

# April 2014

# Evergreen News

**Happy  
Easter**



## The Evergreen Garden Club

*invites you to our*

## Annual Open House

Saturday, April 26<sup>th</sup>

11am – 3pm

in our  
Community Hall



### CUT ME OUT!

This coupon gives  
the bearer one (1)  
free indoor plant  
or tomato seedling  
at our Open House.

**Raffle tickets!**  
**\$1 each or 3 for \$2**  
**Top prize is a Kuhlmann's**  
**container worth \$100!**  
**3 great prizes to win!**



Meet Garden Club  
members and find out  
what we do at our  
meetings!

### Other things to do:

- free coffee, tea and donuts
- enter to win our door prize
- look at our history in pictures
- relax on our "indoor patio"
- ask questions about the Club  
or the plants in your yard!



*EECA Board  
Of  
Directors  
2013—2014*

**Executive Committee:**

President - Troy Girard

Vice President - Cori Ramsay

Treasurer - Al Innes

Secretary - Ann Friesen



On behalf of Evergreen  
Community Association Board  
members

““HAPPY EASTER!!””



**Board Directors:**

Civics Director - Sheri Karpinski

Facilities Director - James Paull

Fund Development Director - Faith  
Patey

Membership Director - Mary Avison

Program Director - Natalie Haywood

Sports Director - Vacant

Senior Liaison - Howard Carroll

Youth Liaison - Alice Hobbins

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## **Edmonton Evergreen Community Association Memberships**

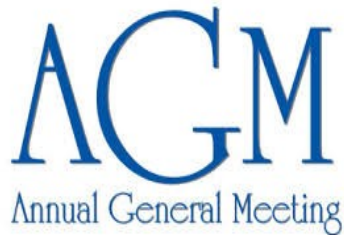
- Family (one household) \$20
- Seniors \$10
- Single Family \$15
- Single Adult \$10

Call Mary at 780-406—5710

•



Deadline for the May newsletter issue is  
April 20th , so that it may be out by the  
1st May 2014.



**The Annual General Meeting of Evergreen Community Association is scheduled to take place on Monday, May 24th at the Community Hall at 7 pm. All members are encouraged to come out and attend.**



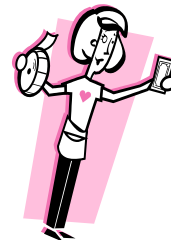
# Evergreen Seniors Annual Bake Sale & Raffle



**Saturday, April 12th**

**At**

**Evergreen Community  
Hall**



**Come win a Gift  
Basket!  
Raffle Tickets 3  
for \$1.00**

**Doors Open At 10 AM**

**(Come get some,  
while supplies last)**



# Edmonton Evergreen Community Benefits of Membership:



Your EECA membership allows you to attend the free Community



## Evergreen TOTS

Wednesdays @ 10 am



## Evergreen Darts

Every Wednesday at 7 pm

## Evergreen Crib

Every Thursday night at 7 pm



Please remember that you must have a Community membership to join these programs



## Seniors Programs at Senior Centre

Wednesday night Bingo's and Crib



Coffee mornings get together on Weekdays and a friendly game of pool

10:00 am to noon

## Evergreen Garden Club



Every 3rd Monday of the month @ 6:30 pm



31 Evergreen Park NW  
Edmonton, AB T5Y 4M2

Phone: 780-473-6962

Fax: 780-472-1506

Email: eeeca@shaw.ca

To advertise in Evergreen News please email eeeca@shaw.ca by the 20th of each month .

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

(All sizes approximate.)

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

"Like" us on Facebook at

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

AND

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



The Association For  
Evergreen Youth

38 Evergreen Park NW  
Edmonton, AB T5Y 4M2

Phone: 780-413-8248

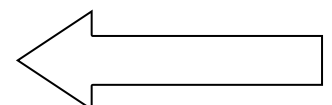
Fax: 780-472-9506

Email: tafey@shaw.ca



Our hall is available to rent.

Call 780-473-6962 for details.





## Garden Club News for April

Greetings fellow gardeners! Finally, spring is around the corner. Gardeners all around Evergreen are raking, cutting, and digging and eagerly awaiting the first crocus, tulip or daffodil to emerge from the ground.

Remember not to plant any annual flowers or seeds until well after the last frost. Here in Edmonton, the general rule of thumb is to wait until after the May Long Weekend to plant things outside. Sometimes the last frost is much earlier than that, but eager gardeners planting sooner than that do so at their own risk!

This does not mean you cannot have seedlings started in your windowsills and greenhouses though. As long as the temperature in your

greenhouse stays above 1'C almost anything will do well in that sheltered environment. Consider purchasing a small electric heater to turn on in the evening to keep the plants from freezing.

Our March meeting was a craft night where members made hanging planters from mason jars, steel banding, and decorative backboards. Trips to the Muttart Conservatory and St. Albert Botanical Gardens are in the works for the summer and fall of 2014. Stay tuned for more details!

Our April meeting will be April 21<sup>st</sup> at 6:30 pm at the hall.

Members will be planning our annual **Open House** as well as listening to a speaker on composting.

If you're interested in

using your organic scraps to feed your garden, maybe this is the meeting for you!

Call Mary at 780-406-5710 for more details on joining our friendly group.

Please check the front page for our ad about our annual Open House which is on Saturday, April 26<sup>th</sup>, where you can find out about our Club, how to join, and just how friendly our members really are.

**JOIN THE CLUB, MEET NEW FRIENDS, SHARE A FEW LAUGHS...AND GO HOME FEELING GOOD.**



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**Call 780-929-2422**



# Evergreen Seniors News For April



Hi! Well finally the weather is like Spring. The roads are clear and the snow is going.

Because of the Bake Sale on April 12th and were asking for lots of baking. We were going to do a Potluck , but I (Agnes) didn't want to ask you to cook for that after doing a lot of baking for the sale. So Denis is going to do his delicious omlette breakfast on the 5th of April and we are asking the Evergreen Community Board members to join us. This is to thank them for making it possible to have our hall renovated. It is just beautiful and we are enjoying it.

**Mark your calendars for the Bake Sale on April 12th!!**



## Calendar for April:

2nd April	Meeting & Bingo	7 pm
5th April	Omelette Breakfast at	
	10 am	
9th April	Bingo	7 pm
12th April	Senior Bake Sale	
16th April	Bingo	7 pm
23rd April	Crib	7 pm
30th April	Bingo	7 pm

**COME OUT SENIORS AND JOIN  
US FOR SOME FUN ON  
WEDNESDAY NIGHTS!!!**



## Quilters and Crafter's

Anyone interested in crafting on Thursdays please join us at the Seniors Centre

If possible let them know you will be coming,. Supplies are free.

Contact:

Verna 780-476-4675

Reta 780-472-9565

You can leave messages.

**TUESDAY & THURSDAY  
AFTERNOONS AT 1 PM  
TIL 4 PM**



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[www.beverlybye.scentsy.ca](http://www.beverlybye.scentsy.ca)

(Please note that you must type the whole address in order to get to my website including the <http://www.>)

**b.bye@shaw.ca**





# Evergreen Youth Express



Thanks to everyone who attended our wrap up on March 6th. All these EG clowns earned their noses that day! TADA!!



The Association For Evergreen Youth

## April 2014

### EG Yoga 4 Kids

(a component of E6 After school)

**Tuesdays** Come to the Youth Centre right off the bus for a light snack, then off to the hall to join Miss Judy. Ages 5—11 welcome **Yoga 4 Kids** balances quiet and active poses with game playing, singing, storytelling, drawing, simple breath meditations and rest. Children can easily follow the instructions by learning the names of different body parts, their locations and function. As children learn the names of the postures and movements they develop a yoga vocabulary. They can use their yoga poses to play games, take on the qualities of different animals or use their imaginations to make up stories.



#### Our Programs This Month:

- ⊗ E6 After School Monday/Wednesday/Friday
- ⊗ Yoga 4 Kids Tuesday (EECA Hall)
- ⊗ Girl Zone Wednesday
- ⊗ Zumba Kids Thursday (at the EECA Hall in the strip mall)
- ⊗ Boy Zone Thursday
- ⊗ Gentlemen of E6 Saturday
- ⊗ Karate Tuesday/Sunday (at the EECA hall in the strip mall)

### EG Zumba Kids

(a component of E6 After school)

**Thursdays** after school. **Snack at the Youth Centre then we'll head to the EECA hall by the store (where Karate is held) right off the bus. Exciting activities Ages 5—11 welcome**





The Zumba Kids program is the ultimate dance-fitness party for young Zumba fans ages 5-11, where they can play it loud and rock with friends to their own rules! This program features age-appropriate music and moves that get kids movin' to the beat. It's all about feeling fearless on the dance floor, reinforcing the idea that it's okay to just be yourself and dance like no one's watching!

TAFEY thanks EECA for generously sharing it's space to allow Evergreen Youth programs to prosper and to serve the largest number of children/youth possible.

38 Evergreen Park NW  
Edmonton, AB T5Y 4M2

Phone: 780-413-8248

# April 2014 ...at Evergreen Youth Centre

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Spring Break 10 a.m.–6 p.m. Movie Day	2 Spring Break 10 a.m.–6 p.m.	3 Spring Break 10 a.m.–6 p.m. Swim Day	4 Spring Break 10 a.m.–6 p.m.	5 Gentlemen of Evergreen 3–10 p.m.
6 Karate Belt Test 2 p.m. Crane/Tiger 3 p.m. Dragon 4 p.m.	7 EG After School 3:30–6 p.m.	8 Yoga 4 Kids 3:30–5:30 p.m. Karate 6:30 p.m.	9 EG After School 3:30–6 p.m. Girl Zone 6–8 p.m.	10 Zumba 4 Kids 2:30–5 p.m. Boy Zone 5:30 p.m.	11 EG After School 3:30–6 p.m.	12 Gentlemen of Evergreen 3–10 p.m.
13 Karate Crane/Tiger 3 p.m. Dragon 4 p.m.	14 EG After School 3:30–6 p.m.	15 Yoga 4 Kids 3:30–5:30 p.m. Karate 6:30 p.m.	16 EG After School 3:30–6 p.m. Girl Zone 6–8 p.m.	17 Zumba 4 Kids 2:30–5 p.m. Boy Zone 5:30 p.m.	18 Good Friday 	19 No Program Easter Weekend 
20 No Program Easter Weekend 	21 No Program Easter Monday 	22 Yoga 4 Kids 3:30–5:30 p.m. Karate 6:30 p.m.	23 EG After School 3:30–6 p.m. Girl Zone 6–8 p.m.	24 Zumba 4 Kids 2:30–5 p.m. Boy Zone 5:30 p.m.	25 EG After School 3:30–6 p.m.	26 Gentlemen of Evergreen 3–10 p.m.
27 Karate Crane/Tiger 3 p.m. Dragon 4 p.m.	28 EG After School 3:30–6 p.m.	29 Yoga 4 Kids 3:30–5:30 p.m. Karate 6:30 p.m.	30 EG After School 3:30–6 p.m. Girl Zone 6–8 p.m.	Subject to change. Call 780-413-8248 or check our facebook page <a href="https://www.facebook.com/evergreenyouth">https://www.facebook.com/evergreenyouth</a> for updates. In some cases, spaces may be limited. Get forms at the Youth Centre and return them to ensure a space.		



## Benefits Of Karate

Everything we do in our lives reflects its consequences in the form of decisions and actions that we take. Learning the art of Karate helps lead life in the right direction. Although people of all ages can benefit from karate, children seem to get the most advantages of learning this art.

1. **Improves focus and discipline:** The execution of karate requires mental focus and concentration. These moves trickle down into everyday life and in the long run improve listening abilities, study habits, school performance, and ability to obey and follow directions.
2. **Improves decision making:** Kids have impulsive natures and often make decisions based on emotions. With the learning of the disciplined and controlled teachings of karate kids learn to make appropriate and correct choices all through their lives.
3. **Helps to achieve goals:** Kids who have better focus and concentration set goals for life and work hard to fulfill their dreams and achieve their targets in life.
4. **Helps challenged children:** The practice of karate helps to improve concentration in kids suffering from attention disorders.
5. **Karate teaches self-protection:** There might be a time when a child has to defend and protect himself from physical harm by someone. It is important to train the child for such situations in advance so that they are able to protect themselves and escape safely.
6. **Helps to reduce weight:** The exercises and movements in karate make use of every part of the body. . It also enhances your heart rate.
7. **Helps to relieve stress:** Karate is a good means to get rid of stress in a few minutes time.

Dojo Arts Evergreen Karate offers endless benefits to its students. Discipline itself brings many new benefits and strengthens the old ones. Karate teaches many new mental skills that should practiced to achieve success in life. So take some time out to learn this wonderful art.

Classes available for students of all ages from 6 to 106! Call 780-413-8248 to find out more about this wonderful, low cost program offered right here in Evergreen!

Physical Benefits include:

- Improved reflexes and coordination
- Increased performance in all physical activities
- Increased strength and stamina
- Increased flexibility and weight control for better overall fitness
- Cardiovascular workouts (heart and lungs)
- Improved balance
- Ability to defend yourself

Mental Benefits include:

- Improved concentration for better work and study habits
- Stress reduction and the ability to relax
- Confidence in knowing you can defend yourself and your family • Confidence in knowing how to deal with bullies and other confrontations
- A positive attitude toward life through self-confidence, self-discipline and a healthy lifestyle
- Self-esteem and improved outlook on life
- Respect for yourself and those around you
- Motivation and an 'I Can Do It' attitude
- Friendship and comradery



Tafey supports a Play Safe/Physical Literacy concept. Physical activity is part of every day during EG After School including Zumba, Yoga, and Karate.





Emergency  
Medical  
Services

# Bicycle Helmet Safety



Head injuries are a leading cause of serious injury and death to children on bicycles\*. Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist, or pedestrian. Remember – it's 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.

\*Parachute Canada

<http://www.parachutecanada.org/injury-topics/item/wheeled-activities1>

## 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

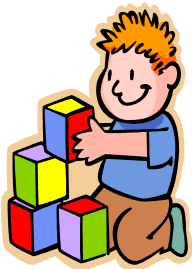
**When?** Every Wednesday morning, 10am-noon

**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 "like" our facebook page:  
"Edmonton Evergreen Community Assoc TOTS"



\*TOTS asks that you purchase a \$20 annual Evergreen Community Association membership to thank them for donating their space and their money to our program.

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



## 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, we need you!! Call 780-473-6962 to volunteer to help.

**Kensington Bingo - April 12th**

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

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







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



## Courtesy Furnace Service Check Reminder.



Winter is here and we expect our furnaces to be reliable and keep us warm 24/7, but like all equipment it can have those unexpected breakdowns.

You can help the performance of your furnace by having a *Furnace Service Check*.

This can help find those signs of problems and correct them before they cause a breakdown on the coldest days when we need our furnace the most.

Our *Furnace Service Check* we will inspect the operation and conditions of the following:

Furnace ignition system (IP,DI and HSI)

- Thermocouple/Thermopile systems
- Main and pilot burners
- Vent connector and chimney system
- System gas pressures
- Safety controls
- Air delivery components (Motor, belts, mounting and capacitor)
- Inspect your heat exchanger for cracks or holes
- Thermostat
- Mechanical make up and Combustion air ventilation
- 

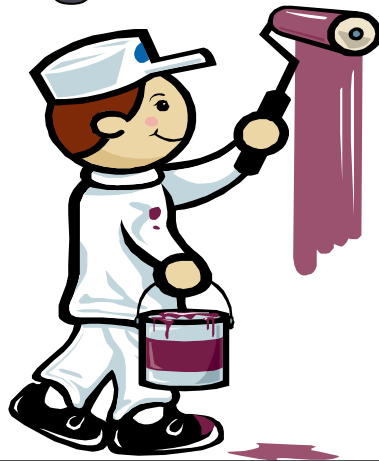
If you would like to book in a *Furnace Service Check* please reply back to this email or give us a call with your preferred date and time. We are now booking into December, but have some November dates still open.





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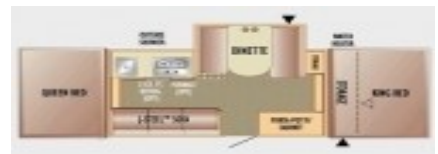


## Evergreen Classifieds

To have your ad appear here, email to [ann.friesen55@gmail.com](mailto:ann.friesen55@gmail.com) before 20th of each month. This space is set aside for residents of Evergreen to advertise their 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.



Jayco Tent trailer for sale, has stabilizer jacks, two queen beds, heating pads, slide out dining area (makes into double bed) and a single couch (makes into bed). Has indoor/outdoor stove, sink, 2 portable fans, stereo system and refrigerator. Has be well maintained and loved. Hate to see it go but out family has out grown it. Call Tony for viewing at 780-756-7694



EECA is proud to  
announce our latest program:

## **BULK COUPONING**



Led by Shauna Ginther, this group this group will delve into the world of Bulk Couponing and Price Matching. If you'd like to save a lot of money and get a lot of coupons, check out our first official program night on Sunday, April 13 at 6:30 at the Community Hall.



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## *Tax Time Is Here!*

Deadline For Tax Returns To Be Completed & Mailed

Is the 30th April 2014!

Need Help With Your Individual Or Small Business Taxes

To Be Prepared (No Corporations)

Reasonable Rates!

Call Linda at

780-474-8211

Please Leave a

Msg—Thanks!



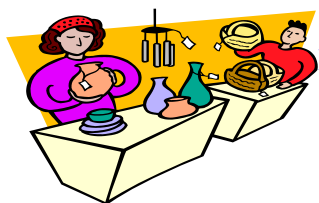
**We also walk dogs from 12:30pm—2:00pm daily**

### Shop Hours

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

To book an appointment call  
780-406-7797  
Or text: 587-710-8071





## Evergreen Community Association Upcoming Events For 2014



Look for these up coming events in the near future!

Event		Date
Seniors Bake Sale	Saturday	12th April 2014
Garden Club Open House	Saturday	26th April 2014
Volunteer Appreciation	Sunday	27th April 2014
Spring Fling	Saturday	24 May 2014
AGM	Monday	26 May 2014
Fiesta Fundraiser Night	Saturday	14 June 2014
Canada Day	Tuesday	1st July 2014
Garage Sale	Saturday	9 August 2014
Bottle Drive	Saturday	6 September 2014
Block Party	Saturday	20 September 2014
Fall Fair	Saturday	25 October 2014
Silent Auction		TBA
Family Christmas Party	Saturday	6 December 2014
New Years Eve	Wednesday	31 December 2014

**Recognition Corner**



Evergreen Skating Rink Staff—Thank you for keeping our skate shack and rink operational over a very sketchy winter season! We enjoyed and appreciated seeing you, when the weather cooperated! **Job well done!!**

Bingo Volunteers—Thank you for supporting our both Kensington and Fort Road Bingo for the month of March. We really appreciated those that came out and volunteered to help us! Job well done to all.





Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 TOTS Snrs Meeting & Bingo—7 pm  DARTS	3  Crib	4  	5  ACT Swim 2 - 4 pm  Seniors Omelette Breakfast 10 am
6  EECA Board Mtg  Londonderry Swim 2-4	7	8  Quilters & Crafters 1-4 pm	9 TOTS  Snrs Dinner & Bingo—7 pm  DARTS	10  Quilters & Crafters 1-4 pm  Crib	11  	12 Senior Bake Sale   ACT Swim 2 - 4 pm
13  Londonderry Swim 2-4	14	15  Quilters & Crafters 1-4 pm	16 TOTS  Seniors Bingo —7pm  DARTS	17 Quilters & Crafters 1-4 pm  Crib	18  Good Friday  	19  ACT Swim 2 - 4 pm
20  Londonderry Swim 2-4  	21   Garden Club	22  Quilters & Crafters 1-4 pm	23 TOTS  Seniors Crib 7pm  DARTS	24  Quilters & Crafters 1-4 pm	25  	26   Garden Club Open House  ACT Swim 2 - 4 pm
27 Londonderry Swim 2-4  Volunteer Appreciation at Century Casino	28	29  Quilters & Crafters 1-4 pm	30 TOTS  Seniors Bingo —7pm  DARTS			