

Evergreen Evergreen Lews December 2012



Evergreen Community Association

Evergreen New Year's Eve Adult Gala

Dinner and Dance

Come Celebrate



At Evergreen Community Hall Monday, 31st December 12 7 PM to 1 AM Tickets \$25/per person

780-473-6962

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CO CREEN

Routine lawn maintenance will keep your lawn lush and green. Watering, fertilzing and keeping it trim are preventative measures to having a healthy lawn.

HGTV. 2012. landrapoina Tibu.

People Come To Us! We Know Your Community. Call us today! 780-472-0082

Evergreen Garden Club News

Greetings fellow gardeners! Are you feeling crafty? Why not paint a set of vegetable markers, a pot, or a planter, spray it with weather-proof sealer, and give it to the other gardeners on your

Garden-related crafts are always a great way to keep your mind in the lilies during the winter months. The Garden Club knows this well and an open craft night at the hall for our last meeting was a huge success. Each unique creation was ooed and awwwed over by the other Garden Club members before being taken home to decorate for the season. The Club provided all the supplies, but the talent definitely lies in its members! Our October meeting was a really "gourd" time, too. We carved pumpkins and had a costume contest. Congratulations to Arlene Cardenas whose pirate costume was voted a notch above the rest. Arlene went home with a prize, and everyone went home with at least one pumpkin to light the way for all the little trick-or -treaters.

If you enjoy gardening, why not come and meet with other gardeners in your neighbourhood? The Evergreen Garden Club has over 30 members of all ages and meets once a month, year-round, for garden-related trips, speakers and crafts. Their five-person executive works very hard to put together programs that include everyone from the novice to the pro. If you have any questions, Mary at 780-406-5710 would love to help you out.

Pssst: We are in the process of planning a trip to the Orchid Show in February, wouldn't it be nice if you were a member of the Garden Club and you could just hop on a nice warm bus, right here from Evergreen, to a flower show in the middle of winter? Oh yes, it would!

Our next meeting will be December 17th at 5:30pm in the Community hall. This meeting will be our annual Christmas pot-

luck. Members must bring a potluck item and a \$20 Chinese Gift Exchange present. The present must be wrapped and garden-related! Be warned, as friendly as we all may look, the gardening gloves come off when the gift exchange is on! Merry Christmas from all of us in the Garden Club to all of you in Evergreen!

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



T.O.T.S.

Evergreen's T.O.T.S. program is a FREE* drop-in "playdate" for kids 0-5 and their moms, dads or caretakers.

Where? at the EECA Hall in the New this year: Since so many of strip mall

When? Every Wed 10 a.m.—noon

for kids and an entire hall full of low. For example, if it is -19'C, toys

To give parents a break and give kids a chance to socialize and run around in winter.

Who? Right now 10—15 parents and their children attend. Dayhomes and grandparents are welcome!

*TOTS asks that you purchase a \$20 annual Evergreen Community Association membership to thank them for donating the space and money to our program. Exceptions can be made for those in financial difficulty. Please do not stay away from this great program because you can't afford the \$20.

our kids walk to TOTS, we will NOT be having program on any days where the temperature, in-

What? Coffee for parents, snacks cluding wind chill, is -25°C or bebut -25'C with the wind chill, the program will not be available that morning.

Questions? Call 473-6962



Join us in offering sincere condolences to our very own Denis Pouliot and family on the recent loss of Joan. Joan was an amazing volunteer in this community for many years and she will be sorely missed at the Seniors Centre, around the community and at Bingo.

Evergreen Youth Centre invites you to attend a family skating event December 27th and December 28th from noon—4 p.m. Some skates available to borrow. Helmets required. Safety gear strongly recommended.

FREE

- Skate
- Hot Chocolate & a Hot Dog
- Some concession items may be available for sale at the Skate Shack



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Call 780-472-9959 to book your appointment now, before you break down because after would be no fun.



EECA office will be closed for Christmas from December 24th to January 2nd.

The Youth Centre will be closed from December 22nd to January 5th.

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Evergreen TOPS

TAKE OFF POUNDS SENSIBLY

Come on down to the hall on Sunday nights (6:45—8 pm) We are about losing weight, supporting each other and having fun while doing it!

2nd Dec - General Meeting

9th Dec - Dance

16th Dec - Xmas Dinner at Swiss Chalet (Healthy)

23 Dec - Bingo & Fruit Basket 30th Dec - No meeting

At all our meetings or events we still weigh in and give our support to one another



Emergency Idedical 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, frostnipped 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).

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Chris Knudson



Evergreen Youth Express

Programs subject to change. Call 780-413-8248 for updates.







The Association for Evergreen Youth



After School Inc.

angents.

Boys & Girls Clubs Big Brothers Big Sisters

of Edmonton & Area

All kids from 6—11 years welcome

Stephanie and Antonella provide a program that embraces BGCbigs philosophy which includes Cool Moves and Growth/ Empowerment/Leadership. Every Monday, Wednesday and Friday from off the bus until 6 p.m. Healthy after school snack provided by Evergreen Youth Centre. Positive role models, adults who believe that every child can succeed and who will do everything in their power to help make that success happen. Educational support offered every day.

GUARANTEED KID FRIENDLY FUN

Drop in to the Youth Centre to check it out and register!!!

Closed December 22 to January 5. Merry Christmas and Happy New Year everyone!

The "fine print":

Evergreen Youth Center offers drop in and registered programs and child must be able to walk home or be picked up immediately should the need arise. The Youth Center is a drop-in facility and rules for the comings and goings of participants is strictly between parent and child. The Youth Center is not responsible to monitor each child who attends it's programs. It is strictly an "at will" drop-in Centre, not a daycare facility.

YOUTH CENTRE ZONE PROGRAMS



BOY ZONE	GIRL ZONE	KID ZONE	YOUTH ZONE
Boys 6—11 years	Girls 6—11 years	Both boys & girls 6—11 years	Boys 12—17 years Leaders: Adam &
Leader: Merissa	Leader: Merissa	Leader: Merissa	Isaac
Thursdays 5—8 p.m.	Tuesdays 5—8 p.m.	Tuesdays 3– 5 p.m. Thursdays 2–5 p.m.	Saturdays 3—10 p.m.

December 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						Youth Zone 3-10 p.m.
2 Karate 2-5 p.m. @ EECA Hall	After School Inc 3:30-6 p.m.	4 Kid Zone 3:30-5 p.m. Girl Zone 5-8 p.m. Karate 6-9 p.m.@EECA Hall	5 After School Inc 3:30-6 p.m.	6 Kid Zone 2:30-5 p.m. Boy Zone 5- 8 p.m.	After School Inc 3:30-6 p.m.	8 Youth Zone 3-10 p.m.
9 Karate 2-5 p.m. @ EECA Hall	After School Inc 3:30-6 p.m.	Kid Zone 3:30-5 p.m. Girl Zone 5-8 p.m. Karate 6-9 p.m.@EECA Hall	After School Inc 3:30-6 p.m.	Kid Zone 2:30-5 p.m. Boy Zone 5- 8 p.m.	After School Inc 3:30-6 p.m.	Youth Zone 3-10 p.m.
l6 Karate 2-5 p.m. @ EECA Hall	After School Inc 3:30-6 p.m.	18 Kid Zone 3:30-5 p.m. Girl Zone 5-8 p.m. Karate 6-9 p.m @EECA Hall	After School Inc 3:30-6 p.m.	20 Kid Zone 2:30-5 p.m. Boy Zone 5- 8 p.m.	After School Inc 3:30-6 p.m.	Youth Zone 3-10 p.m.
23	24	25 IRIST	26	27 Family Skate noon—4	28 Family Skate noon—4	Youth Zone 3-10 p.m.
30 <mark> </mark>	31		A Property of the second		Associati egreen Yo	



Hello hello,

My name is Isaac Tyler and I am one of the staff members at the Evergreen Youth Centre. I work every Saturday from 3pm-10 pm with the Gentleof Evergreen men (Youth Boys ages 12-17) and this is my first article for the newsletter – hopefully the first of many!

I thought I would use this article as a way to introduce myself and

all of those involved in the program, as well as introduce our goal for the boys and update you as to our program's schedule. As I mentioned, my name is Isaac and I am 23 years old. I am currently in my third year of a combined Native Studies/Education degree at the University of Alberta. If you see a tall guy with dreadlocks around Evergreen on Saturdays, that's me! I began working in Evergreen at the skatepark as a Youth Worker for the City of Edmonton during the summer of 2008 and it was a great summer. I returned to the Evergreen skatepark in the summer of 2010 once again and was asked by Alice at the end of August if I would be interested in starting a Saturday Youth program. Needless to say, I've been here ever since!

My friend Adam Ward also works with the Youth on Saturdays. Adam is 21 and is also at the University of Alberta in his last year of an Education degree. Adam was also working at EG in the summer of 2010 and joined the Saturday Youth program later that December (Adam is the short Asian guy, known by the youth as 'Tokyo Express').

And of course ya'll already know Alice – the wonderful lady that keeps everything running smoothly at the Youth Centre. Whether it's drawing up permission slips for field trips or running out to grab us some program supplies, she can also be found maintaining the building, attending board meetings and taking care of whatever else needs to be done. For the past few years the three of us have been working together to develop the best program that we can for the Youth.

explain a little more about our program and what we do. We call our group the Gentlemen of Evergreen. I have always addressed the boys as 'Gentlemen' and so the name kind of stuck. We also picked this name to represent our goal which is to help develop these awesome youth into young Gentlemen who are both kind and respectful. I have already seen really great things happening with each one of our guys. Last June the boys raised enough money through bottle collecting to pay for a weekend camping trip to Elk Island National Park. It was awesome! The guys worked hard to pitch their own tents, build their own fires and cook all their own food, but really enjoyed themselves while doing it. We also hope to encourage the building of life long skills. Once a month we plan a cooking Day. Just this past Saturday we had an Asian Theme where we cooked fried rice and the boys got to cook their choice of beef, chicken, pork, or shrimp to go with it. However, we do like to have a little fun in the process. The one thing that has made our group infamous around the Evergreen community is our NERF WARS. Almost every Saturday you can

I am happy to say our group continues to grow and we are beginning to see more and more guys coming out on Saturdays! Even on our smallest days we have at least 12 boys showing up and we are hoping to break 20 very soon. It is really encouraging to have such great results and we hope it continues to be as successful as it has been.

see about 15-18 youth running around the play-

ground, parking lot and skating rink shooting each

other with NERF guns. It's a blast, but I should warn

you we take our NERF wars very seriously...very.

If you want to find out more about the Gentlemen of Evergreen please check out our facebook page at facebook.com/gentlemenofevergreen. This page contains videos and pictures from our activities and is updated with our schedule every Sunday night. Please feel free to 'like' our page as well. If you're interested in supporting our group, we are out almost every Saturday around 3:30pm collecting bottles to fundraise for our now annual summer camping trip and are very thankful for any amount you are willing to donate! If you have any questions you can contact us via email at gentlemenofeg@yahoo.com, or see us at the Youth Centre every Saturday from 3-10 pm.

Thanks for reading and I hope you enjoy the upcoming Christmas season!

Isaac

Now that I've introduced Adam and myself I'll try to

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We Need YOU!

Bingo and Casino events provide the funds needed to allow Evergreen non-profits to continue offering programs and events to residents. If you attend programs or events put on by the community league, Faith needs you! Call

780-473-6962 to volunteer to help with the following EECA events:

Dec 1 - Kensington

Dec 26-Fort Road

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!



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Evergreen Adult Dart League

@ EECA Hall (in the strip mall)

Regular Play: Wednesdays @ 7

EECA membership required.

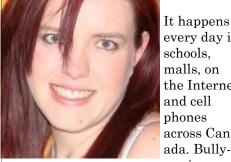


Evergreen Adult Cribbage Drop In

@ EECA Hall (in the strip mall)

Regular Play: Thursdays @ 7

EECA membership required.



every day in schools, malls, on the Internet and cell phones across Canada. Bully-

The ultimate measure of a man is not where he stands in moments of comfort, but where he stands at times of challenge and controversy. Martin Luther King, Jr.

ing. One in five Canadian youth report

being bullied regularly. But you can help. When a friend steps in, bullying stops half the time in 10 seconds or less. It's pretty simple. When you see bullying, don't just stand by. Instead, stand up.

Here are some great ways for you as parents to help...

Teach your children that if they see someone being bullied, they should not watch, laugh or join in.

Pay attention to the relationships in your children's groups. Ensure all children are included and that inappropriate behaviors are addressed.

Help kids see the value of offering empathy and support to those who are bullied.

Work with your child's school to educate others about the problem of bullying.

Be a good example for your chil-

dren. Model respectful behaviors at home and in your daily interactions.

Find out more about RespectED by email respected@redcross.ca or by

getting in touch with your local RespectED Coordina-

Everyone has rights and responsibilities Your rights are to:

Be treated fairly and with respect, feel safe, be included in groups and activities, ask for help when you need it, say 'no' to unwanted behavior, make your own decisions (with support from the adults you trust), be protected from bullying and harassment, have a supportive adult speak for you.

Your responsibilities are to:

Treat others fairly and with respect, include and welcome others, help protect yourself from harm, respect other peoples' boundaries, give help when needed, listen when others say "No", not overpower, bully, harass or abuse anyone, control your anger, report mistreatment of other people, listen to yourself and get help if something seems wrong, let people make their own decisions.

Ratting versus telling: there is a difference

Ratting is done to get others in

Ratting hopes to create a problem for someone else.

Telling is done to get help, to take care of yourself or someone else.

Telling tries to solve a problem. Ratting says "I want to hurt!" Telling says "Please help!"

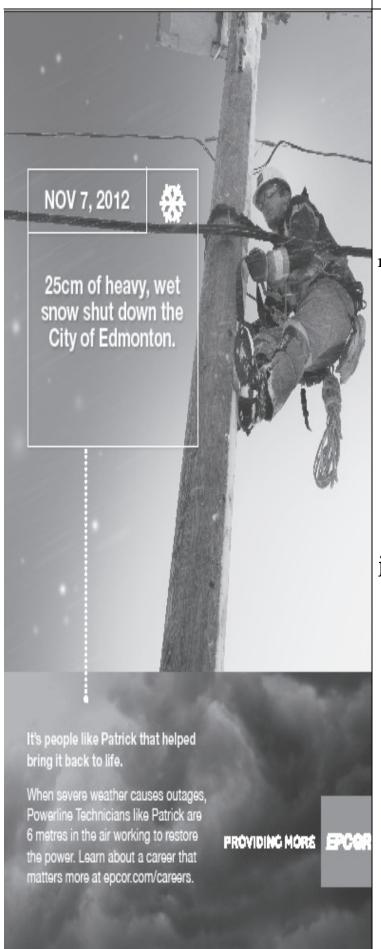
There is a problem and these children being bullied are in need of some love and support from this entire community.

Christmas is here. Let's all make this a special one in Evergreen. The Kids Christmas Party is approaching fast. There are over 60 children signed up. Santa has a big job this year. With all the volunteers and great support from our community this will be the best one yet!!!

We are very excited to announce that we will be having our Annual New Year's Eve Adult Gala at the Community Hall this Year. \$25.00 tickets including a dinner and dance. It's going to be a blast and a short walking distance home.

All of our programs are under way. Don't forget that Crib is drop in on Thursday Nights at 7pm. Our T.O.T.S (Time Out To Socialize) for mom's and tots has gone very well and is also a drop in program. We have many new moms that have joined our group and are always welcome to more.

Your Community League President Denise Criss





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Evergreen Classifieds

To have your ad appear here, call Alice 780-473-3535 before Sept 20th or email tafey@shaw.ca This space set aside for residents of Evergreen to advertise their items FREE of charge. This newsletter is hand delivered to

every home in the Park and is mailed to a number of people outside of Evergreen too.

NEEDED: A casual babysitter for 1 school aged child evenings/weekends. Must be at least 16 years old Contact Jody @ 780 777 5657 for more details and/or to apply.





Hello Evergreen Seniors.

Come down to the Seniors Centre for a coffee, a chat, or to play some pool.

We meet every morning 10 a.m. to noon. Every Wednesday evening we get together at 7 p.m. The events this month are:

Dec 5 - Meeting and Bingo

Dec 12 - Swiss Chalet - Manning Dr & 137th

Ave

Dec 19 - Bingo

Dec 26 - Crib

If anyone has items to donate to the food bank, please drop them off at the Senior Centre.

If you know of anyone in Evergreen that is in need of a Christmas hamper, please call Denis at 780-472-9985 or the EECA office 780-473-6962 no later than Dec 15th.

Come to the Seniors Centre and Enjoy yourself!



Another Benefit of Membership:

Remember: Your EECA

membership allows you to attend the free community swim Saturdays 2 - 4 at ACT and Sundays 2—4 at Londonderry.



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its a dogs life grooming salon @gmail.com

or call

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AND

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The Association For Evergreen Youth

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Our hall is available to rent. Call 780-473-6962 for details.



Pergreen December 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
						Community League FREE Swim ACT 2—4	
2 Karate Tops Community League FREE Swim Londonderry	3	4 Karate	5 Tots Darts Srs Bingo	6 Crib	7	8Community League FREE Swim ACT 2—4 Kids Xmas Party (must be pre registered)	
9 Karate Tops Community League FREE Swim Londonderry	10	11 Karate	12 Tots Darts Srs Swiss Chalet	13 Crib	14	15Community League FREE Swim ACT 2—4	
16 Karate Tops Community League FREE Swim Londonderry	17 Garden Club	18 Karate	19 Tots Darts Srs Bingo	20 Crib	21	22Community League FREE Swim ACT 2—4	
Tops Community League FREE Swim Londonderry	Mey	25 Lhris	26 Srs Crib	27 TAFEY Family Skate noon—4	28 TAFEY Family Skate noon—4	29Community League FREE Swim ACT 2—4	
30	31 New Years Eve Gala	Office Hours: Mon - Thurs 9—3 Fri by appointment only Closed for lunch Closed Dec 24 to Jan 2 Wednesdays set aside for errands so office may not be open.					