

You're invited to the first ever  
TOTS



## Mother's Day Tea and Silent Auction!

A bouncy like you've never seen before!  
Provided by Willow River Evergreen Karate Club.



Come on down and check out this  
bad boy! 18 feet of pure fun!!!!

Saturday, May 5th  
Noon to 4 p.m.  
(EECA Hall (in the strip mall))



Check out our gallery of amazing items waiting for you to bid on them!

Bidding ends at 3.

Highest bidder must be present at 3:30 p.m. to pay for and pick up their items.

Purchase tickets for our draw. Prize is a one time rental of the EECA Hall  
free of charge! (some conditions may apply)

Tickets are \$20 each

**Concession Includes:**

\*Coffee

\*Tea

\*Juice

\*Hot dogs

\*Baked goods



A Furry Friend will be  
there! (may not be as  
illustrated)

**AND  
MUCH  
MUCH  
MORE!**

Proceeds from this event go to support the  
Wednesday morning TOTS program. This  
program is open to families with pre Kinder-  
garten kids who want a chance to meet other  
families, share a coffee and some conversa-  
tion, maybe learn a few things and have  
some FUN along the way while allowing a  
time for our little ones to socialize with each  
other in a safe, supportive and supervised  
environment.

We plan to use the money we make with this  
event to update and upgrade the toys and  
equipment provided for the kids and we thank  
you in advance for your support. Hope to see  
you there!



Fancy yourself to be Evergreen's answer to Duff Gold-  
man? Why not enter our Best Cake in Evergreen con-  
test and be judged by a jury of your culinary peers?

\$5 entry fee Judging at 3

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- Mother Theresa

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## The President's Corner

*Yesterday is history. Tomorrow is a mystery.  
Today? Today is a gift. That's why we call it the  
present.*

The month of April has been a beautiful month. Our volunteer appreciation was very enjoyable. Thank you to all our volunteers for your hard work. You are very much appreciated by this community.

We have a Mom's and Tot's Tea and Silent Auction happening Saturday May 5th. From 12 - 4pm. This is going to be a wonderful event that

is open to all ages to attend. Come out and join the fun and support our Mom's and Tot's program. If anyone wants to donate items to the silent auction it would be greatly appreciated.

We have our AGM happening on May 28th and would love to see as many people as possible to come out and support our community. Help us make our programs better. Give us new ideas and feedback. Lets all make this community a better place.

Make sure to get out to our Spring Fling on June 2nd. Buy some plants from our garden club. Get there nice and early for the pancake breakfast. Stay for the fun in the afternoon. Including our BBQ, balloon fairy,

bouncy castle, outdoor beer gardens, a petting zoo and more.

Keep our community clean. Lets make an effort to look out our front windows and make sure we are watching for vandalism. We have some amazing youth in this community that are volunteering and making things better. Keep the encouragement up to have our youth be a part of the youth center. They are doing an amazing job relating with our youth and keeping them busy interacting with the community.

Your Community League President,  
Denise Criss

## Evergreen Garden Club News

Greetings fellow gardeners! Are you itching to get out and buy some perennials to fill out your flowerbeds? Well, DON'T! "Why?" you ask. Well, the Evergreen Garden Club is having another amazing Plant Sale at the Spring Fling on June 2<sup>nd</sup>. This means you could purchase large, quality, locally-grown, inexpensive perennials for \$2-\$5 while supporting an Evergreen Community group! Most greenhouses will charge from \$8-\$25 for a perennial so hold on to your cash and get some good deals at the plant sale. Of course, annuals and various Garden Crafts will be available at reasonable prices as well. We look forward to seeing you!

Our last meeting was our first ever Terrarium Planting in March. Our April meeting is always

our container planting event held at Kuhlmann's Greenhouse. This year this event actually falls in May so there is no meeting in April. Club members, bring your pot (inside diameter 18" or less) to Kuhlmann's on Monday, May 7<sup>th</sup>. Non-members, or members who haven't paid for your 2012-2013 membership yet, bring your \$10 annual membership fee. Dirt, fertilizer and plants are all provided free of charge for members by the Evergreen Garden Club and Kuhlmann's Greenhouse.

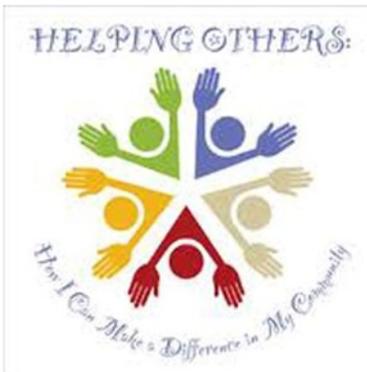
The regular Garden Club meeting for May will be Monday, May 21<sup>st</sup>, at 6:30pm at the hall. This meeting will be a general meeting with time for questions and answers as well as some fun trivia games. If any members need help

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

digging out plants or choosing which plants to divide for the plant sale in June, please contact Josanne at 456-0557 prior to this meeting and we may arrange a group perennial-digging field trip.

The Evergreen Garden Club is full of people who love to get their hands dirty. If you'd like to share pairing ideas, swap perennials, and learn new slug-slaying tricks, please come out and try us out. We'd love to meet you. If you don't know what a perennial is or what on earth pairing might be, we'd still love to meet you. The Garden Club is for anyone with a desire to grow. For more information on becoming a member, call Mary at 406-5710.





## How Helping Others Can Reduce Stress and Increase Happiness Help Yourself Find Happiness By Helping Others

Helping others brings good feelings to the giver and the receiver of the good deeds. Using your special gifts to help others can be a gift to yourself as you enjoy a self esteem boost for making others' lives better, and make the

world a better place. You feel more worthy of good deeds yourself, your trust in the decency of people is reinforced, and you feel more connected to yourself and to others. In fact, **research shows that those who demonstrate more altruistic social interest tend to enjoy higher levels of mental health, above and beyond the practical benefits of receiving help and other known psycho-spiritual, stress, and demographic factors that you would expect.**

Creating a balanced lifestyle that includes service to others can help you feel less stress as well, as you feel more connected to your spirit, more grateful for what you have, and less invested in the 'rat race' that causes stress for so many of us. Focusing on the positive in life, and

creating more positive things in the world, can help you to maintain greater feelings of happiness and fulfillment.

People are generally happier when they have meaning in their lives, and part of living a meaningful life is having a feeling of making a difference in the world. Whether you donate unneeded household items, give money, or volunteer your time, there are many ways to get involved with worthy causes, either as an individual, as a couple, or with the involvement of the whole family.

Getting involved with a cause that you believe in, whether you give a little or a lot, can be a great way to spread the joy, and creating more joy for yourself while you're at it!

Did you know there are opportunities to help right here in Evergreen? Our Community League, our Seniors Group, and our Youth Centre are always on the lookout for bingo/casino volunteers, board members, people willing to share hobbies and talents with the next generation and help with our community and family events. Next time an event is coming up, why not consider helping make it a success?

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### Edmonton Evergreen Community Association and The Association for Evergreen Youth Joint Volunteer Appreciation Brunch



Denise Criss, President of EECA congratulates Anna Karpetz, Volunteer of the Year and Dallas Grunow, Youth Volunteer of the year.

Held Sunday April 15th at the Sands Hotel, EECA and TAFÉY board and staff came together with the awesome volunteers that help make both organizations two of the most vital in the entire City of Edmonton.

So many of our programs and events would never happen without the dedication of this group of amazing individuals.

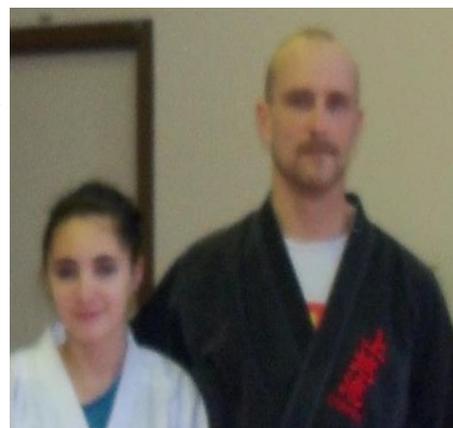
A special word of thanks to Al Innes and Denis Pouliot without whom the funds would not be available to support our objectives. Their dedication to ensuring every bingo event and every casino are fully staffed with volunteers is astounding!

And a special thank you also goes out to all the Board members from both organizations who came out to express their continued appreciation of all volunteers.

Thanks, Cindy Hobbins for arranging the flowers for the centrepieces on the tables, and to Ed Gibbons, Dan Backs and Cindy Olsen for joining us.

It was another excellent event and another wonderful meal shared with friends.

If I've missed anyone, please be assured we are very thankful for your contribution too ;)



Ryan Haywood and daughter Sydney were named with Evergreen Youth's Volunteers

**'Keep it light' on garbage day***Heavy bags unsafe for you and your collector*

Many of us complain about taking out the garbage, but imagine doing it 600 times in one day.

For City garbage and recycling collectors, it's all part of a day's job. They pick up between 7,000 to 11,000 kilograms of waste every day – about the weight of 10 sub compact cars.

To give collectors and yourself a break, the City of Edmonton is encouraging you to 'Keep It Light' when you bag your garbage.

A good rule of thumb is that if you find it difficult to pick up, or have to drag it to the curb, it's probably too heavy.

City bylaw states your garbage bag or can must weigh less than 20 kilograms (44 pounds) or collectors will not pick it up. Garbage cans must be less than 100 litres in size, with fixed handles, no wheels and a tight-fitting, removable lid.



This one easy step can help your collectors do their job better and prevent you and your collector from injury.

# Join us THURSDAY, MAY 17 @ 7PM

AT THE COMMUNITY HALL

for

## EVERGREEN'S FIRST

Adults Only



## TOURNAMENT!!

Study your 2-letter words and bring \$5 to the hall for our first ever Scrabble tournament. There will be three 45-minute games of round robin play. The 4 top scores after the round robin games will play a final at 10 pm. Cash prizes will go to the top 3 players, but refreshments and FUN will be provided for all!  
(Cash Bar)



Check out our new website, at [www.eeca.ca](http://www.eeca.ca)! Keep checking back to see what's new and exciting in Evergreen!

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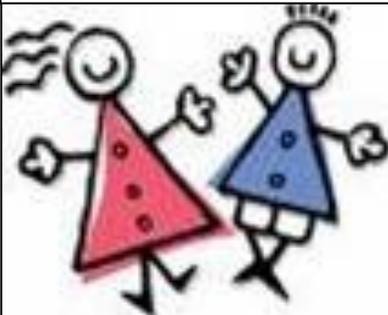


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## This month at EECA TOTS

- May 2nd free play day
- May 5th Mom and TOTS Tea
- May 9th Making a Mother's Day Gift
- May 16th A nature walk in our community (meet at the hall 10am)

- May 23rd Picnic and the park (meet at the hall 10 am)
- May 30th Coffee exchange

All outdoor activities and subject to change in the case of unsuitable weather  
We welcome all preschoolers who care to bring their mommy or daddy to join us at the hall every Wednesday morning for our community wide play date.





# The Association for Evergreen Youth May 2012

## Evergreen Youth Express

### **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)



CHECK SCHEDULE ON THE YOUTH CENTRE DOOR FOR ACTIVITY DETAILS POSTED EACH WEEK. DON'T MISS OUT ON THE FUN!

Come and join Sophia and Kim for FUN WITH A PURPOSE every Mon, Wed and Fri. right after school (3—6 p.m.)!

We discovered that, although there are nearly 20 kids registered in this program, attendance is between 8 and 12 kids a day. So, there's a new points system to encourage participation so that we can actually do some of the fun stuff that's

planned but needs more kids to be successful.

- 1 point for attending
- 1 point for participating
- 1 point for staying
- And 1 point for being a "good sport"

Every Friday, those with 10 points can choose a large prize; 7– 9 points a medium and 5– 6 points a small.

Monday and Friday are "Bring A Buddy" days and

you can earn another point by bringing along a friend who is not already in the program to check it out!

Sophia and Kim have implemented the Cool Moves philosophy into the program. Come on over and ask them to explain it to you. Basically it involves encouraging healthy lifestyle choices and active living. Both values that you identified as being important to our community.

## 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: <http://www.facebook.com/GentlemenOfEvergreen> for updates.



Or stop by and check the calendar. Lots of fun stuff every Saturday.

# May 2012

## Evergreen Youth Centre Programs

SUN	MON	TUE	WED	THU	FRI	SAT
		1 Kid Zone Karate	2 After School Inc. Girl Zone	3 Jr Chefs Boy Zone	4 After School Inc. Guitar	5 Youth Zone
6 Karate	7 After School Inc.	8 Kid Zone Karate	9 After School Inc. Girl Zone	10 Jr Chefs Boy Zone	11 After School Inc. Guitar	12 Youth Zone
13 Karate	14 After School Inc.	15 Kid Zone Karate	16 After School Inc. Girl Zone	17 Jr Chefs Boy Zone	18 After School Inc. Guitar	19 Youth Zone
20 Karate	21 Victoria Day No program	22 Kid Zone Karate	23 After School Inc. Girl Zone	24 Jr Chefs Boy Zone	25 After School Inc. Guitar	26 Youth Zone
27 Karate	28 After School Inc.	29 Kid Zone Karate	30 After School Inc. Girl Zone	31 Jr Chefs Boy Zone	Subject to change, call 780-413-8248 for updates	

## Kid Zone



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?



## Girl Zone

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.

**OUR NATION ON MISSION PRESENTS**

**Friday NIGHT**

**FREE TEEN NIGHT!**

**EVERY FRIDAY**

**PROGRAM**

- FREE PIZZA DINNER! FREE MUSIC!
- FREE MOVIE! FREE GAMES!
- FREE MONTHLY CUTTING!!!
- LIFE IS BETTER IN COMMUNITY WHEN WE HELP EACH OTHER

**BRING YOUR TALENTS!**

FOR MORE INFORMATION  
PLEASE CONTACT YOUTH COORDINATORS:  
DRSANE 780 983 3746.  
MEB 780 937 2002  
OR LEAH. —DEJENU@UALBERTA.CA

**EVENT DETAILS**

LOCATED AT ST. ALPHONSUS SCHOOL 11624-81 STREET

**STARTS @ 630PM - 10PM**

**FREE ALL NIGHT !!!**

WWW.OURNATIONONMISSIONSOCIETY.CA

# Willow River Evergreen Uechi Ryu Karate Club

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

Call 780-413-8248 for details



# Annual General Meeting

Monday, May 28th  
at the Hall at 7 p.m.

Representatives from Stantec will be presenting the Horse Hill area redevelopment plan after the meeting.

On the Agenda:

1. Election of Officers
2. Accepting the reports of Directors
3. Approval of the current operating budget
4. Special resolution to rescind the current bylaws and replace them with the draft bylaws (as available for viewing during office hours at the EECA hall).
5. Appointment of the financial reviewer for the current fiscal year
6. Any other business as should be required to ensure day to day operation of the Community League for the current fiscal year (May 1st, 2012 to April 30th, 2013)

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

- |  |   |
|--|---|
| 1. It's a great place to meet your neighbours  | Multi Admission Pass* - 10% discount on our already discounted multi admission pass (10+ visits)                                  |
| 2. Social activities & events shared with your community at large  | Continuous Monthly Pass – 10% discount off an on-going monthly membership pass using our convenient Pre-Authorized Debit Program. |
| 3. Programs and recreation opportunities   | 6. Safety programs and crime watch cooperation  |
| 4. Winter and summer fun.  | 7. Build new facilities for public use  |
| 5. Discounts at City recreation centers and tourist attractions  | 8. Input for planning your parks, green spaces, and urban development   |
| 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: | 9. Hall rental privileges with some leagues   |
| Annual Pass* - 10% discount on Adult, Family, Child, and Youth/Senior Annual Passes  | 10. Give something back right where you live and like where you live  |



Join us in offering sincere condolences to the family and friends of long time Evergreen volunteer Simone (Sam) Davidson who passed away suddenly April 8th. We'll miss you, Sam! There will be a celebration of her life on Monday, May 21st from 1—4 p.m. at the EECA hall.

**PETS IN THE CITY**  
YOUR PET. YOUR RESPONSIBILITY.





# We Need YOU!

Bingo and Casino events provide 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:

- May 1st Fort Road am/pm
- May 20th 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. WE CAN'T DO IT WITHOUT YOU!



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## Evergreen Seniors Group News

Every Wednesday at the Seniors Centre

May 2	Meeting and Bingo
May 9	Supper @ JB's (bingo at Seniors Centre to follow)
May 16	Bingo
May 23	Crib
May 30	Bingo

The Seniors would like to thank everyone for coming to their bake sale in March. The lucky winners of the grocery hampers were:

1. Diana Goodwin
2. Marjorie Evanchiew
3. Florence Jorgenson

Winners of the Crafters' Raffle were:

1. Denis
2. Ralph
3. Jenna

Edmonton Evergreen Community Association heavily supports our Seniors Centre every month, so please don't forget to plan on attending the EECA Annual General Meeting on Monday, May 28th at the hall (7 pm).

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# The Quarry Pub and Grill

formerly Happy Pizza

## May features:

Mother's day brunch Sunday, May 13th from 10am-2pm, all ages welcome, featuring: prime rib, salad bar, egg station, desserts, and much more!

Tickets are to be purchased in advance, reservations required. Three seatings at 10am, noon, and 1:30pm. Pricing as follows: ages 10-14 \$15.95 and ages 15 and older \$19.95.

## Fridays at the Quarry:

- May 4-live music, blue plate special
- May 11-come try your voice at karaoke
- May 18-live entertainment
- May 25-join us again for karaoke

Join us Saturdays and Sundays at 9am for the best breakfast in town!!!

For more information call us at

# 780-478-1111



## Evergreen Classifieds



To have your ad appear here, call Alice 780-473-3535 before March 20th or email tafey@shaw.ca 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 Park and is mailed to a number of people outside of Evergreen too.

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4 ltr automatic, only 18,000 km  
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3480 ask for Howard

### Seniors

Do you need your grass cut and trimmed?  
If so, call Dave @

**780-686-0507**

REASONABLE RATES



## 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.

### Berry Crepes for YOUR mom on Mother's Day!



2 egg whites  
2/3 Cups milk  
2 tsp canola oil  
1/2 C of flour

1/4 tsp salt  
1/4 Cup of reduced sugar orange  
marmalade  
1 Cup of unsweetened blueberries,  
strawberries or raspberries  
Splenda, equivalent to 8 tsp of  
sugar  
1/2 Cup sour cream  
1/8 tsp of cinnamon

Place the egg whites, milk and oil in a bowl and whisk until well blended. In a separate bowl combine the flour and salt. Add the flour mixture to the egg white mixture and blend it in well. Place the marmalade into a saucepan. Stirring constantly, cook the marmalade over low heat until completely melted. Remove from the heat and stir in the blueberries and Splenda.

Mix the sour cream and cinnamon together, set aside. Coat a small skillet with cooking spray. Place the skillet over low heat and add 2 tbsp of the batter. Lift the pan to evenly coat the bottom with the batter. Cook until the top is dry and the bottom is lightly browned. Remove the crepe to a wire rack to cool and continue cooking the batter until all the batter is used. Preheat the oven to 375 degrees.

Spread each of the crepes with 1 tbsp of the sour cream mixture. Roll each crepe up over the mixture and place in a baking dish. Spoon the berries over the top of each crepe. Bake 15 minutes. Makes 4 servings



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[www.eeca.ca](http://www.eeca.ca)



The  
Association For  
Evergreen Youth

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<http://www.facebook.com/EvergreenCommunity>

AND

<http://www.facebook.com/tafey1996>

38 Evergreen Park NW  
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Phone: 780-413-8248  
Fax: 780-472-9506  
Email: tafey@shaw.ca

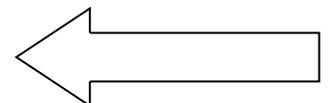
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- Business Card Size \$15
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- Full Page \$100

(All sizes approximate.)



Our hall is available to rent. Call 780-473-6962 for details.



# May 2012

Edmonton Evergreen  
Community Association  
Programs and Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b> Seniors Crafts Youth Karate	<b>2</b> Tots Seniors Meeting/ Bingo	<b>3</b> Seniors Crafts	<b>4</b>	<b>5 <u>HUGE</u></b> TOTS Tea & Silent Auction 
<b>6</b> Youth Karate	<b>7</b> 	<b>8</b> Seniors Crafts Youth Karate	<b>9</b> Tots Seniors JB's 6/Bingo	<b>10</b> Seniors Crafts	<b>11</b>	<b>12</b>
<b>13</b> Youth Karate	<b>14</b> 	<b>15</b> Seniors Crafts Youth Karate	<b>16</b> Tots Seniors Bingo	<b>17</b> Scrabble Tourney Seniors Crafts	<b>18</b>	<b>19</b>
<b>20</b> Youth Karate	<b>21</b> Garden Club 	<b>22</b>  Seniors Crafts Youth Karate	<b>23</b> Tots Seniors Crib	<b>24</b> Seniors Crafts	<b>25</b>	<b>26</b>
<b>27</b> Youth Karate	<b>28</b> <b>EECA                      AGM</b>	<b>29</b>  Seniors Crafts Youth Karate	<b>30</b> Tots Seniors Bingo	<b>31</b> Seniors Crafts	All programs subject to change. Call Program Director, Natalie @ 780-249-8071 for program updates.	