

Evergreen



News

July 2014

Summer in the Park Program Kickoff and Canada Day Celebration

Your hosts: The Association for Evergreen Youth

Date/Time: Tuesday, July 1st 5 p.m. to Dusk

Location: Evergreen Youth Centre and Skating Rink area (north end of rental office building)



**FAMILY
FUN!
EVERYONE
WELCOME!**

**All games
and
activities
FREE!**



Fireworks at dusk
Thanks to Heritage Canada,
Parkbridge and EECA

Summer in the Park
Program

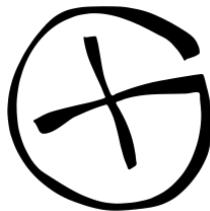
Fundraising BBQ



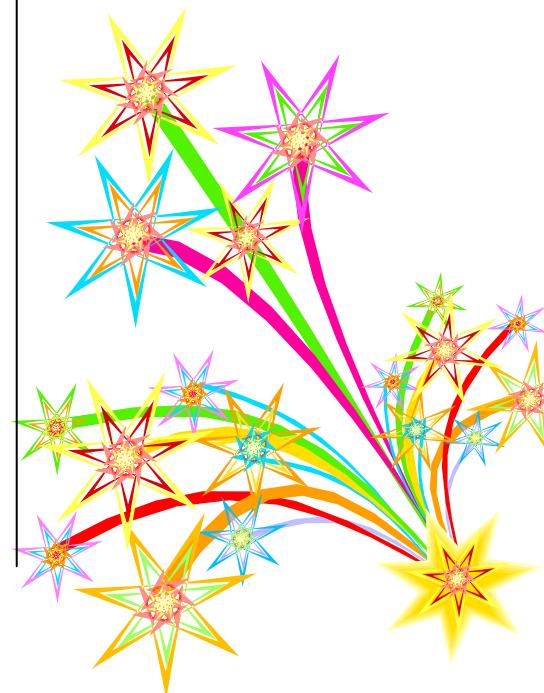
5 - 9
p.m.

Full Meal Deal
\$4.00

Burger or Dog; Water or Pop; Cake
While Supplies Last!



Geocaching Challenge: An activity, in which teams use GPS to find clues anywhere in our world. See Denise at the event to register your team and for details of how to play. One team member must have GPS capability to play.





31 Evergreen Park NW
Edmonton, AB T5Y 4M2

Phone: 780-473-6962

Fax: 780-472-1506

Email: eeca@shaw.ca

Website: www.eeca.ca

All Directors can be reached by
emailing each position @eeca.ca

Your new Board of Directors:

President - Troy Girard

Vice President - Shirley VanDoorn

Treasurer - Al Innes

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Youth Liaison - Alice Hobbins

Edmonton Evergreen Community Association Memberships

Valid September 1 to August 31 each year.

- Family \$20
- Seniors \$10
- Single Family \$15
- Single Adult \$10

Call 780-473-6962 or email
memberships@eeca.ca



Our hall is available to
rent.

Call 780-473-6962 or
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for details



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by the 20th of each
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- Business Card Size \$15
- 1/4 page \$25
- 1/2 page \$50
- Full Page \$100

(All sizes are
approximate.)



Deadline for the August issue is July 20th. Please bear with us during
this transition phase. Thank you.

Garden Club News

Greetings fellow gardeners! Finally our yards are clear of snow and containers and flower beds are springing to life. Why don't you plant an herb container this year? Herbs are cheap in the greenhouses in June and filling up a large container by your door with several of them will make a very fragrant greeting to guests and a convenient source of fresh spices all summer. Try any combination of chives, parsley, marjoram, celery, sage, dill, savory, bay or rosemary. You can move the entire pot indoors to escape those first frosts and enjoy fresh herbs well into October.

The Garden Club enjoyed their annual container planting night May 5th at Kuhlmann's Greenhouse. Kuhlmann's and the Garden Club ensured every member has a beautiful free container full of blooms to

grace their yard.

Our last meeting was May 19th and was a Q&A night. This time of year our members usually have questions for our resident experts and they are always happy to answer. If you would like some great tips and even better conversation, consider joining the Club. We meet once a month and share a love of gardening, whether it's one or two containers or a perennial paradise. Call Mary at 780-406-5710 to join today!

Our next meeting will be all about composting. Join us June 16th at 6:30PM in the Community Hall for an in-depth look at

decomposition with our special guest speaker.

Thank you to everyone who supported our annual plant sale at the Spring Fling. You help to keep the Club going with your purchases and we certainly appreciate it. Happy gardening from all of us to all of you



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



Emergency Medical Services

With the return of warmer weather, Alberta Health Services EMS would like to remind citizens to stay safe in the heat and sun this summer. While children and the elderly can be more susceptible to the effects of heat, basic prevention measures should be taken by all to avoid a heat related illness during periods of hot and humid weather.

Heat exhaustion

- Heat exhaustion can occur due to excessive fluid loss during periods of prolonged sweating in a hot and / or humid environment (indoors or outdoors).
- Patients may suffer headaches, weakness, fatigue, nausea / vomiting, thirst, chills, and profuse sweating.
- The patient is usually cold and damp to the touch and the skin may appear pale or dusky gray.

Heat stroke

- Heat stroke is a medical emergency that requires prompt treatment. It can be fatal.
- It occurs when the body can't cool itself naturally (e.g. perspiration). The body's temperature will continue to rise to dangerous levels.
- Due to severe dehydration and the inability to sweat the patient may appear flushed and skin may be hot and dry to the touch.

Heat Related Illness

First aid

- First aid for all heat related illness begins with removing or sheltering the patient from the hot environment.
- Remove excess or tight fitting clothing and allow them to rest in a cool environment.
- If the patient is conscious and alert, provide suitable fluids such as water, juice, or a sports drink.
- If you are concerned, seek medical attention or call 9-1-1.

Prevention

- Stay well-hydrated by drinking plenty of water.
- Limit alcohol consumption as alcohol dehydrates you.
- Always wear a broad brimmed hat to keep the sun off your face and neck.
- Apply waterproof sunscreen with an SPF of 50+, especially for children. The sun's UV rays peak between 10am-4pm, even on cloudy days.

Our children are out of school for the summer remember:

**PLEASE
DRIVE
SLOWLY
WE ❤ OUR
CHILDREN**

Edmonton Evergreen Community Association Benefits of Membership:

**Your EECA membership allows you to participate FREE in the
Community league swims! Show your card! (July/August Sun 2-4
Londonderry) Some of the programs we offer include:**



Garden Club

3rd Monday of
each month 6:30
pm



TOTS

Every Wednesday
10 am



Darts

Wednesdays 7
pm September—
April



Summer Crib

Thursdays
July 9 & 24
7 pm



Seniors

Coffee &
pool every
weekday 10am



Couponing

Thursday, July 3 and Sunday
July 13 6:30 pm Off site
Food Auction July 25 5:30 pm



Please remember that you must have Community league membership to join these programs. More info?
Email programs@eeca.ca

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Evergreen Seniors News

Hi well there isn't much to say. Remember there will be no meetings for July and August but we will still have Bingo and Crib.

There is always pool and coffee get togethers. We're sorry about the mix up in the calendar in June, let's hope we get it right this time.

Newsletter can be picked up at Senior Centre until the new Editor gets used to her job. Ann has stepped down. Her family is moving to BC.



Calendar:

July 2nd	Bingo	7 pm
9th	Barbeque	6 pm
	Bingo	7 pm
16th	Bingo	7 pm
23rd	Crib	7 pm
30th	Bingo	7 pm

Hope you all have a Happy Canada Day!!

Recognition Corner

Thank you for supporting our both Kensington and Fort Road Bingo. Job well done!

We'd also like to thank everyone who helped make Spring Fling such a successful event.

Gracias to all the Fiesta helpers too.



All SENIORS (55+)

**welcome to JOIN US FOR
SOME FUN Every weekday
10 am to noon and
WEDNESDAY NIGHTS at 7
pm**

Quilters

Crafters Meet Every

**Tuesday &
Thursday
from 1 –
4 pm**



Contact:

Verna 780-476-4675
Reta 780-472-9565

You can leave messages.

Shop Hours

Sunday Closed
Monday 9-5
Tuesday 9-5
Wednesday Closed
Thursday 9-4
Friday 9-5
Saturday 9-4



**We also walk dogs from
12:30pm—2:00pm daily**

To book an appointment call

780-406-7797

Or text: 587-710-8071

Evergreen TOTS

(Time Out To Socialize) program is a FREE* drop-in “playdate” for kids 0-5 and their moms, dads, grandparents, or guardians. Even dayhomes are

welcome! We have many toys and costumes for the preschoolers, exersaucers and bouncers for babies, and moms who are eager to hold newborns. So if you are a new mom, or new to Evergreen, come on down, meet some neighbours and let the kids socialize while you have a coffee and swap stories with others in the same stage of life.

Where? At the Evergreen Community Hall in the strip mall

When? Every Wednesday morning, 10am-noon

What? Coffee for parents, snacks for kids, and a hall full of toys.

Why? Gives parents a break, and kids a chance to burn off steam!

Who? Around 4-8 parents and 10-20 children currently attend.

For up-to-the-minute TOTS information, please join our facebook group:



“Edmonton Evergreen Community Assoc TOTS”

*TOTS asks that you purchase a \$20 annual Evergreen Community Association membership

Please call Natalie at 780-249-8071 if you have any questions.



EVERGREEN



Saturday,

August 9th

9am—4pm

Email president@eeca.ca

for more info

We Need Your Help!!!!

The EECA is looking for some tough young folks to help us with painting the skate rink boards. This will be a fun afternoon of volunteering followed by a free barbequed burgers and hotdogs along with cold soda's!

If you are interested in helping, please email Troy at president@eeca.ca

**The Association for Evergreen Youth
and Dojo Arts Evergreen Uechi Ryu
Karate Club presents...**

Kobudo Mondays at the community hall 8:00-9:00. Summer start up deal . 2 months of classes and a ghi (uniform) \$80. Try something new, get active, meet new people. And enjoy the new air conditioning in the hall. See you all there! Thanks to EECA for allowing us to use the space.

Present Karate students, don't forget to sign up for Summer Karate. Classes will be held Saturdays at 10:30 am at the Youth Centre. Program fee: \$40 for the whole summer.



Evergreen Youth Express



Summer in the Park Program
Kickoff and Canada Day
Celebration

The Association for
Evergreen Youth

July 2014

Your hosts: The Association for Evergreen Youth

Date/Time: Tuesday, July 1st 5 p.m. to Dusk

Location: Evergreen Youth Centre and Skating Rink area (north end of rental office building)

**All games
and
activities
FREE!**

Summer in the Park

Program

Fundraising BBQ



Saturday
September
21st
11 am to 4
pm

**Full Meal Deal
\$4.00**

Burger or Dog; Water or Pop; Cake

While Supplies Last!

**FAMILY
FUN!
EVERYONE
WELCOME!**



Fireworks at dusk Thanks to Heritage
Canada, Parkbridge
and EECA





July 2014

Evergreen Summer in the Park Program

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 	2 Swim ages 8+ 1:30—4:30 pm Summer in the Park 5:00—8:30 p.m. (12-17 yrs)	3 Summer in the Park 1:30—5:30 p.m. (6—12 yrs) 5:30—8:30 (12-17 yrs) Isaac's BEG	4 Summer in the Park 1:30—8:30 p.m. BBQ \$2 4:30 pm	5 Summer Karate 10:30—11L:30 am
6	7 Summer in the Park 1:30—5:30 p.m. (6—12 yrs) 5:30—8:30 (12-17 yrs) ABF Summer Kobudo 8 pm	8 Summer in the Park 1:30—5:30 p.m. (6—12 yrs) 5:30—8:30 (12-17 yrs) Splash & Dash	9 Swim ages 8+ 1:30—4:30 pm Summer in the Park 5:00—8:30 p.m. (12-17 yrs)	10 Summer in the Park 1:30—5:30 p.m. (6—12 yrs) 5:30—8:30 (12-17 yrs) Isaac's BEG	11 Summer in the Park 1:30—8:30 p.m. BBQ \$2 4:30 pm	12 Summer Karate 10:30—11L30 am
13	14 Summer in the Park 1:30—5:30 p.m. (6—12 yrs) 5:30—8:30 (12-17 yrs) ABF Summer Kobudo 8 pm	15 Summer in the Park 1:30—5:30 p.m. (6—12 yrs) 5:30—8:30 (12-17 yrs) Splash & Dash	16 Swim ages 8+ 1:30—4:30 pm Summer in the Park 5:00—8:30 p.m. (12-17 yrs)	17 Summer in the Park 1:30—5:30 p.m. (6—12 yrs) 5:30—8:30 (12-17 yrs) Isaac's BEG	18 Summer in the Park 1:30—8:30 p.m. BBQ \$2 4:30 pm	19 Summer Karate 10:30—11:30 am
20	21 Summer in the Park 1:30—5:30 p.m. (6—12 yrs) 5:30—8:30 (12-17 yrs) ABF Summer Kobudo 8 pm	22 Summer in the Park 1:30—5:30 p.m. (6—12 yrs) 5:30—8:30 (12-17 yrs) MOVIE DAY	23 Swim ages 8+ 1:30—4:30 pm Summer in the Park 5:00—8:30 p.m. (12-17 yrs)	24 Summer in the Park 1:30—5:30 p.m. (6—12 yrs) 5:30—8:30 (12-17 yrs) Isaac's BEG	25 Summer in the Park 1:30—8:30 p.m. BBQ \$2 4:30 pm	26 Summer Karate 10:30—11:30 am
27	28 Summer in the Park 1:30—5:30 p.m. (6—12 yrs) 5:30—8:30 (12-17 yrs) ABF Summer Kobudo 8 pm	29 Summer in the Park 1:30—5:30 p.m. (6—12 yrs) 5:30—8:30 (12-17 yrs) Splash & Dash —5:30 p.m. (6—12	30 Swim ages 8+ 1:30—4:30 pm Summer in the Park 5:00—8:30 p.m. (12-17 yrs)	31 Summer in the Park 1:30—5:30 p.m. (6—12 yrs) 5:30—8:30 (12-17 yrs) Isaac's BEG		Subject to change. Call 780-413-8248 or check our facebook page https://www.facebook.com/EvergreenSummer2014 for updates. In some cases, spaces may be limited. Get forms at the Youth Centre and return them to ensure a space. Some conditions may apply to some activities.



Green Shack Playground Program

Experience a great summer right here at home by dropping by the exciting Green Shack located at the west end of the playground.

Children from 6—12 are welcome to join in games, sports, crafts, music, drama and special events. Children under 6 are welcome but must be supervised by a parent or guardian at all times.

The Green Shack Playground Program is free to participants. You'll find a list of upcoming activities and special events posted on the side of the Green Shack each week. If there's a game or activity that you'd like to play, just ask the Program Leader. They are there to make your summer a fun one!

Programs are led by staff who:

- Ensure participants play safely; parents are responsible for their children at all times and must be available in the event of

an emergency

- Are easily identifiable by their blue shirts and name tags
- May be assisted by volunteer Leaders in Training
- Have completed a Security Clearance process, are trained in First Aid and are certified specialists in FUN!

Programming is still available on rainy days but will be cancelled during severely inclement weather.

Green Shack Playground Programs are offered Monday to Friday 10 am – 1:30 pm

Children are free to come and go as they please from our Green Shack Programs. Families seeking more formalized supervision are encouraged to register in one of the exciting Day Camp

Programs listed in Community Summer Programs Guide, at www.edmonton.ca/daycamps or call 311

**July 2 -
August 22**



Youth Drop-in Hubs

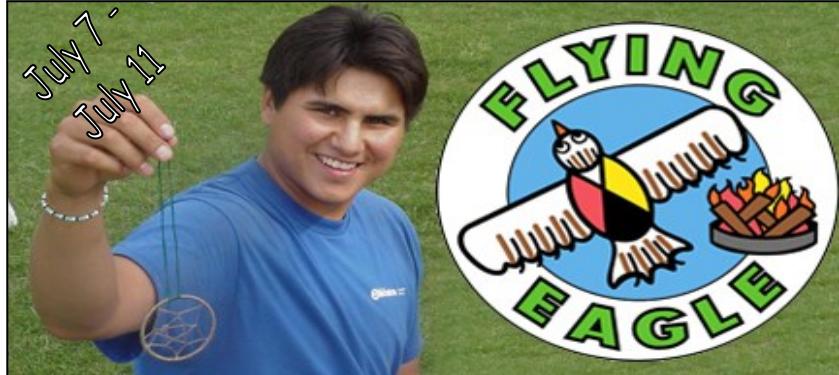
Starting on July 2, City of Edmonton Hub Pro-

grams offer a variety of activities to Youth aged 12 – 17. Come and go as you please and, better yet, have a say in what you do! Our on-site staff will offer a variety of activities from skateboarding and other sports to Youth crafts. If you just want to stay and chat, we can do that too!

Staff will be on-site from 12:30 – 8:00 pm,

Monday – Thursday and 3:30 – 8:00 pm on Friday. Call 311 for details and locations.

NOTE: There is no formal youth drop in program in Evergreen this summer.



The City of Edmonton's Flying Eagle Program, offered through the Green Shack Program, gives children the opportunity to learn more about Aboriginal cultures and heritage through games, crafts and other recreational activities.

Using the medicine wheel as a guide, Flying Eagle staff help program participants explore traditional Aboriginal practices, such as making bannock and dream catchers and taking part in Aboriginal sports like lacrosse.

Monday July 7 to Friday July 11. 10 a.m.—1:30 p.m. at the Green Shack.

Hello, Hello

First of all, allow me to apologize for my lack of articles in the past few months: school, work and training for High Jump certainly take their toll on a young man. Second, I want to share with you my thoughts on this past year at Evergreen. This year we had to deal with a sad sad reality: boys grow up. A lot of our regular-attendees on Saturdays are now getting older, getting weekend jobs, even girlfriends, etc. We noticed a slight drop in attendance during the winter months which was disheartening to say the least, however, once the snow melted and we were outside once again carrying on with our usual outdoor activities we saw that number jump back up again, this time with more of the 12-14 year old age group. A great tool that the Youth Centre has invested in is a portable bluetooth stereo that allows us to blast some tunes while we are outside playing ultimate frisbee, skateboarding (5:30-6:30 is our

designated 'skate time') or playing football. The boys have the choice of putting together their own unique playlist and the music usually attracts a couple new boys.

As you all know, I have worked with a friend of mine, Adam Ward at the YC for four years, unfortunately, his summer job keeps him out of the city for the majority of the summer. This has meant that a former participant has stepped into his role for the time being, Tyler Atkinson who has taken on his new role quite well!

A great new game that we began playing on Saturdays is Chess, which we play every Saturday from 3-4:30pm. Chess has been a great addition to our arsenal of activities as it has encouraged the boys to think in more abstract-strategical ways which is a good skill to possess. Also, the addition of Chess just adds to the boys' versatility as they grow into young men.

I am uncertain as to whether I

will be returning in the Fall as I have one more year of studies at the University of Alberta and a full course load to undertake. I will keep you posted throughout the summer. In the meantime, I will be continuing to work in Evergreen as a summer staff member! Feel free to stop by for a visit. I will be there from 1:30-8:30 during the week!

Thank you to Alice, who puts up with 10+ rough housing youth every Saturday and for investing in some cool new gadgets that really helped our program, to the people that donated bottles and especially to all the people that work casinos and volunteer their time to keep the Youth Centre funded.

Isaac



Summer in the Park

ABF means "Anything But Feet". Bike, skateboard, scooter, roller blades, long board, stilts, you name it.

Splash & Dash means just that "Splash and Dash" All wet all day! Might want to bring a towel and maybe a change of clothes.

Swim: Ages 8 and up (pool rules, not ours).

Under 8 with adult only.

Isaac's BEG: Isaac is planning some "Big Epic Games"! A new challenge every week!

Free for All Fridays: If you can dream it, we can play it. Come armed with all of your awesome activity ideas.



EG Summer in the Park Program is not connected to the City of Edmonton programs.

It is a separate program brought to you by EECA and by TAFYEY.

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!! Call 780-473-6962 to volunteer to help.

Saturday, July 12th Kensington Aft
Tuesday, July 29th Fort Road Aft/Eve



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

TAFYEY has a bingo Tuesday, July 1st at Fort Road Aft/Eve call 780-413-8248 to volunteer. Thanks.

Youth Special Events (ages 12—17 years)

Whether you like to compete or just hang out, CoE special events are a great way to have fun for FREE. Meet youth from across the city, win prizes and take home some swag.

Street Hockey Tournament - Thurs July 17 from 1-6 pm at Centennial Plaza (behind Stanley A. Milner Library) Put your street hockey skills to the test in this 5 on 5 tournament. Make a team at your drop-in site and compete to win great prizes, or come as a fan and take in our side activities.

Lord of the Parks - Thurs July 31 from 2-6pm at Boyle Street Community League (101 Boyle Street Plaza, 9538-103A Ave). Demonstrate your mad skills at skateparks around Edmonton. Crews of 5 can create a video to submit for the ultimate title! Screening will take place at the Boyle Street Event where a winning crew will be selected. The event includes skate competitions, prizes and much more.

@YEGYOUTH Art Jam - Thursday, August 7 from 1-6pm at Dr. Wilbert McIntyre Park (83 ave and 104 st.) NEW this year! Show your talent on stage, display your art,

learn from experts and try hands on art projects. Dance, music, theatre, visual arts, poetry - we'll have them all covered.

Eskimos Tailgate Party - Fri July 24 from 3-6pm at Borden Park (7507 Borden Park Road) Enjoy a barbecue, a flag football game and more before you watch the Eskimos take on Hamilton in Commonwealth Stadium. We supply the tickets. You bring the energy.

Basketball Tournament - Thurs August 14 from 1-6pm on Churchill Square Make a 3 on 3 dream team at your site and compete in our tournament. All skill levels are welcome and everyone can take part in our fun side events.

**A minimum of 5 youth required.
See Isaac or Laura to sign up for any or all of these events!**



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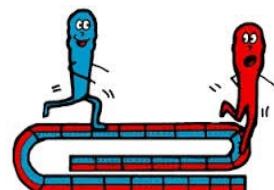
Call Larry

**780-472-
9683**

**Reasonable
Rates**



Join Us For Summer Crib
2nd and 4th Thursday
7pm at the Hall. The more, the merrier.



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Evergreen Classifieds

To have your ad appear here, email to secretary@eeca.ca before 20th of each month. This space is set aside for residents of Evergreen to advertise items they want to sell or give away FREE of charge. This newsletter is delivered to every home in the Park and is mailed to a number of people outside of Evergreen.

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**24 Hour Emergency
Service**

JULY 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Every Monday to Friday, from 10am to noon the Senior's Centre has a pot of coffee on. Drop in for a visit, stay for a game of billiards, and meet other Seniors in the Community!		1 Canada Day Event at Youth Centre 5 pm	2 Tots 10 am Seniors Bingo 7pm	3 Seniors Quilters & Crafters 1-4 pm Coupon Program 6:30 pm	4 	5
6 EECA Board Meeting 7 pm Londonderry Swim 2-4	7 Seniors Quilters & Crafters 1-4 pm	8 Tots 10 am Seniors BBQ 6 pm Bingo 7pm	9 Seniors Quilters & Crafters 1-4 pm Summer Crib 7 pm	10 	11 	12
13 Coupon Program 6:30 pm Londonderry Swim 2-4	14 Seniors Quilters & Crafters 1-4 pm	15 Tots 10 am Seniors Bingo 7pm	16 Seniors Quilters & Crafters 1-4 pm	17 	18 	19
20 Londonderry Swim 2-4	21 Garden Club 6:30 pm 	22 Seniors Quilters & Crafters 1-4 pm	23 Tots 10 am Seniors Crib 7pm	24 Seniors Quilters & Crafters 1-4 pm Summer Crib 7 pm	25 	26
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Join us Tuesday, July 1st for our HUGE Canada Day Celebration at Youth Centre