# Community Association

## Evergreen

News

## February 2013

## Evergreen Winter Carnival

- FREE Skate
- Family Fun
- Hot Dogs
- Hot Chocolate

Join EECA and TA-FEY while we celebrate Family Day with our all new Winter Carnival. Have a hot dog and a hot chocolate and hang around for some winter outdoor fun! Saturday, February 16, 2013

At the Skate Shack

Noon—4 p.m.





At Parkbridge Lifestyle Communities, your opinion means the world to us. Do you have suggestions for how we could improve our service? Or, do you want to show your appreciation for someone who provided excellent service? Please provide your comments at http:// www.parkbridge.ca/ contact/

### residentfeedback.aspx

You will not be contacted by anyone unless you request it. However, we do need your name and the name of the property (location) you are referring to in order to take any action on your suggestions.

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539 MAPLE WOOD CRESCENT



**293 JUNIPER CRESCENT** 

## JUST LISTED HOMES IN EVERGREEN & MAPLE/OAK RIDGE!!



442 JUNIPER CRESCENT - \$57,500

## Garden Club News

Greetings fellow gardeners! Old Man Winter has certainly had his say this year. With more cold temperatures and snow than the previous 7 years, we feel like this winter is especially long, cold and dreary. To bring some "spring" back into your step, join the Evergreen Garden Club! In February, we will be forcing bulbs and attending an Orchid Show. What wonderful ways to shake off the snow and think warm thoughts. Call Mary at 780-406-5710 to ward off your winter blues, too!

Our January meeting was our Annual General Meeting and some positions on our executive team were open. The Garden Club would like to thank Sheri Karpinksi and Ann Friesen for their work on the board as Vice President and Treasurer for the past year. Those positions were open this year and the 2013 Executive of the Evergreen Garden Club now looks like this:

President: Josanne Thiessen Vice President: Cori Ramsay Secretary: Sherry Mierau Treasurer: Shirley Van Doorn **Events Coordinator:** Mary Avison Welcome aboard to the new executive members. and thanks to Patricia King, who continues to be our "phoner" to remind people of the meetings.

The Evergreen Garden Club has consistently provided excellent gardening programming in Evergreen for over 10 years. This is due, in part, to one lady who has been on the executive, in various positions, the entire time. She continues to bring her good cheer, extensive horticultural knowledge, easy-going attitude and creative genius to the Executive Board, not to mention her lovely Brittish accent. Thank you, Mary Avison, for your decade of hard work. The Club would not be the same without you.

Our Orchid Show trip is booked! February 23<sup>rd</sup>, at 9:30 am, a bus will be waiting at the hall to take Garden Club members to the show at Grant MacEwan. We will be returning around 2pm. Club members enjoy this outing for free! Non-members can come as guests for \$25 each, but limited seating is available. Please call Mary at 780-406-5710 to reserve your spot.

Ioin the club meet

*Join the club, meet new friends, share a few laughs, and go home feeling good.* 

February 18<sup>th</sup> at 6:30pm in the Community hall. This meeting will be nailed down by the new executive in the upcoming days, but the plan is to get a composting speaker as well as forcing some bulbs. Feel free to drop in as a guest to see the Garden Club in action.

Our next meeting will be

Public Hearing on the Horse Hill ASP (Area Structure Plan)

#### February 25, 2013

Edmonton's Northeast is growing and it needs a plan. Over the past year many groups have met to discuss how the area will grow. You may not have been part of the conversation, but the final Horse Hill Area Structure Plan (ASP) will impact you, your neighbours and your property. The Horse Hill ASP balances interests and guides growth for every-one's benefit. You have the right to decide the future of your community and your city.

Check: http://www.planhorsehill.com/



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	<ul> <li>Evergreen Adult Dart League</li> </ul>		Evergreen TOTS Wednesdays @ 10 am		
	Regular Play: Wednesday @ 7 pm	HAPPY			
		YEAR	Evergreen Garden Club		
	green Adult bage Drop In		Every 3rd Monday @ 6:30 pm		
Regular P	lay: Thursdays @		Evergreen TOPS		
	7 pm				
	I <sup>-</sup>		Every Sunday night @ 6:45		



## Evergreen Seniors Group News

January newsletter surprised the Senior members. They are wondering who the lady & gentleman are. <u>(edítor's note: No</u> one, just a níce graphíc I found to dress up the page...want to see someone there? Emaíl <u>me a pícture to tafey@shaw.ca</u>)



We welcome two new members, Sue and Arlene, who got fed up with winter and wanted to get

out. We hope you enjoyed your first time with us.

The pool players are really enjoying the new pool table thanks to the Community League. This table is the Cadillac of pool tables.

Have you had the flu? A lot of us have had it. It's this crazy weather. The temperature goes up and then down. Hang in there it will soon be spring.



This is Valentine Month, wear RED on Wednesday February 13!!

#### Calendar Events:

Feb 6 - General Meeting 7 pm, bingo to follow

Feb 13- Spaghetti & Meatball Supper 6 pm at Seniors Hall, bingo to follow

Feb 20 - Crib 7 pm at Seniors Hall Feb 27 - Bingo 7 pm at Seniors Hall

Crafters & Quilters - Tuesdays from 1 pm til 4 pm



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## 780-472-9683

## **Reasonable Rates**

Evergreen Skating Rink Hours

(subject to change. Call 780-472-9919 for updates)

Mon/Wed-Fri:



4-6 Public Skating

Tues

4—5 Lrn2Sk8 5—9 Public Skating

Sat/Sun

12—4 Public Skating; 4—8 Shinny

\$2 per skate (Community League members skate free every day!). With a family membership costing only \$20, the value in free skating alone is obvious. In only 10 skates your membership has paid for itself! See Skate Shack staff for your membership TODAY!

Some skates and helmets available to borrow. First come, first served. Helmet required for all skaters under 16 years of age.

Rink is closed when temperature (with or without wind chill) reaches minus 20 degrees. Check on facebook at

http://www.facebook.com/EvergreenCommunity

for updates.

# Y. Y. Y. Y. Y

# Evergreen Youth Express

Help! The Association for Evergreen Youth is struggling to understand how we can continue to help Evergreen children and youth. For example, we have nearly 30 kids signed up for our after school program and have an average attendance of less than

half that many. It is important to the survival of the Youth Centre itself for children to participate fully in the programs being offered as much as possible. We understand that some things may interfere, but we wonder why so many children would have to leave a program early that clearly ends at 6 p.m. Some activities that are planned are not feasible for small groups or just a few children. If we are unable to figure this out and increase the numbers of participants in virtually all of our programs we will be unable to convince our funders that they are getting any "bang for their bucks" and that could translate into NO dollars to pay staff to continue offering programs in our community. Please head over to http://www.surveymonkey.com/s/ K55Z366 and let us know what you think the reason for lack of participation may be, or call Alice at 780-413-8248. You can remain completely anonymous and your honesty will help the Board of Directors as it works to figure out the future direction for the Youth Centre. Thank you!

The Association for Evergreen Youth

## February 2013



Many thanks to Lesley for coming forward and volunteering her time to help keep our Girl Zone program in operation. Our first NEW Girl Zone program saw numbers double and we're looking for lots more girls aged 5—12. It is our goal to increase numbers enough to split this program in terms of ages since we're aware that what interests girls at 5 probably doesn't interest them at 12...unless of course it's Justin Bieber :D

With any luck at all we'll shortly have a nice young man to help us revive our Boys Zone program. We'll keep you posted!

#### EVERGREEN YOUTH CENTRE PROGRAMS FOR FEBRUARY 2013 (depending on staff availability)

- 1. After School Inc (Mon/Wed/Fri after school)
- 2. Girl Zone (Wed 6 p.m.)
- 3. Karate (Sunday 2 p.m. Tues 6 p.m. at the EECA Hall)
- 4. Kid Zone (Thurs after school)
- 5. Learn to Skate (Tues after school)
- 6. Youth Zone (Sat 3 p.m.)

Make sure your membership is up to date and that your child/youth is registered in the program(s) he/she is interested in participating in. We need your help to increase the numbers of participants in all of these programs in order to continue to secure funding to operate the Youth Centre and in order to continue to offer these programs to the children and youth of Evergreen and the surrounding area.

# February 2013

## **Evergreen Youth Centre Programs**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
-	t to Chai r call 780	1 After School Inc 3:30 p.m.	2 Youth Zone 3 p.m.			
<b>3</b> Karate 2 p.m.	4 After School Inc 3:30 p.m.	5 Learn to Skate 3:30 p.m. Karate 6 p.m.	6 After School Inc 3:30 p.m. Girl Zone 6	7 Kid Zone 3:30 p.m.	8 After School Inc 3:30 p.m.	9 Youth Zone 3 p.m.
10 Karate 2 p.m.	11 After School Inc 3:30 p.m.	12 Learn to Skate 3:30 p.m. Karate 6 p.m.	p.m. 13 After School Inc 3:30 p.m. Girl Zone 6	14 Kid Zone 3:30 p.m.	15 After School Inc 3:30 p.m.	16 Youth Zone 3 p.m.
17 Karate 2 p.m.	18 Family Day NO PROGRAM	3:30 p.m.	p.m. 20 After School Inc 3:30 p.m. Girl Zone 6 p.m.	21 Kid Zone 3:30 p.m.	22 After School Inc 3:30 p.m.	23 Youth Zone 3 p.m.
24 Karate 2 p.m.	25 After School Inc 3:30 p.m.	26 Learn to Skate 3:30 p.m. Karate 6 p.m.	27 After School Inc 3:30 p.m. Girl Zone 6 p.m.	28 Kid Zone 3:30 p.m.		



## Why We Play

Hello hello once again,

I hope everybody had a pleasant January. The Gentlemen of Evergreen had a great month, on January 12 we

took twelve guys sledding on Ada Boulevard on the Highlands golf course, they have a bunch of sweet trails through the trees. Although we were warned by a resident that there had been a lot of coyotes in the area, we all came out unharmed.

I like to write these little sections for a couple of reasons. One is so that I can keep everyone afloat as to what we have planned and the other is to let you guys in on what exactly we do at the Youth Centre and why it is important. So the most common that we typically receive when we are collecting bottles is: What do you guys do? And the answer is pretty simple, we play. This might sound obvious at first, possibly a little immature but I believe that playing is foundational for youth and through it they are not only having fun and getting exercise, they are learning values, life skills and engaging in culture. While studying for a class this week I was reading an article by John Huizinga, a cultural historian during the early 19th century. Huizinga highlighted the value of play as the foundation to the formation of culture. In other words, the very core of our culture is rooted in this notion of play. Huizinga states that play has 5 unique characteristics which I will paraphrase:

Play is free, it is in fact freedom. This means freedom from our ordinary

lives. Despite the 'sillyness' of play, reality needs to be suspended in order for play to take place. Play is not the opposite of nonseriousness, there is a fluid relationship between the two and they flow into each other. If you ever watch one of our NERF wars you will see everyone taking it very seriously, yet still having a fun time.

- Play is distinct from ordinary life both as to locality and duration. So when one of our guys is running around the youth centre toting a NERF gun he's not in Evergreen, he's in a different world for those few moments.
- Play demands order, it is order. Play demands order absolute and supreme, it is not Chaos. This is why all of the guys that come on Saturday understand why we have rules and why they are there. Without guidelines, games won't exist and will dissolve into disorder.
- Play is connected with no material interest, and no profit can be gained from it. This means that the youth come on Saturdays because they want to, not because they think they are going to gain some sort of material reward, but because they want to enjoy themselves.

I think Huizinga makes a strong case for the importance of play and its benefits. This is why our Saturday program, the kids program and the Association for Evergreen Youth as a collective organization is so crucial to the development of the Youth in Evergreen. Most of us know how difficult it can be as an adolescent, trying to keep up with school, studying, fitting in, peer pressure, chores (but if they're anything like me as a youth, they probably don't do them) but like Huizinga says; through play they get to obtain freedom from pressure of ordinary life for a few moments and just engage in the world that is play.

Alrighty, here is a general schedule of our program for the Month of February:

#### February 2nd

Bottles, return for Hot Chocolate after. Teams of 4 NERF Double XP Weekend.

#### February 9th

Skating/Hockey Night. Bonfire. Floor Pong.

#### February 17th

Bottles. Teams of 3 Mexican Volleyball Tournament. Mexican Cooking Night.

#### February 24th

Camping Trip planning day. Tobogganing (Hill to be Determined).

Once again thanks so much for reading, if you want to get in contact with the Gentlemen of Evergreen or would like more information please do not hesitate to visit our page facebook.com/ gentlemenofevergreen or email <u>gentlemenofeg@yahoo.ca</u>. Oh yeah, and if you have any spare bottles kicking around that you would like to donate towards our June camping trip, please let us know and we will gladly come by! Have a great month and enjoy the family day long weekend.



Attention: Dayhome and Daycare providers, Parents and Caregivers of children under 6 years old

Come out to learn ways to:

## "Help Children Feel Happy"

<mark>When</mark>: Saturday, March 2nd, 2013

1:00 pm – 3:30 pm • snacks provided Where: Clareview Head Start 1142 Hermitage Rd. (North East) Edmonton





\*\*\*This is an adult event.
<u>Childcare can be provided. Reserve one week before the workshop</u>\*\*\*

Help your preschooler learn how to deal with difficult emotions such as MAD, FURIOUS or FRUSTRATED. Help your young child to feel HAPPY, THANKFUL or JOYFUL more often.

Come to a relaxing afternoon of talking with Mardi Bernard, and do some activities and play games that will help you support children's ability to manage their feelings.

This workshop is part of the North East Edmonton Coalition's response to the ECMap findings.

www.needmontonecdcoalition.com



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#### 1800 668 6868 KidsHelpPhone.ca

#### **Kids Help Phone**

Kids talk to Kids Help Phone when kids don't know who to talk to.

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To reach a Kids Help Phone professional counsellor, kids, teens and young adults, from any community in Canada, can call or go online 24 hours a day, 365 day a year.

#### Anything goes

From trouble with homework to dealing with loss and grief to thoughts of suicide, kids can talk to Kids Help Phone about anything. Professional counsellors provide anonymous, confidential and non-judgemental support.

#### Support right at home

We are the only organization that has access to a database of over 37,000 local resources. That means that no matter where a kid is calling from, our professional counsellors can connect them to a service right in their community, whether they need a place to stay for the night, a way-home or a sexual health clinic.

#### Kids Help Phone's Mission

Our mission is to improve the well-being of children and youth in Canada by providing them anonymous and confidential professional counselling, referrals and information in English and French, through technologically-based communications media.

#### Kids Help Phone's Vision

To continue to improve and grow Kids Help Phone to ensure we deliver the most effective, timely andvaluable counselling, referrals and information to every young person in Canada from five to 20 who couldbenefit from our support.

Even though everyone needs help sometimes, stigma around mental and emotional health struggle remains strong. The threat of being judged or labeled can leave both adults and kids reluctant to seek help.

## **Evergreen TOTS**

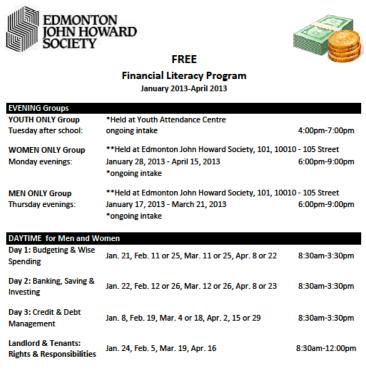
Evergreen's T.O.T.S. program is a FREE\* drop-in "playdate" for kids 0-5 and their moms, dads, grandparents, or guardians. Even dayhomes are welcome!

A A	Where?	At the Evergreen Community Hall in the strip mall
	When?	Every Wednesday, 10am-noon
	What?	Coffee for the parents, snacks for the kids, and an entire hall full of toys.
	Why?	Give parents a break, and give kids a chance to burn off some steam!
	Who?	Approximately 10–15 parents and 15–20 children attend.

This month we are having a special Valentine's party on February 13<sup>th</sup>. Children will be exchanging Valentines and some sweet treats will be available for everyone.

For information on the party or other TOTS information, "like" our facebook page:

"Edmonton Evergreen Community Assoc TOTS"



NOTE: ALL groups are eligible for community service hours



Call to Register: Edmonton John Howard Society 101, 10010 - 105 Street Edmonton, AB T5J 1C4 Phone: 780-428-7590 www.johnhoward.org



#### Youth Career Symposium

The City of Edmonton Youth Council and Recruitment are hosting a free youth career symposium on Saturday, February 9 from 10:00 a.m. to 3:00 p.m. at the Fantasyland Hotel at West Edmonton Mall. This event is an opportunity to network with business and educational representatives, visit exhibitor booths, attend speaker sessions about resume writing, interview tips, post secondary planning, career, dating, scholarships and more. There will be lots of door prizes, a "Fun Room" with engaging and creative youth activities as well as many other specific sessions throughout the day. The career tradeshow will have exhibitors from the City of Edmonton, Post-secondary schools and more which will run all day. For more information, including session descriptions and how to register, visit http://ceyc.ca/index.php?page=youth-careersymposium, call 311, connect via facebook https:// www.facebook.com/CityofEdmontonJobs?fref=ts or contactlan.Smith2@edmonton.ca. It is going to be a blast!

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## **Evergreen Community Garage Sale**

## (Date: TBA)

Looking for planners/organizers to form a committee to help plan our first ever Evergreen Community Garage Sale to be held this August. If you are interested in helping set up our first ever community organized garage sale, please contact Sheri Karpinski.

Phone: 780-406-3110

Text: 780-240-9831

E-mail: saintsheri@hotmail.com

Facebook: Evergreen Community Garage Sale



## **PLAY BALL!**

NEZ SOFTBALL & BASEBALL are ready for the 2013 season.

WATCH FOR REGISTRATION DATES IN YOUR HOME COMMUNITY

If your community league is not holding registration, register at:

#### **NEZ CENTRAL REGISTRATION**

**Northeast Zone Sports Council Office** 7515 Borden Park Road (Behind the tennis courts in Borden Park)



Sunday March 10 from 12:00 to 3:00 pm Saturday March 16 from 12:00 am to 3:00 pm Wednesday March 20 from 6:30 pm to 8:30 pm Wednesday March 27 from 11:00 am to 2:00 pm & from 6:30 pm to 8:30 pm.



### CHECK OUT www.nezsports.com FOR REGISTRATION INFORMATION,

FEES & PROGRAM INFORMATION

Or contact: For Baseball, Dave Ball @ 780-475-5609 or balldr@shaw.ca For Softball, Shantelle Henderson @ 780-474-2314 or s.nezsoftball 12@yahoo.ca



TAKE OFF POUNDS SENSIBLY

Welcome to Evergreen TOPS weight-loss support! No quick fixes. No fad diets. No pills or magic potions. No outra-

geous monthly fees.

TOPS Club, Inc. is the original, non-profit, weightloss support and wellness education organization. Our program is scientifically proven and has helped millions over the last 60+ years. TOPS promotes successful, affordable weight management with a hands-on pounds-off ® approach that day of the month when we meet next door at the combines:

- 1. Healthy eating
- 2. Regular physical activity
- 3. Wellness information
- 4. Awards and recognition
- 5. Support from others at weekly chapter meet- We apologize for having cancelled our Tea but ings

Weekly meetings provide a supportive, educational environment where people are encouraged and not judged. If face-to-face meetings aren't your style or if you can't find a meeting that fits vour schedule, you can be an online member and still take advantage of our experts' tips and our many print and online materials.

This is our Evergreen TOPS Calendar for February:

Our meetings start with a weigh in at 6:45 every Sunday at the EECA Hall (except for the 1st Sun-Senior Centre!):0)

- Feb 3 General meeting
- Feb 10 Zumba
- Feb 17 Walk, depends on weather
- Feb 24 Fruit Basket and Bingo

due to low ticket sales it could not be helped. We hope to do a fundraiser in the near future!



5



Alberta Health Services, EMS would like to remind parents and children of some basic sledding safety tips as the winter season continues. Sledding injuries can result from collisions with stationary objects such as trees and rocks or with other people on the hill. Unprotected falls can result in injury if you lose control at high speeds. Everyone is at risk – especially children. Educate your family how to stay safe by following these simple reminders and have a fun day on the toboggan hill.

#### Equipment

- Ensure your sled is in good condition. Do not use sleds with broken parts, sharp edges, or splits in the material.
- Currently, there are no helmets designed specifically for sledding. However children should wear a properly fitted helmet designed for high impact collisions, such as hockey, cycling, or climbing helmets.

#### Hazards

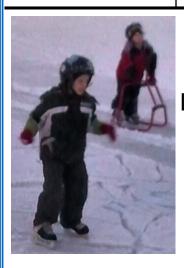
- Avoid hills that are too steep, or too icy – you can lose control very quickly.
- Choose hills free of obstacles such as trees, rocks, utility poles, or fences.
- Be mindful of clothing that contains drawstrings, or loose clothing, such as scarves, which can present a choking hazard if they become caught or snagged.

#### Plan ahead

- Dress warmly in layers and anticipate weather changes.
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones.
- Take breaks to warm up out of the cold.
- Ensure frostbite hasn't affected any exposed skin.
- Even when properly protected from the elements, the finger tips, toes, ears, the tip of the nose, and other high points on the face such as the forehead and cheek bones can be affected by frostbite.
- If frost bite has occurred, treat it by first removing the individual out of the cold environment. Gently warm the affected skin by placing a warm hand over it or by placing the affected part in warm water (not hot; ~41°C max.) until re-warmed.



www.albertahealthservices.ca



Evergreen Youth

Learn to Skate Program

Every Tues in Feb

3:30-5:30

Hot Dog snack before; hot chocolate after class

All children ages 6—11 welcome.

## Sign up at the Youth Centre

. Residential

- Paper Hanging
- Professional
- Expert with 40 yrs paint experience
- Interior &
   Exterior mobile
   homes

For Free Estimate Call: 780-475-0096 Or 780-910-0546

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Why not make 2013 the year you get involved with YOUR community? There are lots of opportunities to volunteer throughout the year, many not requiring a large time commitment but every one of equal value! Call 780-473-6962 (Community League) or 780-413-8248 (Youth Centre) to find out what we're planning and what we can use YOUR help with this year! Some board positions come up for election each year...check to see which are up in 2013 and which might be a good fit for you.

## Upcoming Opportunities for YOU to Help!

Call 780-473-6962 to see what bingo events EECA has this month and to see how you can help.

TAFEY Call 780-413 -8248 if you can help with either bingo or the casino, or make sure you play on those days. Proceeds help support the extensive children's programming we enjoy in our community. Want to help plan and implement our new "Winter Carnival" event slated for February 16? Have ideas for activities? Have a couple of hours to help it run smoothly? Call the Youth Centre at 780-413-8248 or the EECA office at 780-473-6962



Community Association February 2013

... Around Evergreen

					_	
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Office Hours: Mon - Thurs 9am-3pm Closed for lunch. Wednesdays set aside for errands. Office may not be open.					l	<b>2</b> Community League Free Swim 2-4 p.m. Londonderry
<b>X</b> Karate 2 p.m. TOPS 6:45 p.m. EECA Board Meeting 7 p.m.	4	Seniors Quilters/ Crafters 1 p.m. Karate 6 p.m.	<b>6</b> TOTS 10 a.m. Seniors Meet- ing/Bingo 7 p.m. Darts 7 p.m.	<b>7</b> Crib Drop In 7 p.m.	8	<b>9</b> Community League Free Swim 2-4 p.m. Londonderry
<b>IO</b> Karate 2 p.m. TOPS 6:45 p.m.	11	Seniors Quilters/ Crafters 1 p.m. Karate 6 p.m.	TOTS 10 a.m. Seniors Spa- ghetti/Bingo 6 p.m. Darts 7 p.m.	I 4 Crib Drop In 7 p.m.	15	<b>I 6</b> Winter Carnival Noon—4 p.m. Community League Free Swim 2-4 p.m. Londonderry
<b>I 7</b> Karate 2 p.m. TOPS 6:45 p.m.	<b>18</b> FAMILY DAY Garden Club 6:30 p.m.	Seniors Quilters/ Crafters 1 p.m. Karate 6 p.m.	20 TOTS 10 a.m. Seniors Crib 7 p.m. Darts 7 p.m.	<b>2 I</b> Crib Drop In 7 p.m.	22	<b>23</b> Garden Club Orchid Trip (non members welcome) 9:30 a.m.
<b>24</b> Karate 2 p.m. TOPS 6:45 p.m.	25	26 Seniors Quilters/ Crafters 1 p.m. Karate 6 p.m.	27 TOTS 10 a.m. Seniors Bingo 7 p.m. Darts 7 p.m.	28 Crib Drop In 7 p.m.	Offic located	all and e are in the mall

dmonton