

January



WWW.EECA.CA

2020



Evergreen Community Skating Rink

Community League members skate free every day with a family membership costing only \$20 that you can purchase at Skate Shack, the value in free skating alone is obvious. Some skates and helmets are available to borrow. First come, first served! Helmets are required for all skaters under 17 years of age.

Rink is closed if temperature or wind chill colder than -20 degrees or warmer than 0C degrees or other emergency issues arise! Concession open during official rink hours of operation.

Hours of Operation:

Monday to Friday

Public skating 4:30 pm — 6:00 pm

Shared Ice 6:00 pm — 7:00 pm

Shinny Hockey 7:00 pm - 9:00 pm

Saturdays, Sundays, Holidays and No School Days.

12:00 pm — 4:00 pm Public Skating

4:00 pm — 6:00 pm Shared Ice

6:00 pm — 9:00 pm Shinny Hockey



Any use of the Ice outside these times is strictly at the Users own risk!!

No sticks, pucks or nets will be permitted during Public Skate!



EECA 2019-2020
BOARD CONTACT
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Storage Available

16304 - 6 Street

780-920-6533

Securely fenced and gated

Boats

Tent Trailers

RV's



EECA EVENT DATES

EECA Meeting 6th January at 7 pm

Darts every Wednesday 7pm

Crib every Thursday 7pm

Ceramics Every Sunday night at 7 pm





CONTACTS

Contact list of
Community League Members
and other important listings

Position	Name	Email	Phone
President	Sharon Banks	president@eeca.ca	780-782-7653
Vice President	Shirley Van Doorn	vicepresident@eeca.ca	780-475-9582
Secretary	Ann Friesen	secretary@eeca.ca	780-250-9870
Treasurer	Al Innes	treasurer@eeca.ca	587-372-8110
Memberships	Jen Semple	memberships@eeca.ca	780-803-9822
Facilities Director	Tony Friesen	facilities@eeca.ca	780-250-9870
Fund Development	Troy Girard	troy_girard@yahoo.ca	780-935-9611
Civics Director	Margaret Verhagen	civics@eeca.ca	204-212-3282
Programs Director	Marin Wilson	programs@eeca.ca	780-263-9725
Seniors Liaison	Al Innes	treasurer@eeca.ca	587-372-8110
Youth Centre Liaison	Alice Hobbins		(780) 413-8248
Newsletter Editor	Ann Friesen	secretary@eeca.a	780-250-9870
Resources			211
City of Edmonton			311
Health Link			811
Emergency			911
Parkbridge	Office Enquiries		780-472-9777
Parkbridge	Emergencies		780-472-9777
Edmonton Police	Non-emergencies		780-423-4567
Manning MLA	Heather Sweet	Edmonton.Manning@assembly.ab.ca	780-414-0714
Conservative Rep	Zaid Aboultaif	Zaid.Aboultaif@parl.gc.ca	780-822-1540
City Rep	Aaron Paquette	aaron.paquette@edmonton.ca	780-496-8138



Health Link is your trusted source of health information. If you have a health related question, please dial 811 for real time answers and support.

EVERGREEN COMMUNITY HALL RENTAL



Become A
Volunteer

For more information:

Email: eeeca@shaw.ca

Call: 780-473-6962

**And leave a message
and a Council member
will returned.**

**PURCHASE A
MEMBERSHIP**

**Our Hall is available to rent for
any occasion.**

Rates:

- ♦ **\$400 for Friday, Saturday or
Sunday with bartender**
- ♦ **\$350 Damage deposit is
required**

**Contact SHARON for full pricing
and more information. She will be
happy to give you more details
and any updated pricing!!**

**You can text or call 780-782-7653
Email: President@eeeca.ca**

Christmas Festivities!!



1ST ANNUAL FESTIVAL OF TREE AND CAROLING

The Edmonton Evergreen Association gives a big “Thank You” to those Community members that came out to see the trees and participated in the Caroling

Winners of Draws: Parkbridge Tree was Crystal Cooper; 200 pass was Halo Ratto; Craft Basket was Amber Ramsay; Candle was Brittany Aok; Jam was Katie Forbes; two winners each received Banana Bread! Congratulations to Everyone!!

We would like to **“Give a Big Thanks”** to the EECA Exec Committee, Anita Dombrowski, Barb Carlson, for helping to decorate Hall and Trees for our Festival of Trees Event. Margaret Lamb & Darcy Pauluski for making the delicious banana bread.

We hope to have both Cori Ramsey and Barb Carlson playing piano, plus we have ideas for next year too!!



Winners of the Evergreen Community Association Christmas Lights

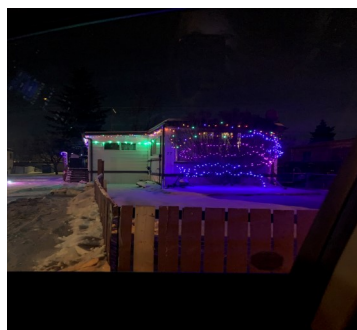
***1st Place - \$100 visa goes to #540
2nd Place - \$50 Visa goes to #486
3rd Place - \$25 VISA goes to #490***



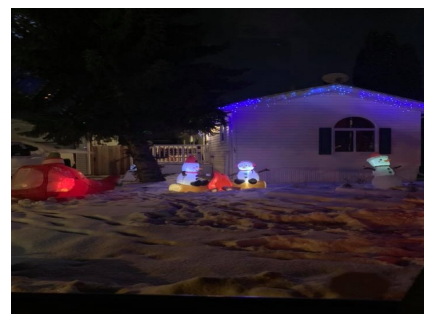
Consulation prizes \$10 Tim Hortons goes to #24 and #157

Honorable mentions to:

141, 143, 180, 324, 380, 457, 475, 562, 575, 632



Great Job to the EECA Treasurer and Secretary to their contribution to the Christmas Light Festivities!





Beat the Seasonal Blues

Many people feel sluggish in the winter, but for those affected with Seasonal Affective Disorder (SAD), the problem goes beyond being gloomy. People with SAD can experience depression, fatigue and a lack of motivation. Here are eight ways to brighten your outlook this winter:

- ♦ Be active. It relieves stress, builds energy, and increases your resilience.
- ♦ Soak up some sun. Make sure blinds are open during the day, with a direct path to where you sit or work. Better yet, get outside in the sunshine.
- ♦ Try artificial light for 30 minutes each morning. Consider a SAD lamp that has 10,000 lux, the measurement of the light's intensity. You'll find them at medical supply stores and many drugstores.
- ♦ Take a Vitamin D supplement—3000 IU per day may help lift your mood in winter.
- ♦ Eat three healthy meals a day, and have healthy snacks between meals. For information, visit www.healthyeatingstartshere.ca.
- ♦ Stay hydrated. Most adults need nine to 12 cups of water per day.
- ♦ Cut down on alcohol and caffeine. They can worsen SAD symptoms.
- ♦ Try practicing mindfulness. Accept your thoughts without judging. Even 15 minutes per day can lift your spirits.

The winter provides many opportunities for families to be active. Recreation activities such as sledding, skating, downhill skiing and snowboarding are popular.

To help your clients decrease risk of injury while enjoying [winter sports and recreation](#), please refer to the key messages below.

Key Messages:

- **Safe environments** – encourage clients to check the weather forecast for items like ice conditions and temperature before participating in outdoor activities.
- **Safe equipment** – advise clients that children should be wearing the proper gear for winter activities such as skiing, snowboarding, sledding and skating. Clients can visit Parachute Canada for more [winter safety information](#).

Children should wear a [helmet for the appropriate activity](#), all helmets are not a like.

- **Proper supervision** – remind clients to actively supervise young children during activities.
- **Age-appropriate activities** – some activities are not appropriate for young children. Snowmobiles, for example, are not recommended for children because their motor skills, perception, field of vision, and judgment capabilities are not equal to those of an adult.

EECA CIVICS REPRESENTATIVE NEWS

Safety in Evergreen for Seniors!

by Stephen Quinn , Community Safety Liaison City of Edmonton

Stephen and his co-worker , a social worker, would like an hour of your time in early spring to address issues brought up at the town hall meeting we had in October.

This will be a presentation and at the end you will have an opportunity to ask questions. They will be booking in early January for the meeting to be in February. This can be in the morning say 10 - 11 or in the evening.

Things to get you thinking:

- ◆ Feeling safe in your home.
- ◆ Safety in your neighborhood
- ◆ Elder abuse types and signs.
- ◆ Online safety.

We look forward to seeing you there.

There will be signs going up in January, any upcoming info in the newsletter and on our web page and Facebook page.

Jot down ideas and turn in to the Senior Liaison who will bring it me and I will forward your questions and concern to Stephen Quinn.

Cheers!

Margaret Verhagen

Civics Director EECA

Who do you call ?

Police Services - report break-ins, vandalism, suspicious behaviour

Dial 780-423-4567 or #377 (mobile devices within city limits) for EPS Complaint Line

- If you require the attendance of a police officer at your location, but there is **NOT** a crime in progress or report online.

<https://www.edmontonpolice.ca/ContactEPS/OnlineCrimeReporting>

City of Edmonton dial 311 for services or information such as:

Animal Control - report concerns such as, dogs at large, unlicensed cat or dog, dog biting or attacks, dog barking excessively, excessive defecation, dogs out of control. The maximum number of pets allowed per residence is 6 cats and 3 dogs over the age of 8 weeks. You must be 18 or older to license a pet. NOTE: Your landlord may have different rules.

Nuisance Conditions - untidy, unsightly, offensive, and dangerous conditions on private property. Report concerns such as , excessive accumulations of garbage, loose litter, tires and vehicle parts, long grass or weeds higher than 10cm (4 inches), used building material and boxes Buildings in disrepair showing signs of serious damage, disregard for general maintenance, such as broken or missing windows, doors, infiltration of air, moisture or water into the building.

Burned out street lights call 311

Resolving issues with your Landlord

- Make your complaint, request for service, or concern in writing.
- Ask for their response in writing (or email).
- Keep a copy of all correspondence so that if your issue is not resolved you can take it further.

If you are unable to resolve your issue, or you need assistance, call or email with the community association they will help either by directing you to who can, or bringing your concern to those who can.

REMEMBER Document everything, this will help if you need assistance from other authorities. Phone 780-473-6962 email; civics@eeca.ca



- ♦ Free Swimming Access @ Clareview Rec Centre,
Saturdays from 6—8 pm
- ♦ Free access to Outdoor Skating Rink, hours posted
- ♦ Canada Day/Fireworks
- ♦ Youth Christmas Party
- ♦ Community Garage Sale
- ♦ Annual Block Party/Spring Fling
- ♦ Family Programs
- ♦ Garden Club
- ♦ Evergreen Seniors
- ♦ Adult Games (Crib & Darts)

***some programs due charge a small fee, this is to help
with costs*

Contact:

Sharon @ 780-782-7653 or president@eecca.ca

Or

Ann @ 780-250-9870 or secretary@eecca.ca





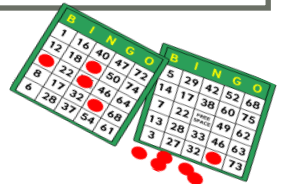
VOLUNTEERS NEEDED! WE NEED YOU!!!

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.

EECA needs you!! Contact Troy: troy_girard@yahoo.ca or 780-935- 9611 to help.

The EECA provides the Evergreen Community with a variety of events throughout the year, if you would like to volunteer for an event or sit on a committee we would love to hear from you. Contact Sharon @ 780-782-7653 or email president@eeca.ca.

EECA 2019 Bingo Dates



Sunday, 5th January 2020, AFT & EVE— Fort Road
Monday, 2nd March 2020, AFT & EVE— Fort Road
Saturday, 11th April, Eve—Fort Road
Tuesday, 19th May, AFT & EVE— Fort Road

TAFEY 2019 Bingo Dates

Wednesday, 1st January 2020— AFT & Eve— Fort Road
Thursday, 27th February, 2020— AFT— Fort Road
Tuesday, 10th March, 2020 — AFT & EVE— Fort Road



As we get more
Bingo dates
throughout the year we will add
them here on this page.



DARTS

On Wednesday evenings from 7:00 pm,
come check us out and have some fun!!

Sorry we are full for this season, hope to see you next season!



CRIB

On Thursday evenings weekly at 7 pm at the Evergreen Hall.

Everyone is welcome to drop in and have
some great fun!!



Ceramics



Sunday evenings at 7 pm - 9:00 pm and runs
weekly on Sunday evenings at the
Evergreen Senior Centre. Everyone is
welcome to drop in and have some great fun!!

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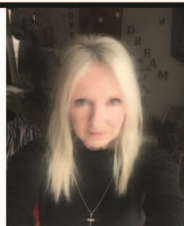
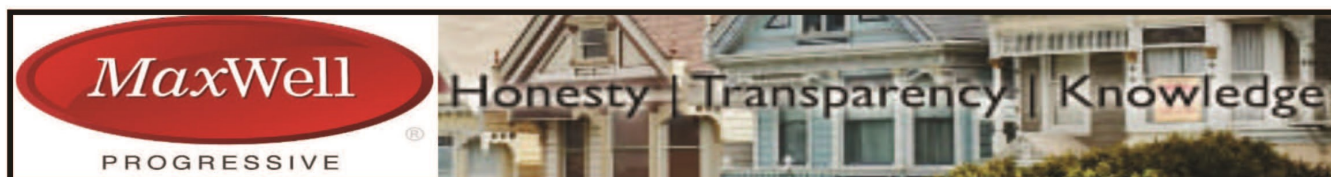
780.449.4761
glbhtg@gmail.com
www.globalheating.ca



EVERGREEN TOTS -

Due to lack of interest in the past month or so we have decided to cancel this program until the Spring. Thank you to Ann Friesen for being there to open the hall for those that had attended.





Sharon Banks

Buying? Selling? Call Me TODAY!

Let's get your home SOLD!!

**Trust your knowledgeable neighbourhood Manufactured/
Mobile home expert!**

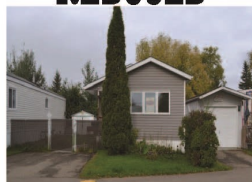
Call me today for your FREE Comprehensive Market Evaluation!

780-782-SOLD (7653)



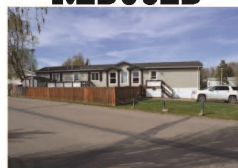
SharonBanksRealtor

REDUCED



#158 Ravine Road
\$54,000 (Reno effective year 2007)
3 bed / 1 bath 1173 sq ft

REDUCED



#646 Spruce Drive
\$71,900 (2004)
3 bed / 2 bath 1216 sq ft



#655 Larch Drive
\$69,900 (2002)
3 bed / 2 bath 1216 sq ft

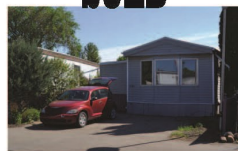


#559 Pine Drive
\$35,000 (1987)
2bed / 2 bath 1893 sq ft
Could easily be 4 bedroom



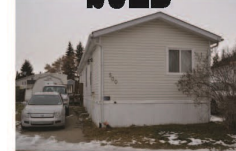
#194 Cedar Drive
\$68,000 (2002)
3 bed/2 bath 1216 sq ft

SOLD



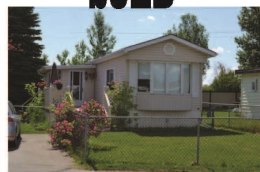
#539 Evergreen Street
\$45,900 (1987)
3 bed/1 bath 1081 sq ft

SOLD



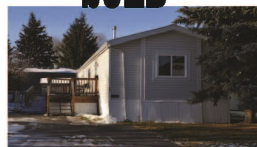
#500 Ravine Road
\$49,900 (2002)
3 bed / 2 bath 1216 sf

SOLD



#4 Evergreen Avenue
\$55,500 (1973)
2 bed / 1 bath 934 sq ft

SOLD



#385 Juniper Street
\$59,900 (1998)
3 bed/2 bath 1216 sq ft

SOLD



#485 Cedar Drive
\$59,900 (1987)
3 bed / 1 bath 1120 sq ft



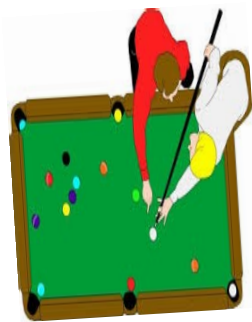
*Not intended to solicit properties already listed for sale or buyers under contract.



Evergreen Seniors News

The Seniors Program of Evergreen extends a "Welcome to all Seniors", to come join us anytime during the week days from 9:00 AM until noon for coffee and treat, some companionship, shuffleboard and a game of pool!!! We invite Seniors to come out on Wednesday evenings from 7:00 PM to 9:00 PM for a game of Bingo or Crib and have an enjoyable evening of fun !! Check calendar for these scheduled evenings!

Our Annual Monthly meeting on Wednesday, 8th January 2020.



The Dinner scheduled for members only, will be held where stated:

- ♦ Tuesday 14th January — we will be going to Jay Bee's Restaurant on 3633 118 Ave NW, Edmonton, AB T5W 0Z3
- ♦ February's dinner—12th February and will be a Valentine Potluck

Please check the bulletin board to sign up for each of these Events. For January 's meal please rsvp by 10th January.

The Ceramics program is on Sunday evenings from 7:00 pm to 9:00 pm . All are welcomed!!

We would like to thank all the volunteers that helped out with the Christmas Hampers, your help was gratefully appreciated. Thank you to Rosie again for a lovely Christmas Buffet!

We will be collecting for the "Food Bank" during January & February, so donations are welcome!

Seniors Calendar:

1st January

Seniors not opened

8th January

Bingo 7:00 PM

14th January

Dinner Jay Bees Restaurant
3633 118 Ave NW, Edmonton, AB T5W 0Z3

15th January

Bingo 7:00 PM

22nd January

Bingo 7:00 PM

29th January

Crib 7:00 PM

Seniors next General meeting will be on Wednesday, 8th at 7 PM.

All Seniors members welcome!

Seniors Financial Assistance

Eligible seniors can access a variety of financial and health support programs.

SHARP Grant

Seniors Home Adaptation and Repair Program (SHARP) grants may be available to eligible senior homeowners with low income who do not qualify for a SHARP loan to help with certain home repairs. You must submit a completed SHARP to be considered for a grant.

Address:

Seniors Home Adaptation and Repair Program (SHARP)

PO Box 1050 STN Main, Edmonton AB T5J 2M1

Special Needs Assistance for Seniors

Seniors with low-income can get financial assistance to help afford the cost of appliances and specific health and personal supports.

In general, a single senior with a total annual income of \$28,150 or less, or a senior couple with a total combined annual income of \$45,720 or less, may be eligible to receive assistance.

Address:

Special Needs Assistance for Seniors
PO Box 3100
Edmonton AB T5J 4W3

Alberta Seniors Benefit

Seniors with low-income can get financial assistance to help with monthly living expenses. In general, a single senior with an annual income of \$28,150 or less, and senior couples with a combined income of \$45,720 or less, may be eligible for a benefit. These income levels are guidelines only, and are for seniors whose incomes includes full Old Age Security pension.

Address:

Alberta Seniors and Housing
Seniors Financial Assistance
PO Box 3100
Edmonton, AB T5J 4W3

Dental and Optical Assistance for Seniors

Eligible seniors can get help covering the cost of basic dental and optical services. Eligible seniors are covered for select dental services up to a maximum of \$5,000 every 5 years. Eligible seniors are covered for select optical services up to \$230 every 3 years.

To connect with the Alberta Supports Centre:

Hours: 7:30 pm to 8:00 pm (open Monday to Friday, closed on Statutory holidays)

Toll Free #: 1-877-644-9992

Fax: 780-422-5954

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www.diamondheating.com
info@diamondheating.com



We want to hear from you!

As many of you are aware we hold various events throughout the year in the Community. We want to hear from the residents any ideas for events what do you want to see at these events? What can we do to create more participation from you our residents?

You can email, text or call:

Sharon 780-782-7653

Marin 780-263-9725

Email: eeeca@shaw.ca

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1/2 Page Ad B/W - Ad Size 8 1/2" wide x 5 1/2" height \$25
1/4 Page Ad - Ad Size - 4 1/4" wide x 5 1/2" height \$15

You can find your newsletter in the Community Hall Box, Store and Park Office!

UNIT #33 Evergreen Park NW

- QUALITY AUTO REPAIRS
- TIRE REPAIRS & SALES
- OIL CHANGES



Celebrating
30
Years!
In Business





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 or to advertise their services. Space is limited and is based on first come first served.

LOCAL HANDYMAN/CARPENTER LOCATED in EVERGREEN

Deck Building

Mobile Home Leveling



Laminate Floor Installation

Full Renovations

And Much More.....

CALL TERRY AT 780-802-0274



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

Are you in
need of your
Sidewalks,
Driveway or
Deck being
cleared of
snow?



Call Larry -
780-472-9683

Evergreen Classifieds Cont'd

Dayhome Services

My name is Myranda, I am a stay at home mom and wife. I have been babysitting for 14 years

I provide:

- ◆ Fun safe caring environment
- ◆ Provide lunches and snacks
- ◆ Provide receipts
- ◆ Have lots of toys, activities and crafts
- ◆ *Take children to play outside and to parks, etc*
- ◆ Open Monday to Friday, 6 am to 6 pm

I am looking for spots to fill

Contact Myranda Draganiuk

Cell 825-993-4205

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(780) 715-5374

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One Toilet at a time!



Mobile Home Winterization Sale!

This Service could potentially save you
thousands in household repairs!!!

Call Now!

and prepare yourself for the Upcoming
Deep Freeze!!

Service Includes:

- Furnace and Hot Water Tank Inspection and Cleaning
- Home Walkthrough and adjustments
- Heat tracing Repair and inspection
- Belly Inspection
- Drainage inspection
- Freeze Prevention
- Energy Efficiency



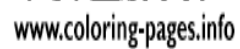
ELECTRICIAN

\$40/hour in the park

Call/text Cori @ (780) 860-3582

Journeyman, Red Sealed Electrician







15 years of experience





JANUARY

2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Seniors Closed	2 Crib—7 pm	3 	4 Member Free Swim Clareview Rec Ctr. 6-8
5 Ceramics at 7 pm	6 EECA Board Meeting 7pm	7	8 Senior Meeting & Bingo 7 pm Darts 7 pm	9 Crib—7 pm	10 	11 Member Free Swim Clareview Rec Ctr. 6-8
12 Ceramics at 7 pm	13	14 Seniors Dinner @ Jay Bee Restaurant 6 pm	15 Seniors Bingo 7 pm Darts 7 pm	16 Crib—7 pm	17 	18 Member Free Swim Clareview Rec Ctr. 6-8
19 Ceramics 7 pm	20 Garden Club 6:30pm 	21	22 Seniors Bingo 7 pm Darts 7 pm	23 Crib—7 pm	24 	25 Member Free Swim Clareview Rec Ctr. 6-8
26 Ceramics 7 pm	27	28	29 Seniors Crib 7 pm Darts 7 pm	30	31 	

Every weekday morning from 9 am to noon the Seniors has a pot of fresh coffee on. Drop in for a visit, stay for a game of pool and meet other Seniors in the Community.