



December 2011

Evergreen News



Evergreen Kids Christmas Party

Saturday, December 10th,
2011

Noon — 4 p.m.

EECA Hall (in the strip
mall)

Kids ages 12 and under
(Community League or
Youth Centre membership
required)

Pre-registration required by
Friday December 2nd.

Call Alice at

473-3535

- Pizza Lunch
- Games
- Entertainment
- Crafts
- Colouring Contest with prizes!
- A visit with Santa
- And much, much more!



countryhillshomes.com

Please Welcome

Country Hills Homes' Newest Housing Consultant



Bonnie Bonogofski
Housing Consultant
Phone: 780.472.0082

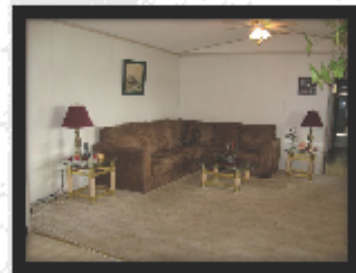
Country Hills Home Sales Inc. wishes to welcome Bonnie Bonogofski to the Community of Evergreen as our newest Housing Consultant. Bonnie joined the Company at the beginning of this year and has already been able to establish a strong clientele base.

Bonnie believes that genuine quality service is a must when helping her clients find the perfect home.

To ensure your new home reflects your needs, stop by the Country Hills sales office and let Bonnie turn your dreams into reality.

Featured Home - 2 Evergreen Avenue

Please contact Bonnie for more information



Earn \$500 for Referring Qualified Buyers!





Denise Criss, President

Edmonton Evergreen Community Association

PRESIDENT'S CORNER

We had so much fun this year for Halloween. Some great costumes and lots of little trick or treaters. There was even a few bigger kids out for the fun. Thanks for all the people in the community that got their kids out and to those who gave out candy.

Christmas is right around the corner. We have the kids Christmas party on the 10th of December. Its going to be a blast. Make sure you have your kids signed up. Pizza and presents for all....

The skating rink won't be able to be up and going until the weather cooperates with us. We will be putting a sign up on the Community Hall window when the rink is up

and running. Along with the hours of operation. Hope to see the Community come out and support our rink this year. Any donations of skates, sticks or pucks are greatly appreciated.

Don't forget about all our programs during the winter to get you out of the house. We have Mom's and Tot's on Wednesday mornings at 10am, Garden Club on the third Monday of every month, Crib every Thursday evening at 7pm. These are all the programs you can feel free to drop in and get involved.

I hope all your Christmas and New Years wishes come true. Have a great Month.

Gratitude is one of the sweet shortcuts to finding peace of mind and happiness inside. No matter what is going on outside of us, there's always something we could be grateful for.
- Barry Neil Kaufman

EVERGREEN GARDEN CLUB NEWS

Greetings fellow gardeners!

Christmas is just around the corner. Why not give someone a garden-related gift this year? A gift certificate to a greenhouse, some bulbs, a seed-planting kit or seed-storage book could give your gardening friends hours of enjoyment!

Our last meeting was on November 21st at the Community Hall. After a general meeting, members were treated to a special presentation of

"One Garden - Two Looks" on the big screen in the hall.

If you would be interested in joining a group of gardeners, the Garden Club is always happy to accept new members.

The Club meets in the park once a month for garden-related crafts, activities, movies, speakers and trips. Your annual membership is only \$10 when you are a member of the Edmonton Evergreen Community Association. Please contact Mary at 406-5710 for more information.

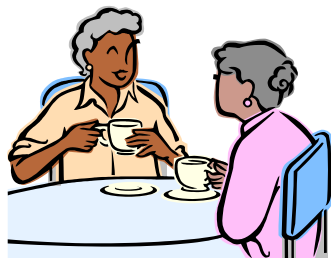
Our next meeting is on Monday, December 19th at 5:30pm at the Community Hall. This meeting will be our annual potluck dinner followed by the always-entertaining gift exchange.

Members are asked to bring their favorite dish and an unmarked, wrapped gift for the exchange.

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



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



EVERGREEN SENIORS GROUP NEWS

Dates to Remember:

Dec 7 Meeting/Bingo

Dec 14 Christmas Dinner @
Seniors Centre 6 p.m.
(Catered by Rosies)

Dec 21 Bingo

Dec 28 Crib

Remember: Evergreen Seniors
Centre is open to all residents of

Evergreen aged 55 or over. Join
us for coffee any weekday morn-
ing. Or check out our crafters
and sewers on Tuesday & Thurs-
day afternoon at 1.

Hamper this year, please call Denis
@472-9985 by Dec 15th. Re-
sources are limited so please ensure
the need is real.

Also collecting items for the food
bank.

*Did you know that EECA bingo
funds pay the rent and utilities
on the Seniors Centre? See
Denis to volunteer!*



If you know
anyone in Ever-
green or sur-
rounding area in
genuine need of
a Christmas

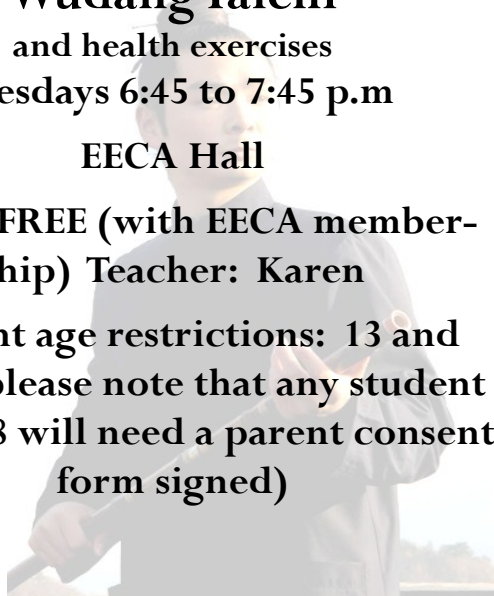
*Membership in EECA is required to
join the Seniors Group, along with a
nominal membership fee.*

Wudang Taichi and health exercises Tuesdays 6:45 to 7:45 p.m

EECA Hall

**COST: FREE (with EECA member-
ship) Teacher: Karen**

**Student age restrictions: 13 and
older (please note that any student
under 18 will need a parent consent
form signed)**



COME AND LEARN!

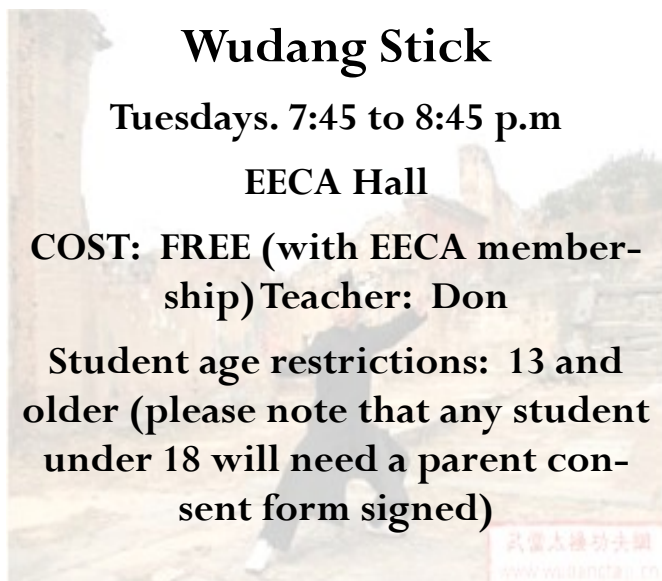
Wudang Stick

Tuesdays. 7:45 to 8:45 p.m

EECA Hall

**COST: FREE (with EECA member-
ship) Teacher: Don**

**Student age restrictions: 13 and
older (please note that any student
under 18 will need a parent con-
sent form signed)**



FOR THOSE CONCERNED WITH "LATE" DELIVERY OF THE NEWSLETTER

We make every effort to ensure that the
newsletter is prepared and delivered by
the first weekend of each month. This
does not mean by the first DAY of each
month.

If there are time sensitive events in the
newsletter, we try to make sure it is out
earlier. However, there are many vari-
ables at play including reliance on tech-
nology and expecting equipment to do

what it's supposed to every time (and we
all know how well that works out) AND
we are relying on humans to produce the
publication with all the variable that can
entail what with life issues, health, time
constraints and so forth. So, my hope is
that by letting you know that there is NO
guarantee that the newsletter will be
delivered on the first day of the month
some concerned residents may not be so
stressed about it.

The newsletter is hand delivered and I am
sure you will agree that at times weather
may not allow for immediate delivery
and as temperatures drop, it will take
more than the usual amount of time to
cover the entire park.

I'm asking for your understanding and
patience.

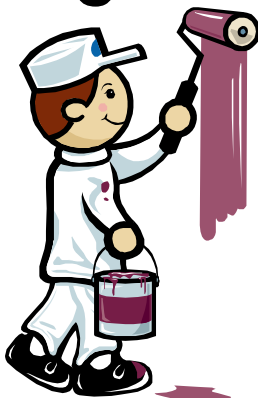
Rene's Painting & Decorating Ltd.

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780-475-0096

Or

780-910-0546



- Residential
- Paper Hanging
- Professional
- Expert with 40 yrs paint experience
- Interior & Exterior mobile homes

Edmonton Evergreen Community Association Bingo Dates:

- 1 December—Fort Road AM/PM
- 11 December- Kensington AM



Call 473-6962 to help
Denis with EECA

Call 413-8248 to help
Al with tafey

The Association for Evergreen Youth Bingo Dates: none



Tom's Computers
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Phone: (780) 628-3501
Email: contact@tomscomputers.ca
<http://tomscomputers.ca>



Looking for Teen
knitters, or Wanna Bees.

As part of the Youth Program, I would like the opportunity to teach a budding group of young people how to knit, or to inspire new creative projects. Let Alice know if you'd be interested for this type of activity in the fall or winter.

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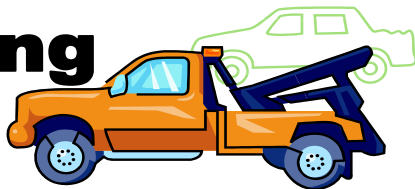
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Chris Knudson



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Owner—Linda Gergley



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Bichon Frise



Emergency
Medical
Services

Yielding to emergency vehicles

Time is the enemy in any emergency. You can help police, fire and EMS get to the scene quickly and safely by following the rules of the road. It's important for motorists to understand how to safely yield right of way to emergency vehicles with lights and siren activated so that everyone stays safe.

What to do when an emergency vehicle approaches with lights and siren activated

- If you're in the middle of an intersection when an emergency vehicle approaches with lights and siren activated, clear the intersection.
- On a one or two lane road, motorists should move to the right side of the road and stop. Remember to signal.
- On a road with three or more lanes, motorists should move to the nearest side of the road and stop. If driving in the centre lane, move to the right side of the road and stop. Remember to signal.
- Come to a complete stop and wait for the emergency vehicle to pass. Shoulder check for more emergency vehicles (there is often more than one) before re-entering traffic flow. Remember to signal.
- Remember, emergency vehicles may need to use any available road space to maneuver. This may include the use of shoulders and left hand turning lanes to pass other traffic.

While driving on the road

- Drive defensively at all times. Be attentive to sirens of emergency vehicles and be prepared to yield the right of way.
- It is the law for motorists to slow down to at least 60 km/hour (unless a lower speed is posted) when driving in the lane next to where an emergency vehicle is stopped.
- Do not break the rules of the road in order to give right of way to an emergency vehicle. This could include proceeding through a red light or making an illegal turn. Actions such as these jeopardize all motorists in the area.
- Do not drive on or block the shoulder of highways if emergency vehicles require it for access. Instead, wait for the emergency vehicle to pass before merging safely back in to the flow of traffic.
- Always leave plenty of space between your vehicle and an emergency vehicle in case it should stop suddenly.

www.albertahealthservices.ca

Youth Night

Clareview Recreation Centre

The Clareview Youth Night has been going since mid May and the reports thus far are excellent! Jenn, the primary leader is "awesome."

The youth are excited to have a program so close to home so keep on coming!

If you are between the ages of 12 to 17 and want something fun to do on Friday nights, please join us!

Brought to you by BG Bigs, Edmonton Public Library, YMCA, Bethel Church, REACH, City of Edmonton, Association for Evergreen Youth and the Family Centre

Check us out on Facebook
"Clareview Youth" at

<http://www.facebook.com/groups/176683519022821/>

"The drumming workshop was AWESOME!!!! Can we do it again?"

"You feed us!"

"It's cool that we have a place to hang out"

Every Friday
Night

4:15 to 8:00
p.m.

3804-139
Avenue

All youth
welcome



November 2011

Evergreen Youth Express

Willow River Evergreen Karate Club

Classes led by Ryan Haywood, a 2nd degree black belt, Mondays from 6—9 p.m. and Saturdays from 9 a.m.—2 p.m. Spaces available & more classes can be added. Call 413-8248 for details.



Congrats to Ryan and his class who participated in their first tournament this weekend. Look at those medals! We're proud of you!

EVERGREEN YOUTH CENTRE,
WORKING HARD TO MEET THE
NEEDS OF CHILDREN AND YOUTH
IN EVERGREEN AGES 6—17 YEARS



The Association for Evergreen Youth

Board of Directors of The Association for Evergreen Youth calls an Annual General Meeting for Monday, Dec 12 at 7p.m. at the Youth Centre. We need to have our 2010 financial statements approved by the membership, and we need to appoint the auditor for the 2011 fiscal year. We will not take up a lot of your time, so please help us out here and come to this short but vital meeting.

KID ZONE PROGRAMS (AGES 6—11 YEARS)

Kid Zone: Monday, Tuesday, and Friday 3:30—6 p.m. & Thursday 2:30—6 p.m.

You Go Girl: Wednesday 6—8 p.m.

Homework Help: Thursday 4—5 p.m.

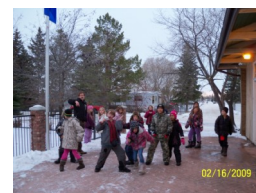
Super Chefs: Wednesdays 3:30—6 p.m.

Reminder to "You Go Girl" participants: Bring a food bank item each week. In a couple of weeks we'll be taking your donations to the Seniors Centre to help out with their Evergreen Christmas Hamper Program.



Evergreen Play Rangers

Play Rangers had over 20 kids registered. Activities included fire building, bannock making, satellite tracking field games, ravine awareness, nature photography and lots of FUN! Thanks to the City of Edmonton crew for bringing this important nature awareness program to Evergreen.



YOUTH ZONE PROGRAMS (AGES 12—17 YEARS)

Girl Zone: Thursday 6—9 p.m.

Homework Help: Tuesday & Thursday 5—6

Clareview Youth Group
(at Clareview Rec Cen-

tre): 4—8 p.m.

Guitar Lessons: Friday 6—8 p.m.

Youth Zone: Saturday 3—10 p.m.

Evergreen Youth Guitar Lessons

Ages 12 -17
Rob Brinton—instructor
Must have your own guitar
\$3 per week program fee
Friday 6—8 p.m.



DECEMBER 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p>From our family to yours...</p>				1 Kid Zone Girl Zone	2 Kid Zone Guitar Lessons	3 Karate Youth Zone
4 Youth Centre Closed	5 Kid Zone Karate	6 Kid Zone YEP	7 Super Chefs You Go Girl	8 Kid Zone Girl Zone	9 Kid Zone Guitar Lessons	10 Karate Kids Xmas Party (EECA Hall) Youth Zone
11 Youth Centre Closed	12 Kid Zone Karate	13 Kid Zone YEP	14 Super Chefs You Go Girl	15 Kid Zone Girl Zone	16 Kid Zone Guitar Lessons	17 Karate Youth Zone
18 Youth Centre Closed	19 Kid Zone Karate	20 Kid Zone YEP	21 Super Chefs You Go Girl	22 Kid Zone Girl Zone	23 Kid Zone Guitar Lessons	24 Youth Centre Closed
25 Youth Centre Closed	26 Youth Centre Closed	27 Youth Centre Closed	28 Youth Centre Closed	29 Youth Centre Closed	30 Youth Centre Closed	31 Youth Centre Closed

Winter Spectacular

Join us for exciting outdoor games, crafts, and winter activities including snowshoeing, bannock, plus crafts!! Activities will be moved inside during bad weather.



Most importantly, all of our leaders are certified specialists in WINTER FUN!

Who: Children 7-12 years of age

Date: Tue. Jan 3 to Fri. Jan 6, 2012

Program Times: 9:00 am – 4:00 pm

(early drop off at 8:30am and late pick up to 4:30pm)

Location: South Clareview Hall 132A Avenue & 34 Street

Cost: \$22.00

To Register: Call 311 and let them know the registration CODE 442451

Come Dressed for the Weather! We will be playing OUTSIDE!!!

Winter Spectacular

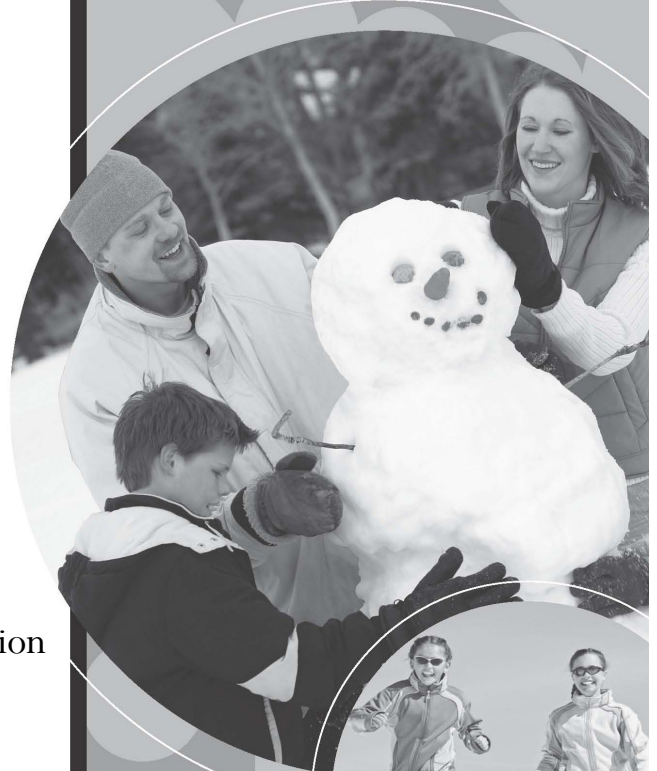
January 3-6

9:00 am – 4:00 pm

For Info

Phone 311

Registration Code 442451



Tis the season to go shopping!
 Fa La La La La, La La La La
 There's no need to go mall hopping
 Fa La La La La, La La La La
 Just come visit My Grandma's Attic
 Fa La La, La La La, La La La
 With gifts galore you'll be ecstatic!
 Fa La La La La, La La La La



Happy Holidays!

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Men's Cut & Wash	\$13.00
Men's Cut & Streak	\$25.00
Men's Cut + Solid Color	\$30.00
Men's Beard Trim	\$5.00
Men's Clean Up	\$5.00

All services require Tax (gst)

Merry Christmas
 &
 A HAPPY
 NEW YEAR



Emergency
 Medical
 Services

Cold weather safety

Alberta Health Services EMS responds to many cold weather related emergencies every winter. Simple actions such as dressing appropriately and anticipating sudden weather changes can help keep you both warm and safe this season.

Frostnip

- Frostnip occurs when skin is extremely cold, but not frozen. It commonly affects the ears, nose, cheeks, fingers and toes.
- The skin appears red but also turns to white when pressed. It may feel numb to the touch.
- When treated promptly, frost-nipped skin will heal without complication.
- Gently re-warming the affected area in a warm environment is advised.

Frostbite

- Frostbite is when skin becomes so cold, the skin and underlying tissue freeze completely.
- It may look white and waxy and will feel hard to the touch.
- Treatment begins with removal from the cold environment and placing the affected area in warm, *not hot*, water (about 41°C) until re-warmed.
- Seek further medical attention as required.

Hypothermia

- Hypothermia is abnormally low body temperature (less than 34°C as compared to normal body temperature of about 37°C).
- People suffering hypothermia may act inappropriately with uncharacteristic stumbling, mumbling, and fumbling, as their body temperature continues to lower.
- Early recognition and prompt medical attention is crucial. Left untreated, hypothermia may progress to coma and death.
- Call 9-1-1. Don't forget to protect yourself from the factors that originally lead to the patient's situation.
- Gentle re-warming should start as quickly as possible including: removal of wet or constrictive clothing, covering with blankets or sleeping bags, and protecting the patient from further heat loss (wind, moisture and contact with cold surfaces).

www.albertahealthservices.ca



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Evergreen Youth Centre Snow Shack Program

Ages 6—12 welcome to join us at Evergreen Youth Centre the week of January 2nd for our own version of the Snow Shack Program.

Doors open at 10 a.m. Pick up at 6 p.m.

Program Fee: \$20 for the whole week! (that's around \$2 per hour)

Lunch and snacks provided.

Come prepared to spend some time outdoors (weather permitting).

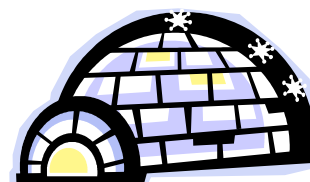
Crafts, games, activities, fun.

- Monday: Skating
- Tuesday: Movie Day
- Wednesday: Swim Day
- Thursday: Tobogganing
- Friday: Skating and bonfire



Space is limited so sign up NOW.

Call 413-8248 to register.



DeeDee & Jesse's Family Hair Care

Complete Family Hair Care /Esthetics

Jesse and DeeDee have recently opened up a family oriented salon which is located on the North East side of Edmonton in the Evergreen Community Park. They care about the people and their needs, and therefore are offering affordable services to families and seniors in the community and surrounding areas. Bringing 18 years of experience in the Beauty/ Barbering Industry, and offering Esthetics services to the community, DeeDee and Jesse are confident that they can satisfy all of there customer's needs. "We offer up to date Techniques in Custom Cutting, Perms, Colors, Foiling, Hair Painting, Waxing, and Nails ,etc."



"Bring the family over for a complete make-over!"

DeeDee & Jesse's Family Hair Care

722 Evergreen Community Park NW
Edmonton AB , T5Y 4M2
Taking Appointments And Walk Ins Are Welcome
(780) 476 6030 ask for DeeDee

Evergreen Recipe Corner

If you have a special recipe you would like to share please feel free and we will post it onto our new Recipe corner. Just email to eecc@shaw.ca or drop it off to Ann at the Community office by the 20th.



Hot Crab Dip

prep time 10 min
total time 25 min
Makes 3 cups or 24 servings, 2 Tbsp.
(30 mL) each

Ingredients:

- 1 pkg. (250 g) Philadelphia Brick Cream Cheese, softened
- 1/3 Cup Miracle Whip Dressing
- 1 1/2 Cups shredded swiss cheese
- 1 can (120 g) crabmeat drained and flaked
- 2 green onions, chopped
- 2 Tbsp sliced, toasted almonds

Directions:

1. Heat oven to 350 F
2. Mix cream cheese and dressing in medium bowl until well blended
3. Stir in swiss cheese, crabmeat and onions
4. Spread into bottom of 2 Cup ovenproof dish
5. Bake 15 min, stirring after 10
6. Top with nuts

Easy peasy and amazing on Vegetable Thins.....or try it on YOUR favourite crackers.....YUM

EVERGREEN NEWS CLASSIFIEDS

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Call: 780-457-6893 OR 780-
915-6600



Call 780-473-3535 by
Dec 20th to have your
ad included here in Jan
edition of Evergreen
News!



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appointment



MLA Peter Sandhu ~ Christmas Open House

*Invites you, your family & friends to
join him in celebrating the spirit of the
season.*

**Edmonton Manning Con-
stituency Office
5523 – 137 Avenue**

*Join us for some light snacks and bev-
erages.*

Friday, December 9, 2011

*Catch up with some old friends and
meet some new!*

**4:00
– 8:00pm**

*The best of all gifts around any Christmas tree: the presence of a happy family
all wrapped up in each other.*

-Burton Hillis-



THE ASSOCIATION FOR
EVERGREEN YOUTH

38 Evergreen Park NW
Edmonton, AB T5Y 4M2

Phone: 780-413-8248

Fax: 780-472-9506

E-mail: tafey@shaw.ca

To advertise in this publication contact the editor
at tafey@shaw.ca by the 20th of the month pre-
ceding when you want your ad published.

- Business Card Size \$15
 - 1/4 page \$25
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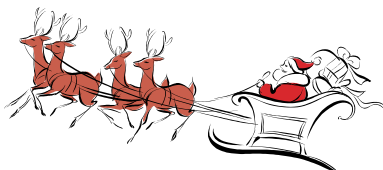


38 Evergreen Park NW
Edmonton, AB T5Y 4M2

Phone: 780-413-8248

Fax: 780-472-9506

E-mail: tafey@shaw.ca



Santa is coming to Evergreen Saturday, Dec 10th.
Make sure your 12 and unders are registered.
Call Alice @473-3535. eecca or tafey membership
required. Both memberships are available.

We specialize in Mobile Home Furnaces and Air Conditioning

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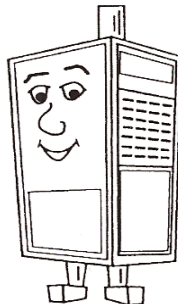
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We handle and process the Coleman DGAT safety recall. No charge to
homeowner.

VISA

MASTERCARD

December 2011

Sun

Mon







Tue

Wed

Thu

Fri

Sat

				1 Crib Seniors Crafts	2	3
4	5 	6 Tai Chi Seniors Crafts	7 Tots Darts Seniors Meeting/ Bingo	8 Crib Seniors Crafts	9	10 Kids Xmas Party Noon—?
11	12	13 Tai Chi Seniors Crafts 	14 Tots Darts Seniors Xmas Dinner	15 Crib Seniors Crafts	16	17
18	19 Office Closed Garden Club 	20 Office Closed Tai Chi Seniors Crafts 	21 Office Closed Tots Darts Seniors Bingo	22 Office Closed Crib Seniors Crafts	23 Office Closed	24 Office Closed
25 	26 Office Closed	27 Office Closed Tai Chi Seniors Crafts	28 Office Closed Tots Darts Seniors Crib	29 Office Closed Crib Seniors Crafts 	30 Office Closed	31 Office Closed