

# **JUNE 2017**

# **Seniors Meet & Greet**

**SATURDAY, JUNE 10, 2017**

**10 am - 2 pm**

**EVERGREEN SENIORS CENTRE**



**SENIORS MEET & GREET**

**ENJOY SOME COFFEE & SNACKS**

**MEET/GREET AND MAKE NEW FRIENDS**

**PLAY SOME POOL**

**FIND OUT MORE ABOUT SENIORS  
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**AS A MEMBER YOU ENJOY THINGS  
SUCH AS  
BINGO NIGHTS  
POOL (WEEKDAYS 10AM-NOON)  
CRIB NIGHTS  
CRAFT CLUB  
AND MUCH MORE....**

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

### **Next EECA Bingo Day**

**Sunday June 25, 2017 - AFT - Kensington**

*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 Sharon at 780-782-7653, email [hallrentals@eeca.ca](mailto:hallrentals@eeca.ca)  
or visit [www.eeca.ca](http://www.eeca.ca) for more details.**

# A Message from Your EECA Board

## 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  
Input on community issues, challenges and opportunities  
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@eeca.ca](mailto:memberships@eeca.ca)  
Call: 780-473-6962  
Or stop by the office (located at the community hall)  
Tuesday mornings 9am-11:30am

### Edmonton Evergreen Community Association Membership Fees:

\$10 – Single Person or Senior  
\$10 – Couple Senior's  
\$15 – Single Parent & Single Child  
\$20 – Family

## Newsletter Advertising Guidelines & Rates

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.com](mailto:secretary@eeca.com) 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 15th they will not be placed in the newsletter.

**Deadline for ad's and articles for the APRIL issue of the EECA News is  
MARCH 15, 2017**

**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**



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# FRONT YARDS IN Bloom .ca



Spring is finally here and that means Front Yards in Bloom is approaching fast! We are excited to be adding a new category for this year only called *Uniquely Canadian*; gardens that celebrate Canada with red and white flowers or features invoking our shared heritage. Don't miss out on being involved in this year's Front Yards in Bloom!

Nominations are accepted from May 20 - June 30 in five categories: General, Edible, Natural, Public Spaces and Uniquely Canadian. Starting May 20<sup>th</sup> you can nominate on our website or by calling 311. We are always recruiting public volunteers who love to get outside and see some beautiful landscaping - please check out the website for more details: [edmonton.ca/frontyardsinbloom](http://edmonton.ca/frontyardsinbloom)

We have made a few changes to make it even easier to get involved this year! For example, updates have been made for how volunteers can sign up [www.volunteermark.com/frontyardsinbloom](http://www.volunteermark.com/frontyardsinbloom), and this year Early Bird sign delivery and judging is optional.



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# Recipe Corner



## Ingredients:

- 1 10-ounce package frozen batter dipped chicken nuggets
- 1½ cups quick cooking rice
- 1 8-ounce canned pineapple chunks
- 1 large green sweet pepper, cut into 1-inch pieces
- ¼ cup vinegar
- 3 Tablespoons sugar
- 2 Tablespoons cornstarch
- 2 Tablespoons soy sauce
- ½ teaspoon instant chicken bouillon granules
- 1 8-ounce can sliced water chestnuts, drained



## Directions:

1. Bake chicken nuggets according to package directions.
2. Prepare quick cooking rice according to package directions.
3. Drain pineapple, reserving juice. Add enough water to reserved juice to make 1 ½ cups liquid.
4. Pour pineapple juice mixture into a medium saucepan. Add sweet pepper. Bring to boiling, reduce heat.
5. Cover and simmer for 1 to 2 minutes or until pepper is crisp-tender.
6. Stir together vinegar, sugar, cornstarch, soy sauce, and bouillon granules.
7. Stir into mixture in saucepan. Cook and stir over medium heat until thickened and bubbly, then cook and stir for 2 minutes more.
8. Gently stir in chicken, pineapple chunks, and water chestnuts. Heat through.
9. Serve chicken mixture over hot cooked rice. Makes 4 servings

Send us your quick and easy summer recipes and we will feature them here.

Simply email the complete recipe with ingredients to [secretary@eeca.ca](mailto:secretary@eeca.ca)

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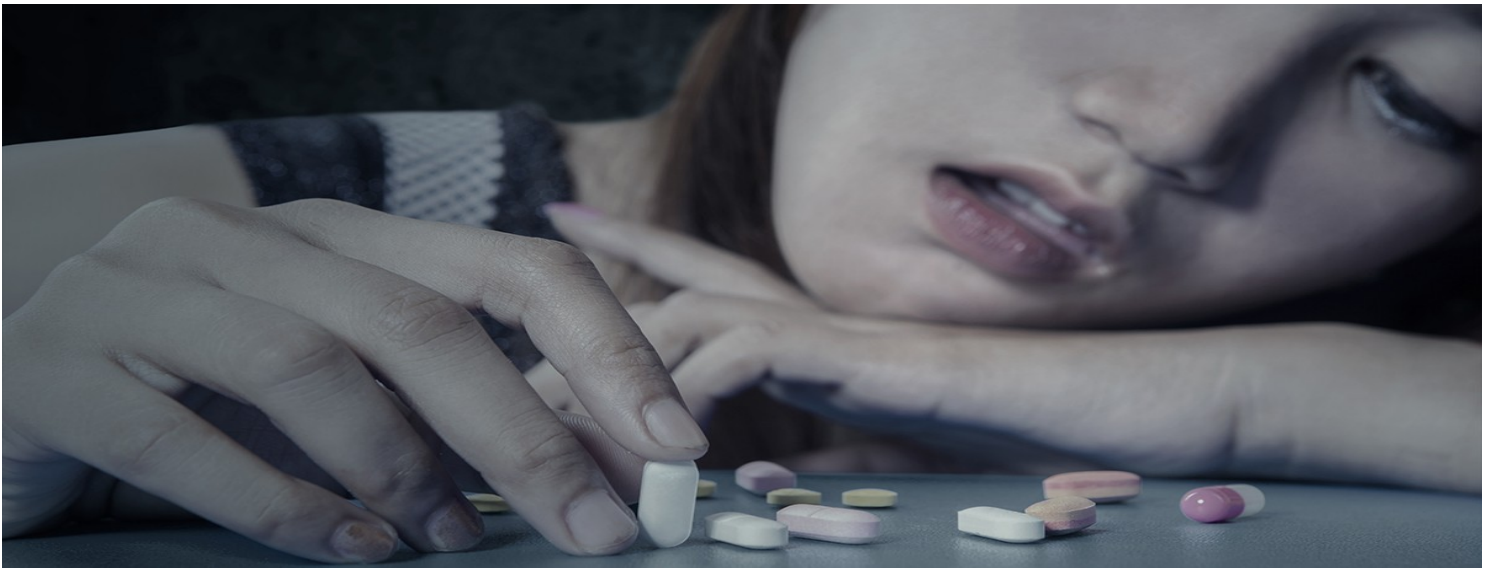


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## WHEN SHOULD YOU TALK TO YOUR KID ABOUT DRUGS?

Most often, a parent will begin to worry about or approach the topic of substance abuse when their child is in their mid-to-late teens. They very rarely consider it an appropriate, or even relevant topic for their pre-pubescent children.

### **This is the wrong assumption.**

According to a study conducted by The American Substance Abuse and Mental Health Services Administration (SAMHSA) children who are barely out of middle school are experimenting with drugs. Children who are around the age of 12 are most commonly using hallucinogens and marijuana.

This drug usage spikes during the summer months, when spirits are high and adult supervision is low. This combination can make summer an especially exciting time for kids – but can also increase their risk of exposure to harmful substances. This is why we must take every opportunity to warn our kids about the dangers and risks of drug usage. It's important they are informed and are taught to make clear and level-headed decisions.

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### Why would A 12-year-old try drugs?

Though it may not be the sole reason, it may be true that some pre-teens turn to drugs because they haven't had meaningful and insightful discussions about the repercussions of drug use with their parents, guardians, or mentors. Drug awareness education programs start early, but are often vague and lack the meaningful statistics and information to help pre-teens make the smart decision to avoid drugs. It's more likely that a child armed with real information early on will be able to make wiser decisions when it comes to drug use later. The point when a child should be learning about the serious consequences of substance abuse is much earlier than most parents realize.

The most common cited reason for drug experimentation in young people is peer pressure. Children in their early teens are especially vulnerable, and with the pressure of changing social circles and schools, it may be a way for the child to cope. In the moment, it's easier for the pre-teen to give in than try to explain why he/she doesn't want to use drugs. This is predominantly found in children who have fears of being excluded from the group, or who fear the social ramifications of saying 'no'.

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Continued on next page

## Consequences of long-term drug usage

Regardless of the reason, drug usage is dangerous and even more so if started at a young age. Childhood and early-teen years are a time when the brain is still developing rapidly. Any change in its environment will have lifelong implications. These chemical changes that happen as a result of recreational drug use can increase the likelihood of a severe addiction later in life. This is the same with alcohol. As well, a teen who has been using since their pre-teen years will exhibit less caution when consuming and are far more likely to make a decision that affects their overall health and quality of life.

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## How to recognize pre-teen drug use

All children experience mood swings and changes in behavior as they navigate puberty. However, a child engaging in illicit activities will have their own tells. If you are familiar with the way the child normally behaves, you should be able to discern between the two.

- Secrecy can be normal to some extent, but the obsessive hiding of activities or associations is a major cause for concern.
- Changes in eating habits
- Changes in sleeping habits
- Evidence of drug paraphernalia

Sometimes a kid will try a drug once, maybe twice and then decide it's not for them. Other kids will wind up developing a severe dependency or allow the drugs to negatively affect them.

### **This is serious.**

A child who makes ill-informed and impulsive decisions can set the course of their life into a downward spiral. If you find your child is using or abusing substance contact a mental health professional and get them the help they need. It could save their life.

## Article was provided by SOS Children's Safety Magazine

### **SOS helps kids, parents, and educators start conversations about the tough issues families face every day**

And the challenges keep stacking up.

Kids deal with bullying, drugs, addiction, mental health issues, and a growing list of threats regularly. Parents struggle to connect with their children and keep them safe, and educators are tasked with teaching life skills but often fail to address the real issues at hand.

That's where we come in.

We start tough conversations when others won't and create content that gives people the language they need to stay safe and keep the conversations going.

Whether we're talking to kids directly about their problems or addressing a parent's concerns on how to connect with their child about a difficult subject – we're creating a place for families to come together and grow stronger through education and understanding.

For more information and articles please visit [www.sossafetymagazine.com](http://www.sossafetymagazine.com).

Like us on FaceBook at [www.facebook.com/SOSSAFETYMAGAZINE](http://www.facebook.com/SOSSAFETYMAGAZINE)







# Recipe Corner - KIDS



## MINI PIZZA QUICHES

### WHAT YOU NEED:

2 large tortilla wraps

4 eggs

chopped vegetables  
(optional)

6 slices salami

3 cherry tomatoes, halved, plus extra to serve

handful basil leaves

vegetable sticks, to serve



### WHAT YOU NEED TO DO:

1. Heat oven to 180C/160C fan/gas 4. Using a 12cm cutter (or a small plate) cut circles from the large tortilla wraps – you should get 6. Use the circles to line 6 holes of a muffin tin, pushing them into the holes to make cases.
2. Beat the eggs and pour into the tortilla cases (you can add some chopped vegetables too, if you like). Top each case with a slice of salami and 1/2 a cherry tomato. Bake for 15 mins until the egg has set. Top with a few basil leaves, if you like, and serve with extra tomatoes and vegetable sticks

Use tortilla wraps and a muffin tin to make individually portioned egg, salami and tomato bites - ideal for lunch boxes or picnics



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# Garden Club News

Greetings fellow gardeners.

It is with heavy hearts that we say goodbye to Frances Sutherland, our collective "Mom", who recently passed away just before reaching her 93rd birthday. Mom loved the garden and was a very active part of the club for over a decade. Her gentle spirit and selflessness will not be forgotten. May we plant in her memory this spring and rejoice in the blooms that are just as beautiful as her heart. She will be sorely missed. To her daughter, Pat, who is also a well-loved member of our crew, we wish peace in this time of grief.

The Club also extends its condolences to Denis Pouliot's family. Denis was a pillar of the community, generous to a fault, and had a kind word for everyone he met. Without him the park would not be what it is today. Thank you Denis, from all of us, for your countless volunteer hours and hard work to make Evergreen a great place to live.

Our last meeting was a craft meeting. Members made signs for their gardens with supplies provided by the Garden Club.

Many of you purchased raffle tickets and plants from our Club this spring. The continued generosity of our community and our local greenhouses helps support us all year round. Thank you!

Our next meeting will be June 19th at 6:30pm at Pat King's house. We are making tufa pots! Members, bring a pot and an old towel if you can (the club will have a couple extras for those that don't have anything) and we will make some interesting pots for our gardens this summer. Stay tuned for your monthly call for Pat's address.

Let the Grand Season of Gardening begin! Happy growing to all of you, from all of us. For more information on the Evergreen Garden Club, call or text Cori at 780-860-3582.

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



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- ♦ Install new tub or tub surround
- ♦ Complete bathroom renovations
- ♦ Install new hot water tanks (electric only)
- ♦ 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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# Evergreen Seniors News

With great sadness we announce the passing of Denis Pouliot. Denis was a long time active resident of evergreen and will be truly missed by all of us.

There will be no meeting in July and August. Meetings will commence in September.

**MEET AND GREET OPEN HOUSE - Saturday June 10th from 10 AM until 2 PM.**

Free coffee and donuts. Welcome all seniors 55 and older to come in to meet new friends and visit. Play a game of crib, pool or shuffleboard.

## Seniors Calendar

June 7th	Meeting Bingo to follow	7pm
June 10th	Meet & Greet	10am-2pm
June 14th	BBQ Night Bingo to follow	6pm
June 21st	Bingo	7pm
June 28th	Seniors Crib	7pm



**Seniors  
Craft & Quilt  
Thursday's  
1-4 p.m.**

**Come and Learn  
How to Quilt**

Thank you all for coming out and  
supporting our craft sale during the  
annual spring fling

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



# Window & Balcony Safety

With the return of warmer weather, Emergency Medical Services (EMS) would like to remind parents and caregivers of an often overlooked hazard in the home – access to open windows. Every year, paramedics respond to emergencies where a child has fallen from an open window, often from the second floor. These can be avoided by following simple safety measures. Take the time to assess potential hazards in your home before a preventable fall occurs.

## Windows and screens

- Prevent access to windows by moving furniture such as cribs, beds, stools, and change tables out from under them;
- Keep drapery cords out of childrens' reach. Wrap excess cord around cleats, or tie-downs to avoid a choking hazard;
- Remember: screens are not safety devices. They are designed to keep bugs out, not to keep children in.

## Balconies

- Do not underestimate a child's ability to climb. Furniture and other items stored on balconies and decks can be used to climb resulting in falls over the railing;
- Ensure that your balcony railings are not more than 10 cm (4 inch) apart. This will eliminate access between the vertical bars of a balcony, or deck.

## Further prevention tips

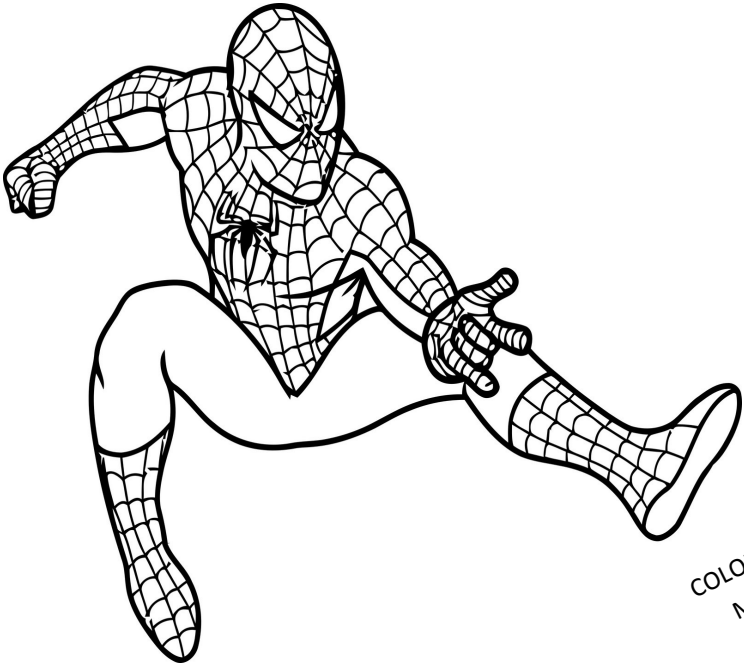
- Toddlers & preschoolers are at highest risk of falling from a window or balcony, but it may happen at any age;
- Direct supervision of children is the single most effective way to prevent falls from windows and balconies;
- Install safety devices which limit the distance in which a window can open to a maximum of 10cm (4 inches);
- Ensure the safety device can be released quickly so the window can be used for escape in case of emergency.

EMS is proud to be a member of the **Partners Promoting Window and Balcony Safety**. Take time to assess your home for window and balcony hazards and eliminate the risks before a preventable fall occurs.

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



# Kids Corner



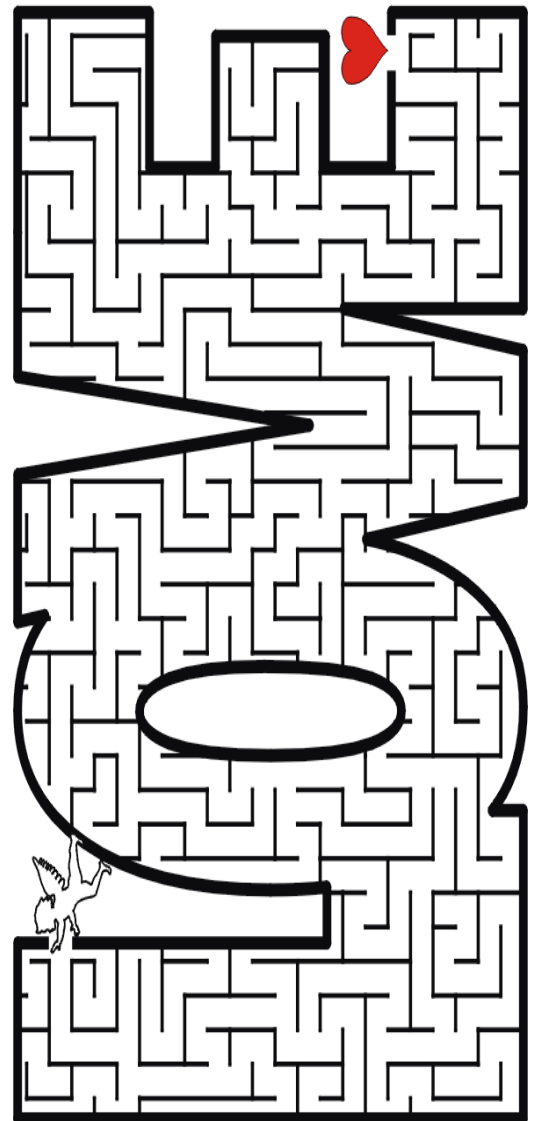
COLOUR  
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## ANIMALS

G	E	S	U	O	M	H	N	W	R	B	W	C	W	L
X	D	A	Q	H	J	X	O	O	M	L	T	H	W	J
B	W	S	H	N	L	H	T	P	I	C	R	A	W	M
Y	W	M	E	F	F	A	R	I	G	L	K	D	O	G
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V	Q	Q	D	P	O	Y	K	N	V	Q	Z	A	T	V
X	M	T	L	Q	E	T	J	Y	E	S	Y	R	C	H
T	A	C	K	Q	C	L	K	M	O	N	K	E	Y	R
P	T	S	H	W	L	Y	E	T	D	R	A	H	T	L

CAT	HIPPO	MOUSE	TIGER
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BIRD	GIRAFFE	ALLIGATOR	
ELEPHANT	FISH	LION	





# 10 THINGS TO DO IF YOU'RE FEELING ANXIOUS



Have you ever felt anxious? If you're a human, the chances are that the answer is yes. Even if you don't suffer from a full-blown anxiety disorder, you may still experience the discomfort that comes with feeling anxious.

Mental health professionals should be the ones to treat anxiety disorders with therapy, medication, or a mix of both. However, if you find yourself feeling anxious from time to time, don't let your first reaction be to pop a pill. Here are some simple, scientifically-proven, ways to calm yourself down:

## 1. Get moving

Exercise is one of the best ways to ease anxiety. Exercise acts as a natural mood booster because it increases your blood flow and therefore improves your brain's stress response. Studies show that aerobic workouts like jogging, swimming, cycling, or dancing are best. So get your groove on and feel calmer!

## 2. Breathe deeply

You've probably heard this one before, but that's because it's true! Slow, deep, even breaths for 20-30 minutes increase the oxygen in your brain, and stimulates your nervous system – ironically making you less nervous!

## 3. Get warm

Feelings of warmth are comforting; this may explain why people flock to the beach or hot tubs to relax. The Journal of Psychopharmacology published a review that links warm sensations to the production of serotonin in our brains. Serotonin helps regulate your moods. So the next time you're feeling anxious, try soaking your feet in a warm tub of water or visiting a sauna.

## 4. Visit Mother Nature

Surrounding yourself with nature can help reduce your anxiety. Stanford University interviewed 60 people after walking for 50 minutes in an urban or rural area. The researchers found that the people who walked in rural areas reported feeling less anxious than those who walked in the city. There are related studies that show a link between time spent in green spaces and a decrease in mental illnesses.

## 5. Get Zen

Meditation can mellow your mood. Concentrating on your breathing, bodily sensations, thoughts, and surroundings, without forming opinions about them can help you ignore negative emotions.

## 6. Drink tea

Most specifically, drink chamomile tea! Chamomile is recognizable for its sedative properties. It contains apigenin – which is also found in Xanax and Valium (2 anti-anxiety meds). While there is still some research to be done, there is some evidence to support that higher doses of chamomile over longer periods of time will reduce anxiety. If you're not a fan of chamomile, green tea may have a similar calming effect.

## 7. Eat fish

Omega-3 fatty acids tote tons of amazing health benefits, but luckily for you, they can also help reduce anxiety. Just remember, omega-3 supplements often don't usually bear all the health benefits they promise. If you really want omega-3's to work for you, you should go straight to the source and enjoy some fatty fishes like Salmon, rainbow trout, and canned sardines.

## 8. Excite yourself

If you're nervous about a job interview, or a public speech you have to make: GET EXCITED! Literally tell yourself "I'm excited!". A study done by the American Psychological Association showed that people perform better if they get excited before an anxiety-inducing task rather than trying to stay calm. This might be because excitement moves your brain from negative space into a positive one.

## 9. Think about others

If you find yourself frequently being anxious, try volunteering. Choosing to be kind to other people helps avoid build up of negative feelings towards social interactions.

## 10. Talk about it

There is no shame in anxiety, so there is no reason you should hide it and suffer alone. If you find that you are struggling to manage your anxiety on your own, perhaps you should seek out professional help. A therapist can work with you to come up with a treatment plan specifically for you, or help you manage your symptoms by identifying your triggers.



# Evergreen Youth Express

## Evergreen

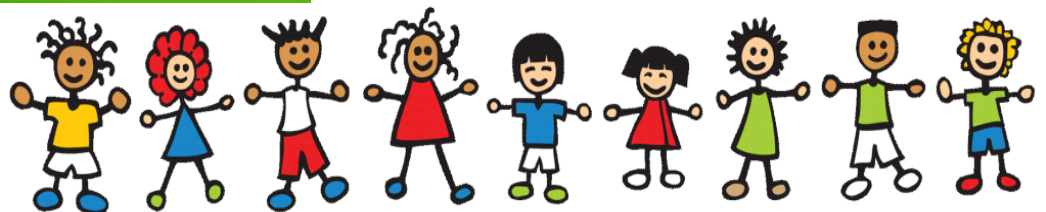
June  
2017



watch  
here  
for  
info



kicks off July 1st



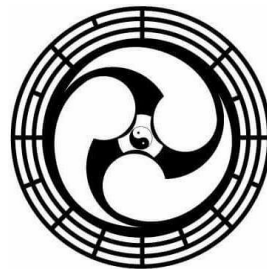


The Association for Evergreen Youth Annual General Meeting took place on Monday April 24 th at 7:15 p.m. at the Youth Centre. There was sparse attendance although we never fail to see close to 30 kids each day for special outings and field trips. It was disappointing that more parents were unable to attend.

Board positions for 2017-2019 are:

- President: Thank you Susan Orr for stepping up
- Secretary: This position remains vacant at this time.
- 2 Directors at Large: Welcome Barb VanCleaf and thank you Ryan Haywood for sticking with us.

Many thanks to remaining Board Members Darlene Nahkuri; Troy Girard and Al Innes as well as Natalie Haywood who has stepped down.



## Dojo Arts SUMMER PROGRAM starts

Sunday, June 4th  
@ the EECA hall.  
Kobudo and Karate

CHECK OUT:

Dojo Arts - Martial  
Training

on FaceBook



Name: \_\_\_\_\_

AGE: \_\_\_\_\_

Phone: \_\_\_\_\_

**Winner Announced  
at Summer Program  
Kickoff  
July 1st**



**Colour and drop off at the Youth Centre**

# Evergreen Classifieds



To have your ad appear in our newsletter, email to [secretary@eeca.ca](mailto: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.

## Natalie Haywood



3212 138ave  
Edmonton, Alberta  
780-406-7797  
Text 587-938-9214



## Are You Looking for a Full-Time Child Sitter?

As a mother of 2 children, I know how difficult it can be to find a Full-Time sitter.

I offer reasonable rates and I'm open to various hours. Feel free to text or call me anytime to set up a meeting.

**Ashley**

**587-401-4602**



## Professional Lawn Care



**Mow, Trim and  
all bagged**

**Call Larry - 780-472-9683**

**Reasonable Rates!**

*love*  
WHAT you DO!  
**I party for a living.**  
Private message me to  
see what's new with  
**Tupperware.**

Call Jody for all your Tupperware needs

780-717-2839

or

Email: [jodydraganiuk@gmail.com](mailto:jodydraganiuk@gmail.com)



Our names are Andrew and Elizabeth we are 13 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)



# June 2017



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Seniors Craft & Quilt 1-4pm	2 	3 Member Free Swim Clareview Rec Ctr. 6-8
4	5 Board Meeting 7:15pm	6	7 Seniors Meeting and Bingo 7pm	8 Seniors Craft & Quilt 1-4pm	9 	10 Seniors Meet & Greet 10am- 2pm
11	12	13	14 BBQ Night 6pm Bingo to Follow	15 Seniors Craft & Quilt 1-4pm	16 	17 Member Free Swim Clareview Rec Ctr. 6-8
18 Father's Day 	19 Garden Club 6:30pm 	20	21 Seniors Bingo 7pm	22 Seniors Craft & Quilt 1-4pm	23 	24 Member Free Swim Clareview Rec Ctr. 6-8
25	26	27	28 Seniors Crib 7pm	29 Seniors Craft & Quilt 1-4pm	30	

**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!