



**February 2015**

# **Evergreen News**

## **Evergreen Winter Carnival**



Sunday, February 15th

Noon - 4 p.m.

(or while supplies last)

**Featuring:**

- **FREE Skating/  
Hot Chocolate**
- **Hot Dogs \$2/Each**
- **Hay Rides**
- **Family Fun**

Starts at Evergreen Youth Centre  
(north end of Rental office building)

## **Family Fun Day**

In honour of Family Day



The Association for  
Evergreen Youth

Call 780-413-8248



# FEBRUARY 2015



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**FACT:** Country Hills Homes SOLD over 35% of all homes sold in the Evergreen Community in 2014!

**FACT:** WE are your local expert for new and pre-owned modular home sales!

**FACT:** WE operate in the Community by having a Community Sales Office, with an On-Site Sales Associate in the office 6 days a week!

**FACT:** WE can list your home on the MLS to get you maximum exposure on your listing!

**FACT:** WE offer FREE Market evaluations!

### Did You Know...

that Country Hills Homes pays **YOU** for referrals?? That's right! When you bring in a friend or family member, and they purchase a home through us, we'll **PAY YOU** up to **\$500!!!** Come into our office for more details.

**Call the Country Hills Homes Sales Office  
or stop by for more information on listing  
your home with Us!!!**

**780-472-0082  
724 Evergreen Park NW**

**[sbanks@parkbridge.com](mailto:sbanks@parkbridge.com)**

### Why do People Come to Us? We Know Your Community!



# Garden Club News

Greetings fellow gardeners!

The shortest days of the year are behind us as we enter the shortest month. Why not start spring early? Buying some plants in bloom from a greenhouse can be cheaper than cut flowers and last a lot longer. When it's cold and windy, drop into your local greenhouse for a break. Smell the flowers and take some home. If you aren't much of a green thumb, throw the whole thing out when it starts to wilt. Nobody says you have to keep it alive!

Our Garden Club elections revealed that our Vice President and Treasurer are doing a great job as they were voted back into office unanimously. Our 2015 Evergreen Garden

Club executive is:

Shirley Van Doorn - President

Mary Avison - Vice President

Josanne Thiessen - Treasurer

Sherry Mierau - Secretary

Mary deJong-Coulombe - Special Events Coordinator

We are looking forward to another great year!

Did you know we have been active in the park for over a decade? Join the group and see why people keep coming back. Call Mary at [780-406-5710](tel:780-406-5710) for more information, or simply come to our next gathering!

On February 16th we will be meeting at 6:30 in the Community Hall for our annual seed and indoor plant exchange. Tired of that spider plant? Someone else is probably wishing they had one! Bring your seeds to share and be ready for some expert seed-starting tips. If you don't have any seeds or plants, we welcome you to join us anyway as there is always plenty to go around. See you there!



**Emergency  
Medical  
Services**

## February Is Heart Month



Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing can make the difference between life and death.

Recognizing and responding immediately to the warning signs of a potential heart attack can significantly improve survival and recovery. **February is Heart Month** - take the time to be heart safe and learn how you can reduce your risk.

### Know the signs of a heart attack

(Any or all of these signs & symptoms may occur)

- Chest pain described as crushing, squeezing, pressure or chest heaviness;
- Pain that moves beyond the chest such as shoulder, arm, neck or jaw pain;
- Shortness of breath, sweating or nausea and vomiting.

### Reduce your risk

Heart attack risk factors include:

- Obesity
- Sedentary lifestyle
- Smoking
- High cholesterol
- Age / Gender
- Family history

Speak with your doctor about how to treat your modifiable risk factors and learn to be heart safe.

### What to do when seconds count

- Call 9-1-1 immediately. Early treatment can greatly reduce heart damage and make the difference of life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous and perform an electrocardiogram (ECG).
- Paramedics can also administer important medications in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will also share information with the hospital so definitive treatment can begin immediately on arrival.
- Take a CPR/AED (automated external defibrillator) course. Training is widely available from many reputable organizations. It's easy, inexpensive, and only takes a few hours.



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**Dustin Kevend**  
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 2  
 1

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 email [secretary@eeca.ca](mailto:secretary@eeca.ca)  
 by the 20th of each month.

- Business Card Size \$15
- 1/4 page \$25
- 1/2 page \$50
- 3/4 page \$75
- Full Page \$100

- Prices subject to change -  
 - Prices listed are for B&W  
 ad's Only -



## *Tax Time Is Here!*

Deadline for tax returns to be

completed & mailed is the 30th April 2015!

We help with your individual or small business taxes to be  
 prepared (No corporations) Reasonable Rates!

Call Linda at 780-474-8211 - Please leave a message



The Edmonton Manning Returning Officer's Office is slowly taking shape! They are still looking for qualified candidates to fill the following positions for the 2015 Federal Elections.

1. Revision Supervisor (evenings and weekends shift)
2. Training Officers
3. Community Relations Officer - Accessibility
4. Community Relations Officer - Youth

Please forward your résumé or summary of related experience to [benedicta.pui@elections.ca](mailto:benedicta.pui@elections.ca) as soon as possible for consideration.

**We're on the web!**  
**[www.eeca.ca](http://www.eeca.ca)**

# ***Evergreen Seniors News***

February is pot luck supper month.

In January, we had an omelette breakfast. Great as always Denis. I met Mary Shapinsky who was a long time member. She said to say Hi to you all. We said goodbye to Don Rempel who passed away after a long illness. We are so sorry shorty.

The Quilters want you to know they have baby and children's handmade quilts for sale, so if you know if there is going to be a birth in the family, have a look at these beautiful quilts. Phone Verna : 780-476-4675 or Reta: 780-472-9565

The Seniors are selling raffle tickets for Easter baskets. There are 3 chances to win one of these large baskets. Don't miss out. Come to the Seniors Bake Sale on March 28, 2015.



**Coffee & Pool every morning  
9 a.m. to Noon**

**Seniors Craft & Quilt  
Thursday's 1 - 4 pm**

## **Seniors Calendar**

Feb 4	Meeting Bingo follows the meeting	7 pm
Feb 11	Pot Luck Supper Bingo	6 pm 7 pm
Feb 18	Bingo	7 pm
Feb 25	Senior's Crib	7 pm





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

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

### Shop Hours

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

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# Evergreen Youth Express

## EG After School



Every weekday, right after school, elementary school aged boys and girls are welcome to come to the Youth Centre for a snack

and some fun activities planned just for you!

Shreya and Larissa are on hand Monday, Wednesday and Friday

with a variety of things to do and a generous helping of free time too!

Alice will meet you on Tuesday for snack

then come with you to the main hall (by the store) for Yoga.

Thursdays are set aside right now for the City of Edmonton's Learn to Skate program. All ages are welcome for this new drop in version.

Snack is still provided by the Youth Centre and ice time depends on the weather. We haven't managed any yet, but we're hopeful!

The Association for  
Evergreen Youth

February  
2015

Special points of interest:

- TAFEY partners with Boys & Girls Clubs for our Mon/Wed/Fri EG After School Program
- Our Karate program is completely volunteer led.

## Dojo Arts Evergreen Mid Winter Special

Sign up NOW and get February and March classes AND a gi for \$100. Karate OR Kobudo.

Mini Dragon (ages 4 & 5): \$90. Classes will be Tuesdays or Sundays (depending on what works best for most minis signing up).





# FEBRUARY 2015

...at EG Youth Centre

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Karate	2 EG After School	3 EG After School Karate	4 EG After School Girl Zone	5 EG After School Boy Zone	6 EG After School	7 Gentlemen of Evergreen
8 Karate	9 EG After School	10 EG After School Karate	11 EG After School Girl Zone	12 EG After School	13 EG After School	14 Gentlemen of Evergreen
15 Family Fun Day	16 FAMILY DAY NO PROGRAMS	17 EG After School Karate	18 EG After School	19 EG After School Boy Zone	20 EG After School	21 Gentlemen of Evergreen
22 Karate Tournament	23 EG After School	24 EG After School Karate	25 EG After School Girl Zone	26 EG After School	27 EG After School	28 Gentlemen of Evergreen

Subject to change. Call 780-413-8248 for updates. Like our page on Facebook. Changes will always be posted there. <https://www.facebook.com/evergreenyouth>



# Hello, hello everyone!

Greetings from the Gentlemen of Evergreen. I hope everyone enjoyed the month of January, because our month was absolutely jam-packed!

On the 10th we had our third Asian-themed cooking day, we cooked wonton soup, ginger beef, rice and deep fried wontons. It's difficult to believe but we actually made enough food to fill 12 teenage boys— and that's quite a feat nowadays.

**January 24th** we headed to Whyte Ave to check out Ice on Whyte, a wicked winter festival

with skating, incredible ice sculptures and hot chocolate.

**Jan 31st** was our third annual U12 Nerf Tournament, which is always a good time and a success. It's function is twofold: to incorporate some of the younger kids in the community into the fun we have and also to show some of the 10 and 11 year old boys what they can expect when they are able to come out.

We're always encouraging new young men aged 12-17 to come out on **Saturday**, so if you have



any sons or nephews in that age range, make sure you politely remove the xbox controller from their hand, give them a gentle kick in the behind and tell them to get to the youth centre!

Thanks for reading and make sure to have a look at our website if you get a chance!

[facebook.com/gentlemenofevergreen](https://facebook.com/gentlemenofevergreen)



## Yoga 4 Kids

EG After School presents Miss Judy and Kundalini Yoga for kids every Tuesday in February. Meet at the Youth Centre right after school for your snack then make your way to the main hall (in the strip mall by the store) for YOGA.

Class runs 3:45 until 5 p.m. There will be no other Youth Centre programs during Yoga so please consider participating. All are welcome, but if you attend you



**MUST** participate and can not disrupt the group. Thanks.

## Selling: Oil King Tickets \$18

The NEGC Northern Lights is a team based out of the North Edmonton Gymnastics Club that is a non-competitive gymnastics group that showcases the talent and skills of its participants in routines consisting of stunting, pyramids and tumbling. The Northern Lights has been given the opportunity to attend the 15<sup>th</sup> Annual World Gymnaestrada in Helsinki, Finland (July 2015). This is a fantastic opportunity for our members and we are working to send 25 of our athletes (ages ranging from 9-40) to this event. As there are costs involved, the NEGC Northern Lights have been holding various fundraisers to fund the trip. We are selling tickets to any Oil Kings game for **\$18/ticket** and we would be very grateful for any ticket purchases (these tickets go for **\$28** at the box office), we are also selling ticket vouchers that can be redeemed for tickets any home Oil Kings game this season. We are scheduled to do the 50/50 at the Oil Kings game on January 16 2014. Hope to see you there!!



For tickets please call or email Laura  
(Co-Coach)  
P: 780.222.5722  
E: [lascott@ualberta.ca](mailto:lascott@ualberta.ca)

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## Free Drop-In Learn to Skate Program

Evergreen Skating Rink  
724 Evergreen

**For participants of all ages! Children 5 and under require a parent or guardian to attend.**

Fun and basic skill are the focus of this **free drop-in** skating program. Participants will be exposed to various skating skills while participating in stations and games. Children will learn basic skating skills at their own pace. The program will be adapted to the age and skill level of the participants dropping into the program.

**Thursdays January 15 – February 19**

**Time: 2:45 pm – 5:30 pm**

**Families and all ages**

**Participants can stay for the full time or drop in for a short while!**

**\*The program will cancel at -20 degrees Celsius with the wind-chill**

**\*Participants must have their own skates. A CSA approved helmet is mandatory for participation\***

**EECA has some skates and helmets at the skate shack to borrow but bring your own if you have them.**

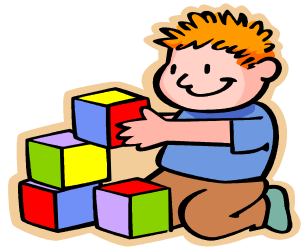


## T.O.T.S.

Needs a new Team Leader!

Are you interested in opening and closing the hall, creating programming and event plans and working with other parents for a fun time for children 6 months to 5 years of age? The EECA Board needs someone responsible like you!

**Contact Troy @ [president@eeca.ca](mailto:president@eeca.ca) to if interested!**



## Evergreen Community Skating Rink

- \$2.00 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 you membership has paid itself.
- Some skates and helmets are available to borrow. First come, first served!
- Helmet is required for all skaters under 17 years of age.
- Rink is closed when temperature (with or without windchill) reaches minus 20 degrees, when it is too warm and the ice is too soft or when there is too much snow!
- Concession open during official rink hours of operation
- Using the rink when the concession is closed is at your own risk and liability.



### Hours of Operation

Sunday 12:00 p.m. - 9:00 p.m.  
Monday 4:30 p.m. - 9:00 p.m.  
Tuesday 4:30 p.m. - 9:00 p.m.  
Wednesday 4:30 p.m. - 9:00 p.m.  
Thursday 4:30 p.m. - 9:00 p.m.  
Friday 4:30 p.m. - 9:00 p.m.  
Saturday 12:00 p.m. - 9:00 p.m.  
Holidays 12:00 p.m. - 9:00 p.m.



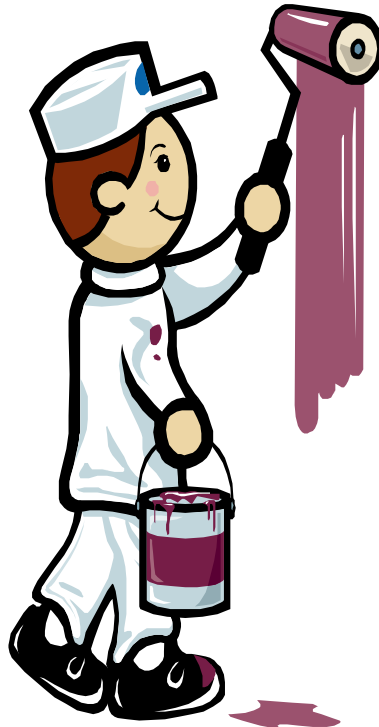
**Check on Facebook at**

**<http://www.facebook.com/EvergreenCommunity> for rink updates!**



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Fax: 780-472-1506  
Email: [info@eeca.ca](mailto:info@eeca.ca)  
Website: [www.eeca.ca](http://www.eeca.ca)



## **WE NEED YOU!!!**

Bingo and Casino events provide the funds to allow Evergreen Community Association 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!!

### **BINGO HELP NEEDED**

Saturday February 14, 2015 - PM/EVE - Kensington  
Tuesday February 24, 2015 - EVE - Fort Road

**Contact Troy: [president@eeca.ca](mailto:president@eeca.ca)  
or 780-935-9611 to help**

## **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](mailto:memberships@eeca.ca)



Our hall is available to rent. Call 780-473-6962 or visit [www.eeca.ca](http://www.eeca.ca) for details.





**"Like" us on Facebook at  
<http://www.facebook.com/EvergreenCommunity>**



**Deadline for the ad's for the March issue is February 20th.**

# February 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>The Skate Rink is open when the weather is usually between 0 and -20. If it is constantly above 0 degrees and mild overnight, we cannot open due to the softness of the ice. If the weather is below -20, it becomes too cold for the children to enjoy. When you use the ice while the rink is closed, you do so at your own risk. Please be considerate with the work our staff and volunteers do to keep the ice in tact. This year we have had some unfortunate incidents on the ice while the rink is closed that has damaged the ice for our kids. If you see suspicious activity such as vehicles on the ice, please call and leave a message or call the police complaint line.</p> <p>Please visit our facebook page for rink updates at <a href="http://www.facebook.com/EvergreenCommunity">www.facebook.com/EvergreenCommunity</a></p>						
<b>1</b> EECA Board Meeting 7:00pm	<b>2</b>	<b>3</b>	<b>4</b> Darts 7 pm  Seniors Bingo 7pm	<b>5</b> Seniors Quilters & Crafters 1pm  EECA Crib 7 pm	<b>6</b> 	<b>7</b>
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b> Darts 7 pm  Seniors Pot Luck Supper 6pm Bingo 7pm	<b>12</b> Seniors Quilters & Crafters 1pm  EECA Crib 7 pm	<b>13</b> 	<b>14</b> <i>Happy Valentine's Day</i>
<b>15</b> Family Day at the Youth Centre	<b>16</b> Garden Club 6:30pm 	<b>17</b>	<b>18</b> Darts 7 pm  Seniors Bingo 7pm	<b>19</b> Seniors Quilters & Crafters 1pm  EECA Crib 7 pm	<b>20</b> 	<b>21</b>
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b> Darts 7 pm  Seniors Crib 7pm	<b>26</b> Seniors Quilters & Crafters 1pm  EECA Crib 7 pm	<b>27</b> 	<b>28</b>
<p align="center"><b>Every weekday, from 9 am to noon</b> the Senior's Centre has a pot of coffee on. Drop in for a visit, stay for a game of pool, and to meet other Seniors in the Community!</p>						