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CALENDAR JANUARY 2018	BACK COVER





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!! Contact Troy: president@eeca.ca or 780-935-9611 to help.

Next EECA Bingo Day

Saturday, February 3, 2018 - Afternoon - Kensington Bingo

Next TAFEY Bingo Day

Saturday, February 24, 2018 - Afternoon & Evening - For Road Bingo

*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!!!



**Our hall is available to rent. Only \$400 for the weekend with bartender
Call GORDON at 780-893-3090, email hallrentals@eeca.ca
or visit www.eeca.ca for more details.**

A Message from Your EECA Board

<u>Position</u>	<u>Name</u>	<u>Phone</u>	<u>Email</u>
President	Troy Girard	780-935-9611	president@eeca.ca
Vice-President	Shirley Van Doorm	780-475-9582	vicepresident@eeca.ca
Secretary	Sharon Banks	780-782-7653	secretary@eeca.ca
Treasurer	Al Innes	780-756-3746	treasurer@eeca.ca
Facilities Director	Gordon Murray	780-893-3090	facilities@eeca.ca
Membership Director	Jody Draganiuk	780-717-2839	memberships@eeca.ca
Programs Director	Denise Criss	587-778-4507	To Be Determined
Civics Chair	Margaret Verhagen	780-473-6962	To Be Determined
Seniors Liaison	Margaret Verhagen	780-473-6962	To Be Determined
Youth Liaison	Laura Scott	780-473-3535	tafey@shaw.ca

Newsletter Advertising Guidelines & Rates AD'S DUE BY 20th for following issue

In an effort to ensure that all ads are placed in the newsletters and that they are distributed in a timely manner **ALL** ad's must be received on or before the **15th of each month** for the following months distribution. All ads **MUST** be emailed to secretary@eeca.ca in **jpeg format**. (If you are **unable to send in Jpeg format please use PDF**). If ads are not received to the above email by the 20th they will not be placed in the newsletter.

Full Page Ad B/W - Ad Size 8 1/2" wide x 11" height \$100

1/2 Page Ad B/W - Ad Size 8 1/2" wide x 5 1/2" height \$50

1/4 Page Ad - Ad Size - 4 1/4" wide x 5 1/2" height \$25

1/2 Page Ad - Inside cover COLOUR Ad- \$62.50

Full Page Ad - Inside cover COLOUR Ad - \$125

Classified Ad's - Rear Inside Business Card Size or smaller Free (see back page for details)

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or

780
999-0873

Are you looking to renew or obtain your EECA Membership?

There are numerous reasons to renew, or purchase, your membership and support Edmonton Evergreen Community Association like....

FREE skating on our community rink, Access to EECA programs and activities for the whole family
Access to sports programs throughout the City, FREE Swimming at Clareview Recreation Centre on Saturdays from 6-8 pm

Having a strong community league helps promote a safe, healthy neighbourhood, while it increases a sense of community spirit and pride.

For more information:
Email: memberships@eeeca.ca
Call: 780-473-6962

Or stop by the office (located at the community hall)
Monday 1 - 4:30pm
Wednesday and Thursday Evenings 7-9pm

Edmonton Evergreen Community Association Membership Fees:

\$10 – Single Person or Senior / \$10 – Couple Senior's

\$15 – Single Parent & Single Child / \$20 – Family

FREE DROP-IN

LEARN TO



Edmonton

SKATE PROGRAM

LOCATION	DATES	DAY	TIME
Evergreen Skating Rink 161 Evergreen Park NW	January 14 to February 18	Sunday	2pm—5pm

Meet new friends and learn basic skating skills through fun games and activities! This is a free drop in program targeted for children (ages 6-12) and their families, however all are welcome to attend.

Skates and helmets are not provided but both are required to participate.

Programs will cancel at -25° Celsius with wind chill, or if the ice is closed by the facility.

For more information, please visit:
edmonton.ca/playgrounds or call 311.

@GreenShack





Sharon Banks

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always on!**

**Call 780-472-9959 to
book your appointment
now!**



Garden Club News

Greetings fellow gardeners! Winter has laid down some brutal temperatures without a whole lot of snow to insulate our perennials. If you didn't give them any added protection this year, expect a couple of them to have difficulty coming back to life in the spring.

February is a very seedy month indeed for members of the Evergreen Garden Club. Many of us are planting tomato, pepper, petunia, lobelia and other tiny seeds in planters on our windowsills. Others yet are pouring over seed catalogues, ordering new and interesting varieties of flora, fruit and vegetable to grow in 2018. Even more of them will attend our February meeting to exchange seeds.

Do you have some seeds you would like to exchange? Our February meeting is the perfect meeting to dip your trowel into the Garden Club. Bring some seeds, or just some interest, and join us for our seed exchange. We are also looking for some ideas for trips that members would like to do this year. Past trips have included Sherwood Park Greenhouses, Devonian Gardens, The Muttart Conservatory, The St. Albert Botanical Gardens, The Crop Diversification Centre, Kuhlmann's Greenhouse, and shows about lilies, violets, cacti and more. Where else could we go? What have members enjoyed in the past and want to do again? We want to hear from you.

This is especially important because this year we have three brand new board members. At our Annual General Meeting in January we voted in a new President, Vice-President, and Special Events Coordinator. We are pleased to welcome aboard:

President - Margaret Verhagan

Vice-President - Linda Zdebliak

Special Events Coordinator - Tammy Beach

We are also thrilled to have returning to the executive:

Treasurer - Gloria Krawchuk

Secretary - Sherry Mierau

Our new team wants to hear from you about the direction you want to see the club taking. Bring your seeds, your thoughts, and your questions to our meeting at 6:30pm at the Community Hall (*beside Happy's*) on February 19th. Refreshments will be provided.

If you have any questions about the Garden Club, please call Cori at 780-860-3582.

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



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- ♦ Complete bathroom renovations
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- ♦ Replace old/corroded water lines
- ♦ Replace blown out waterlines or leaky waterlines
- ♦ Replace old toilets with new wax seal
- ♦ Install/replace/relocate outside taps
- ♦ Replace heating tape/frozen waterlines
- ♦ Plugged drain lines
- ♦ Rebuild rotten flooring from water damage

ELECTRICAL

- ♦ Change electrical plugs/light switches/GFI
- ♦ Install selected variety of light fixtures
- ♦ Install outdoor plugs

GENERAL

- ♦ Renovations in home/drywall panels, baseboards etc.
- ♦ Additions
- ♦ Fixing or replacing skirting
- ♦ Fixing/patching belly bags
- ♦ Windows & doors (interior/exterior)
- ♦ Painting
- ♦ Garbage removal
- ♦ Move in/out cleanup
- ♦ Installing laminate flooring/small lino jobs
- ♦ Install and repair decks/fences
- ♦ Install and replace deadbolts/door knobs
- ♦ Replace weather stripping
- ♦ Wheelchair ramps

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EECA CRIBBAGE LEAGUE



Every Thursday at 7pm. This is a drop
in event so even if you can't make it
every Thursday, we would still like to
have you come out and play when you
can!

The bar will be open for your thirst
requirements.

Please note that this league
is for Adults only!

**WITH SPRING JUST AROUND THE CORNER, AND OUR
PHONES STARTING TO RING, NOW IS THE PERFECT TIME TO
LIST YOUR HOME!! DON'T WAIT!!**



New Listing \$23,900 #404 Evergreen



Pending Sale #91 Evergreen



*New Home - Reduced
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TAMMY SUTER
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Tammy Suter

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We Offer a No Charge Evaluation and Consultation. We get Results! Don't Wait!

-----CALL NOW!!-----

ALBERTA MOBILE HOME SALES

www.albertahomes.ab.ca

Evergreen Seniors News

Hope everyone had a fantastic fun filled holiday season.

All seniors members, please join us Monday to Friday from 10:00 until noon; the coffee is always hot, enjoy the company, and a game of Pool.

The seniors club also gets together every Wednesday night from 7:00 PM to 9:00 PM. Please check calendar for schedule.

This month, members only, we are having Pizza night at the seniors centre 6:00 PM. Please sign-up before February 09/2017, to give us time to get our order in.

Next meeting is Wednesday February 07 at 7:00 PM.

Still Looking for seniors interested in what could be another reason to get out of the house perhaps a Monday morning 10:00 to noon or evenings 7:00 to 9:00 PM for things like! Board Games - Chess, Checkers, Etc. Or Other card games like Whist or Bridge. If you are interested please call Norm Henderson at (780)966-6295

Tickets are now on sale for our annual Easter Hamper draw.
See your favourite senior for tickets.

Seniors Calendar

Feb 7	Monthly Meeting Bingo to follow	7:00 PM
Feb 14	Pizza Night Bingo to follow	7:00 PM
Feb 21	Bingo	7:00 PM
Feb 28	Seniors Crib Night	7:00 PM



Seniors Craft & Quilt

Thursdays 1-4 pm

Come and bring your ideas for crafts as we get ready for our first sale of the year held during spring fling. We are going to raffle off a queen sized quilt. Tickets available from the crafters at the senior centre

Coffee & Pool every morning 10 a.m. to Noon (Mon-Fri)
Drop in for a visit!

EECA SKATING RINK

- ◆ \$2 per skate (Community League Members skate free every day).
- ◆ 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 wind chill) reaches -20 or when it is warmer than 0. The facility operator may also close the rink as deemed necessary by weather or rink conditions.
- ◆ Concession open during official rink hours of operation.

Hours of Operation
MONDAY to FRIDAY
4pm - 8pm
SATURDAY/SUNDAY
12pm - 9pm

SERVICES FOR SENIORS & PERSONS WITH DISABILITIES

Services offered:

- ◆ Driving/Accompanying to Appointments
- ◆ Grocery shopping or Pick-up of Groceries and/or other Goods
- ◆ Light cleaning duties
- ◆ Meal Preparation/Cooking
- ◆ Co-ordinate Outings and Activities (upon request)
- ◆ Tax and Bookkeeping Services
- ◆ Planting and Maintaining Flower Beds (upon request)
- ◆ House-sitting
- ◆ Laundry Services

I have previously worked in Home Care for a number of years.

Contact Linda Z. at 780-474-8211 or

Cell 780-719-5793

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Kids Corner



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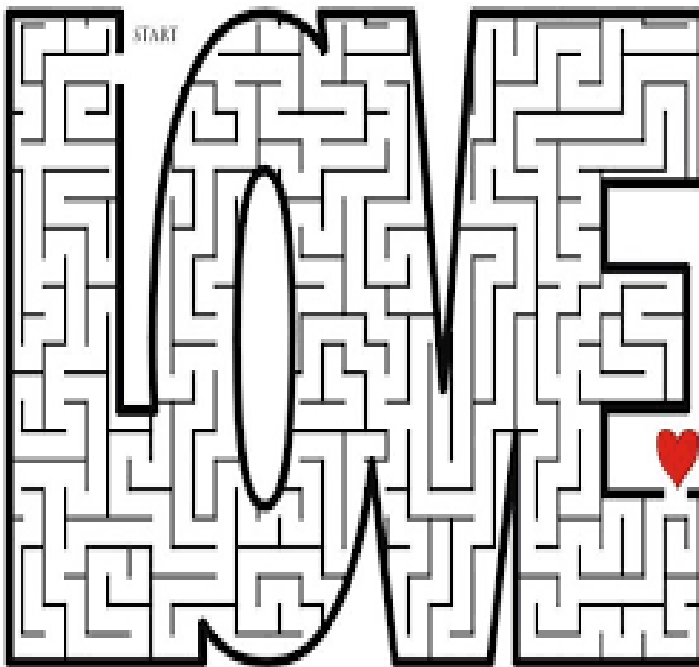
Valentine Word Search Fun

T R A E H F
S E F U R Y
S Q E I S D
I E E W Q N
K N Y J S A
D I P U C C

CANDY HEART
CUPID KISS
FRIEND SWEET

What are some other words
that relate to Valentine's Day?

Find the Differences





Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing, may 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 discomfort described as crushing, squeezing, pressure, or heaviness;
- Discomfort that moves beyond the chest, such as the shoulder, arm, neck, or jaw;
- 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 medication(s) in the early minutes of a heart attack to lessen heart damage;
- During transport, EMS will share information with the hospital, so definitive treatment can begin immediately upon 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.



EVERGREEN YOUTH EXPRESS

February 2018

February 9th
PD Day Field
Trip
12pm-4pm

Stay tuned for
details on the
Facebook page.



Gentlemen of Evergreen Program changes

For the months of January, February, March and April, Program will be reduced to 1 Saturday event per month. However the program hours will be extended to 3pm-10pm. For the months of May and June, program will be back running EVERY Saturday 3pm-8pm. Follow along on the Facebook page for details.

<https://www.facebook.com/GentlemenOfEvergreen/>



Programs

Drop-In After School Program

M W F 3:30p.m.-6p.m.

TH 2:30p.m.-5:30p.m.

Join Laura at the Youth Centre for a snack and after school fun!

Crafts, games and sports are just some of the activities we do. Follow our Facebook Page to keep updated with, cancellations, changes, times, updates and events.

<https://www.facebook.com/evergreenyouth>

Every Monday the EPL is here from 5pm-7pm @ the Youth Centre.



Dojo Arts Evergreen Martial Arts Club

Please check the Facebook page or call Ryan at 587-938-1262 <https://www.facebook.com/Dojo-Arts-Martial-Training-254153244620594/>



Way Cool Cooking School

This program is designed for Ages 6-12. We deliver a well-rounded approach to teaching children the skills necessary to develop their love of cooking and culinary techniques for exciting results!

Winter session From January-March

Tuesdays 4pm-5:30pm at the Youth Centre. Program is full.

Gentlemen Of Evergreen

One Saturday a month like the Facebook page for updates

Boys Junior High and High School





Dojo Martial Arts-Offered Classes

KARATE

Traditional Okinawan Uechi Ryu
Karate

Our Karate classes are delivered in
a traditional format.

Our system is comprised from the
fighting styles of the crane, the tiger,
and the the dragon.

- Traditional exercises &
warm ups
- Form/kata work
- Practical application
(how it works)
- Iron body conditioning

9 years & up Maximum 20 students
Thursday evenings at the Youth
Centre

Participants supply own uniform
(gi), mouth guard, groin protection
(boys)

QI GONG

In this class we practice cultivating qi through the
use of standing meditations and flowing move-
ments. We spend time learning to relax and align
our breath. Somewhere between yoga and tai
chi

Thus activity can be modified for all ages howev-
er it is reserved for mature students . No youth

No equipment required

This class is strongly recommended for adults
attending karate, but who don't kickbox.

No maximum class size

Tuesday evenings at the EECA Hall

Kobudo

Traditional Okinawan Weaponry

This martial art is primarily kata
based. This is a traditional class.
We work our way through our curric-
ulum toward black belt certification.
Some of the weapons we learn are
sai, bo (staff), num-chuks

We certify our belts and hold to the
standard of Okinawa by the authority
of Ryu Kyu Kobudo Hozonkai.

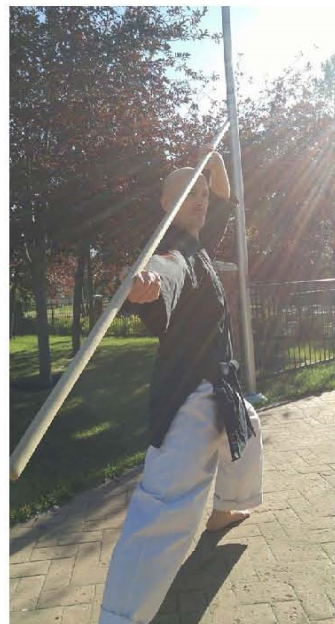
12 years & up Kobudo 10 students
maximum

7—12 years Jr Kobudo 10 students
maximum

Introductory All ages, under 8 with
parent Thursday Nights at Youth
Centre. Dowels will be supplied.

Tuesday Evenings at the EECA Hall

Participants are respon-
sible for supplying their
own uniforms and weap-
ons.



Kickboxing

MMA style Training Class

Pad work & impact training

This is a contact class where we
learn real techniques for real life
fighting also for competitive con-
trol. Optional sparring & competi-
tion available

Lots of cardio & core training

Burns fat & raises metabolism

Mandatory for all youth in /karate
program

Boxing gloves and wraps re-
quired

Sparring: headgear/mouth
guard/skin, instep heel pads re-
quired.

16 students maximum

Sunday afternoons at the EECA
Hall

Picture Corner



**Want to see the Oil
Kings play at Rogers
Place?**



I am selling Oil King Vouchers for \$20 each for the 2017/2018 regular game season.

Ticket sales go towards fundraising for my gymnastics team going to Austria in 2019. Thank you for your support!

NEGC Northern Lights

Laura Scott-780-222-5722

I am in Evergreen Monday-Friday.





Evergreen Classifieds

To have your ad appear in our newsletter, email to secretary@eeca.ca before 15th of each month. Space is set aside (at no charge) for residents of Evergreen to advertise items they want to sell or give away. Evergreen News is delivered to every home in the park and is mailed to a number of people outside of Evergreen.

My name is Jaquell Cooper, I am twelve-years-old, and it is my first year joining my school ski club. I am very excited about it and to help with the cost, I am offering to shovel driveways for 10\$. Please help me in achieving my goal. If you are interested please call Shaun/Crystal Cooper at 780-377-0096.



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Contact Crystal Girletz

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Cgirletz72@gmail.com

<http://crystalgirletz.mymonat.com/>

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epl.ca epl.ca/epl2go

Tech Help Drop In

You are invited to join us bi-weekly as we bring the library to you. Stop by to get help with your computer, phone and tablet or feel free to use ours!

Evergreen Seniors Centre

MONDAYS

2:00 - 3:00pm

FEBRUARY 12th & 26th



love
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or

Email: jodydraganiuk@gmail.com



Tax Time Is Here!



Deadline for tax returns to

be completed & mailed is the 30th April 2017!

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.

Our names are Andrew and Elizabeth we are 14 years old and looking to do odd jobs around the park for residents.

We are able to take out garbage, walk dogs, babysit, shovel driveways in the winter.







Contact us at 780-717-2839 (moms cell)





February



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3 Member Free Swim Clareview Rec Ctr. 6-8 
4	5 EECA Board Meeting 7:00pm	6	7 Seniors Meeting Bingo Follow 7pm	8	9 	10 Member Free Swim Clareview Rec Ctr. 6-8
11	12	13	14 Pizza Night Bingo to Follow 7pm 	15	16 	17 Member Free Swim Clareview Rec Ctr. 6-8
18	19 Garden Club AGM 6:30pm 	20	21 Seniors Bingo 7pm	22	23 	24 Member Free Swim Clareview Rec Ctr. 6-8
25	26	27	28 Seniors Crib 7pm			

Every weekday, from 10am to noon
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!