; movies; supervised outdoor time; active play and much, much more!

Bringing the fun back to Tuesdays one week at a time! Your ideas welcome! What do YOU want to do?



Wednesday from 6—8 we're open for girls only ages 6— 11. We start with supper and move on to girl friendly, team building activities and most of all, FUN! Sign up for this girls only program NOW. Space may be limited. Do you have something you'd like to share with this group? Call Cora at 780-413-8248. Program runs September to June only.

Boy Zone



Thursday from 6—8 we're open for boys only ages 6—

11. We start with supper and move on to boy friendly, team building activities and most of all, FUN! Sign up for this boys only program NOW. Space may be limited. Program runs September to June only. We're on the lookout for older boys or maybe dads who want to share a hobby or activity with this group.



Do you know individuals that could benefit from a free, new manual wheelchair?



The Rotary

Club of Edmonton Strathcona and United Way Alberta Capital Region need your organization's help to answer this question.

Wheelchairs may be available at no cost for people:

- in need of a secondary manual wheelchair
- who require a wheelchair for temporary or episodic needs
- who cannot afford cost-sharing or do not qualify for Aids to Daily Living
 Applications will be accepted un-

til April 13, 2012



FREE 10th Annual Literacy and Learning Day!

Saturday, April 14th, 2012 7:30am - 4:30pm Edmonton EXPO Centre at Northlands 7515 118th Avenue NW, Edmonton, AB Visit <u>www.literacvday.ca</u>

Featuring two new keynote presentations by:



Barbara Coloroso

Cyber Bullying: The Bully, the Bullied and the Bystander: Breaking the Cycle of Violence in the Net Neighborhood.



David Bouchard

Reading: The Ultimate Cultural Challenge

In addition to 25 other presentations with 30 unique speakers

Registration forms available at all Edmonton Public and Catholic Schools, and Public Libraries. For more information, visit *www.literacyday.ca* or call *780-472-8020*. Registration will open March 4th. Registrations cannot be processed over the phone.

Register for this FREE conference via fax, mail or online between March 4 and April 8, 2012

The mission of the Literacy and Learning Day Society of Edmonton is to offer a free public conference providing the community with information and educational tools to enhance and support the literacy and learning of the children in their lives. ABORIGINAL CONSULTING SERVICES ASSOCIATION OF ALBERTA



#204, 10010 - 105 Street, Edmonton, Alberta T5J 1C4 • Tel (780)448-0378 • Fax (780)448-0379 • acsa@telus.net

Referrals are now being accepted for the

Healing Anger for Women Program

Group start date:

April 11,2012

What the program is about:

This is a 12 week closed group that assists Aboriginal women in understanding what healthy and unhealthy anger is. Women will also develop tools for coping with anger while exploring their emotions through expressive arts and traditional practices.

Intake appointments will take place between **throughout the month of March.** Women interested in attending must contact the office to complete an intake assessment prior to being accepted into the program. **Group start date:** Wednesday, April 11, 2012

End date: Wednesday June 27, 2012

Time: 1:00-4:00 pm

Location: # 201-10010-105 Street, Edmonton

Please call: (780) 448-0378 to book an appointment

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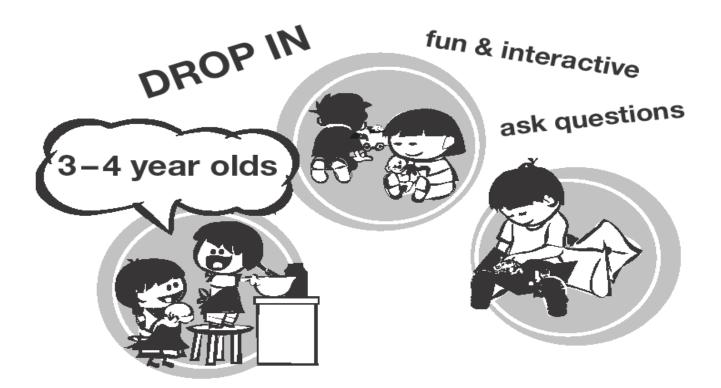
VERN SCHMIDT 780-699-6969

amls@telus.net

vern@albertahomes.ab.ca

www.albertahomes.ab.ca

Preschool Family Fair & Developmental Check-up



Wednesday, April 18, 2012 @ 11 am – 6:30 pm Jamie Platz YMCA, 7121 – 178 Street

OR

Wednesday, April 25, 2012 @ 11 am – 6:30 pm Castledowns YMCA, 11510 – 153 Avenue



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Alberta Health Services

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Bicycle Helmet Safety

Bicycle crashes are the leading cause of brain injury in school-aged children. Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist or pedestrian. Remember - it is the law in Alberta that cyclists under the age of 18 must wear a helmet (and highly recommended for all ages). Helmets should be CSA approved and worn during recreational activities such as skateboarding, in-line skating, or cycling.

Getting informed

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

Getting started

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

Getting the right fit

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

www.albertahealthservices.ca



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Chris Knudson

We Need YOU! Bingo and Casino events pro- If your child

vide the funds needed to allow Evergreen non-profits to

continue offering programs and events to residents. If you attend programs or events put on by the community league, Denis needs you! Call 780-473-6962 to volunteer to help with the following EECA events:

• 21 April 2012 Kensington am

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

Watch for notice about both organizations' 2012 Casino events held at Century Casino on Fort Road and consider volunteering to help. <u>WE CAN'T DO IT</u> <u>WITHOUT YOU!</u>





The Quarry Pub and Grill formerly Happy Pizza

Same great location, same great food, whole new look!

(Now open Saturday and Sunday at 9am for breakfast) **Check out our new Weekly Specials:** All specials are dine in only. However they are ALL DAY LONG!!! Come on down and give us a try. You won't be disappointed !!!

- Monday-\$2.00 off wings
- Tuesday-90z steak with veggies and choice of potato \$11.95
- Wednesday-\$2.00 off pasta. Old favourites and fantastic new pastas to choose from
- Thursday-large pizza for medium price
- Friday-try our amazing mussels in tomato sauce 1 lb \$10.95—2lbs \$18.95 (Also \$.50 shrimp)
- Saturday-80z AAA prime rib, veggies and choice of potato \$12.50 (Enjoy our wings at only \$.35 ea)
- Sunday-lightly dusted Haddock and beer battered fries for \$9.95 mmm mmm good!

Looking for something to do on Friday nights? There's always something going on at the Pub! Try your voice at Karaoke or come down and listen to the live Bands.

Just a reminder: Mother's Day is just around the corner book your table and time we have an amazing Mother's Day Buffet and <u>yes</u>, children are allowed!

Call 780-478-1111



Evergreen Classifieds



To have your ad appear here, call Alice 780-473-3535 before March 20th. This space set aside for residents of Evergreen to advertise their items FREE of charge.

This newsletter is hand delivered to every home in the

too.

Body Break Elliptical Exercise Machine

With Heart Monitor

18" stride length; 24 Programs

1 1/2 Years Old

Comes with manual

Call 780-472-9578

My sincere apology to Linda for missing her phone number in last month's edition. I can't tell you how sorry I am.

Park and is mailed to a number of people outside of Evergreen

Alice



Evergreen Recipe Corner

If you have a special recipe you would like to share please feel free and we will post it onto our new Recipe corner. Just email to eeca@shaw.ca or drop it off to Ann at the Community office by the 20th.

Braided Easter Egg Bread



This decorative Easter bread has whole eggs baked into it! Do not cook the eggs, they will bake at the same time that the bread does. The eggs can be dyed for extra color.

Ingredients 2 1/2 cups all-purpose flour, divided 1/4 cup white sugar 1 teaspoon salt 1 (.25 ounce) package active dry veast 2/3 cup milk 2 tablespoons butter 2 eggs 5 whole eggs, dyed if desired 2 tablespoons butter, melted Directions

In a large bowl, combine 1 cup

flour, sugar, salt and yeast; stir well. Combine milk and butter in face. Divide the dough into two a small saucepan: heat until milk is warm and butter is softened but not melted. Gradually add the milk and butter to the flour mixture; stirring constantly. Add two eggs and 1/2cup flour: beat well. Add the remaining flour, 1/2 cup at a time, stirring well after each addition. When the dough has pulled together, turn it out onto a lightly floured surface and knead until smooth and elastic, about 8 minutes.

Lightly oil a large bowl, place the dough in the bowl and turn to coat with oil. Cover with a damp cloth and let rise in a warm place until doubled in volume, about 1 hour. Deflate the dough and turn it

out onto a lightly floured surequal size rounds: cover and let rest for 10 minutes. Roll each round into a long roll about 36 inches long and $1 \frac{1}{2}$ inches thick. Using the two long pieces of dough, form a loosely braided ring, leaving spaces for the five colored eggs. Seal the ends of the ring together and use your fingers to slide the eggs between the braids of dough.

Preheat oven to 350 degrees F (175 degrees C). Place loaf on a buttered baking sheet and cover loosely with a damp towel. Place loaf in a warm place and let rise until doubled in bulk, about 45 minutes. Brush risen loaf with melted butter.

Bake in preheated oven for 50 to 55 minutes, or until golden.

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Increase your job opportunities
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Personal growth
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(All sizes approximate.)

APRIL 2012

1

Edmonton Evergreen Community Association Programs and Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 Yoga Seniors Crafts	4 TOTS Easter Party Seniors Meeting & Bingo	5 Seniors Crafts Crib		7
Happ East	y (9) ter!	10 Yoga Seniors Crafts	11 TOTS Free Play Seniors Subs @ Seniors Centre	12 Seniors Crafts Crib	13	14
15 Youth Karate	16	17 Yoga Seniors Crafts Youth Karate	18 TOTS @ the Park Seniors Bingo	19 Seniors Crafts Crib	20 TOTS Toy Cleaning/Lunch	21
22 Youth Karate	23	24 Yoga Seniors Crafts Youth Karate	25 TOTS Pot Luck Lunch Seniors Crib	26 Seniors Crafts Crib	27	28
29 Youth Karate	30	Call our I	Program Dir	ms subject t ector, Natal updates and	ie @ 780-249	-8071 for