



Evergreen News

March 2012

You are invited to...



Evergreen Garden Club's ANNUAL

Join us for FREE
coffee, tea and cake
on our indoor patio!

OPEN HOUSE

- Talks by Members
Starting a garden in
Evergreen—11:30
Easy edible production—
1:00



FREE!
Door prize
ticket

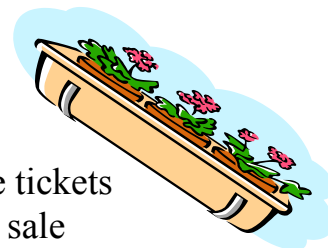
Saturday, March 24th, 2012

11 am - 3 pm

at the

EECA Hall

Raffle tickets
on sale



Come out and meet Garden
Club members

Memberships available

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



And there is more:

- Seedling demo with free giveaways
- Browse through garden books
- Spade, lawnmower sharpening free

(1 per family)



c o u n t r y h i l l s h o m e s . c o m

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- Mother Theresa

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Featured Home - 661 Evergreen

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The President's Corner

The bond that links your true family is not one of blood, but of respect and joy in each other's life. Rarely do members of one family grow up under the same roof.

Richard Bach, Illusions

We have tons of fun stuff coming up in March. There is the Garden Club Annual Open House on Saturday March 24th, from 11am - 3pm. Free Door

Prize, Free Coffee, Tea and Cake. There will be Raffle Tickets for sale. Seedling Demo with free giveaways. We also have coming up Senior Bake Sale on March 31st. Get there early as the best baked goods go fast. I always enjoy the fresh baked bread. Tons of hand knitted items are always done well and at a great price.

Spring break is upon us. The children are out of school for the week of March 25th. Let's keep our kids BUSY. They can go to the Youth Center from Monday March 26th - March

30th. They are open from 10am - 6pm. Don't forget about our skating rink. With weather permitting the Skating Rink will be open for use this week as well from 12pm - 9pm.

Thanks for everyone who came out and supported the Community BBQ that was held at the Skate Rink for Family Day. It was a huge success. Thank you to all the volunteers.

Your Community League
President, Denise Criss

Evergreen Garden Club News

Greetings fellow gardeners! Happy St. Patrick's Day! Did you know that there actually are 4-leaf clovers, growing right here in Evergreen? Approximately 1 in 10,000 clovers produce a 4-leaf pattern. An old Irish tip to find them when looking at a field of clover is to try and look for "squares". Will you find your lucky clover in Evergreen this year?

Our last meeting was our annual "Seedy Monday" seed and houseplant exchange. After going over some changes to the organization of the executive duties, members enjoyed a fun trivia game about seeds and gardening in general.

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

Following that, a round of show and tell began as each member with something to share presented their gifts. Many members had nothing to give but that is always ok, there are always plenty of seeds to go around in this group of gardeners!

Are you interested in the Garden Club? Come on down to the Community Hall on MARCH 24th between 11 and 3 to meet real live members of the club and have

some free coffee and cake at our annual Garden Club Open House (see the ad in this newsletter). If you're busy that day, but are still interested in

joining, please call Mary at 406-5710.

Our next meeting will be March 19th at 6:30pm at the Community Hall and club members will be planting terrariums for the first time in Garden Club history! Members can bring (but are not required to bring) glass bowls or plants or ornaments they wish to put in their terrariums, but supplies from the Garden Club will be available.

The Evergreen Garden Club is a lively group ranging from the rookie gardener to the expert horticulturalist. We meet at the hall once a month, year-round, for garden-related crafts, activities, movies, speakers and trips, and we'd love to meet YOU.





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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)

PAGE 4



Sincere thanks to The Brick Sports Central for the donation to the children and youth who make use of the Evergreen Skating Rink and thank you to Program Director, Natalie Silver Haywood for suggesting

we approach them. Sports Central came through in a big way with skates, hockey sticks, pucks and helmets to help us assist the kids who want to use our rink but don't have their own equipment. Please consider donating your gently used sports equipment to this amazing charity!



Phone: 472 9959

33 Evergreen Mobile Home Park

RR Auto your friendly neighborhood service station where the coffee is on and our licensed technicians are available to service your car or truck. Keeping your vehicle tuned up is a good way to save money at the pump and prevent costly repairs down the road. Tire changes and repairs Service to most cars and trucks. New car warranty approved products

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



Thanks, Rob!

Check out our new website, now up and under construction! Keep checking back to see what's new and exciting in Evergreen!



Over 10,000 people have found a rewarding career at the City of Edmonton and they're waiting for you to join them.

1. Census Workers - for Apr 2012

The City of Edmonton requires more than 1,400 census workers to visit households this Apr. Applications now being accepted. Questions? call 780-496-8008 8:30 a.m. to 4:00 p.m. Apply in person at 16304 - 114 Ave NW, 8:30 a.m. to 4:00 p.m. or at City Hall, 3rd Floor - Office of the City Clerk, 8:30 a.m. to 4:00 p.m.

http://www.edmonton.ca/city_government/documents/CtyEdm_Census2012_Poster_Recruitment_v4.pdf
http://www.edmonton.ca/city_government/jobs/job_opportunities.aspx

2. Bylaw Prosecution Clerk - Word Data Processing Clerk II (Up to 18 Months) - Job Number: 8510

Do the words Bylaw... Prosecution.... Clerk sound exciting to you? Want to use your quick thinking skills and exceptional data entry in a Law environment? Consider joining the City of Edmonton as a Bylaw Prosecution Clerk! The Litigation section represents the City at all levels of court, administra-

tive tribunals, boards of arbitration and mediation on actions by and against the City. As a member of the Litigation Section, your areas of expertise will be in preparing documents for court, directing public inquiries, and providing clerical assistance to the Municipal Prosecutor and Bylaw Prosecution Assistant! You will also ensure that all required documentation is prepared to enable the Municipal Prosecutor to proceed to court and successfully prosecute bylaw infractions! If you thrive on working in a detail oriented office, while compiling material from a variety of sources, then this is the position for you! CLOSING DATE: Feb 17, 2012

3. Visitor Services Interpreter - Public Programs (Summer) - Recreation Technician I, Job Number: 8603 temporary, part-time approx 5 mos (May to Sept), may continue up to 11 months. Are you passionate about Edmonton's history? Are you excited to learn and eager to share what you know with others? Do you like meeting people from all over the globe? If so, a Visitor Services Interpreter position may be just the thing for you! You'll orient visitors to Fort Edmonton Park, develop and lead tours, develop brochures and hand-out content, enjoy a challenging

and vibrant workplace, and develop memories that will last a lifetime.

CLOSING DATE: Feb 23, 2012

4. Employee Service Centre Representative, Job Number: 8697 This posting is for 1 temp position that may continue up to approx 18 months. The City of Edmonton has over 12,000 employees working in six departments. Bring your payroll expertise to the Human Resources Branch today and ensure employees' payroll needs are met. As an Employee Service Center (ESC) Representative, you will work with a team of Payroll professionals using your payroll knowledge and experience to provide efficient payroll services to the entire organization in a manner that focuses on accuracy, timeliness and exceptional customer service in a fast-paced environment. CLOSING DATE: Feb 17, 2012

5. Summer Positions at the City of Edmonton: The City of Edmonton Summer Positions are starting to come up on our website. Between Feb 2 - Mar 2 those interested in either temporary 4 (May - September) or 2 month (July - August) opportunities will be posted. Please check with www.edmonton.ca/careers often to see the new opportunities as they open up!

10 of the many reasons to join Edmonton Evergreen Community Association:

1. It's a great place to meet your neighbours
2. Social activities & events shared with your community at large
3. Programs and recreation opportunities
4. Winter and summer fun.
5. Discounts at City recreation centers and tourist attractions

Present your valid EECA membership card at any one of the City of Edmonton's sports and fitness facilities and choose from the following Community League Wellness Products:

- Annual Pass* - 10% discount on Adult, Family, Child, and Youth/Senior Annual Passes
- Multi Admission Pass* - 10% discount on our already discounted multi admission pass (10+ visits)
- Continuous Monthly Pass – 10% discount off an on-going monthly membership pass using our convenient Pre-Authorized Debit Program.

6. Safety programs and crime watch cooperation
7. Build new facilities for public use
8. Input for planning your parks, green spaces, and urban development
9. Hall rental privileges with some leagues
10. Give something back right where you live and like where you live





Tots This Month...

MARCH TOTS FUN...

- | | |
|--------------|--------------------------------------------------------------------|
| Fri Mar 2 | Meeting at McDonalds Playland on Fort Road |
| | 10 a.m.—2 p.m. |
| Wed Mar 7 | A Day of Paint
(please come in old clothes or bring smocks) |
| Fri Mar 9 | Crafts 10 a.m. to Noon
Pipe Cleaner Animals |
| Wed Mar 14 | Bring your favourite book to share @ TOTS |
| Fri Mar 16 | Toy Cleaning & Lunch
(Lunch for adults & approx \$10) |
| Wed Mar 21 | Visit from Lorraine (NE Health Hygienist)
Proper Tooth brushing |
| Fri Mar 27 | Decorating Pots & Planting Bean Seeds |
| Wed Mar 28th | Open House 10 a.m.—3 p.m. |

TOTS OPEN HOUSE



Wed Mar 28th 10 a.m.—3 p.m. Join us at the EECA hall for a TOTS program OPEN HOUSE!

Meet some awesome moms, enjoy coffee, tea and some home made goodies! Play-room will be set up like a typical TOTS session. Our program offers free play and some crafty fun!

Surprise Gourmet Tasting Party: 11 a.m.—1 p.m.

Looking for some fun time with your little ones? Why not consider joining us every Wednesday at the EECA Hall. EECA Membership required to attend TOTS program and will be available at this event.

Evergreen Seniors Group “Cuties” invite you to...



...our annual Spring Tea and Bake Sale

At the EECA Hall

Saturday, March 31st

Doors open at 10 a.m.

and we go until we sell

out. Get here early for the best selection!



The Association for Evergreen Youth

March 2012

Evergreen Youth Express

NEW After School Inc.

A partnership program between Evergreen Youth Centre and Boys & Girls Clubs of Edmonton

Evergreen Youth Centre is extremely excited to announce the beginning of a new chapter for the children and youth of Evergreen with our partnership with Boys & Girls Clubs of Edmonton.

Starting March 5th, we are proud to present

“After School Inc.” A special time for children ages 6—11 years which will start off with our traditional after school snack followed by fun and exciting activities that will include homework help,



physical activity, life skills enhancement and so much more!

After School Inc will be offered every Monday, Wednesday and Friday.

Kid Zone

Tuesdays starting March 6th (not including Spring Break week and finishing the end of June)



3:30—6 p.m.

Snack; Wii games; movies; drama club; active play and much, much more!

Bringing the fun back to

Tuesdays one week at a time! Your ideas welcome! What do YOU want to do?

“You can discover more about a person in an hour of play than in a year of conversation.” Plato

Evergreen Youth Zone

Starting March 3 our Saturday Youth Zone program is open to boys only ages 12—17. Registration is required along with membership in the Youth Centre. Forms available at the Centre.

Isaac and Adam are completely open to your suggestions of what you'd like to do.



Don't forget the Waterpark trip slated for March 10th. A few tickets remain @ \$10 each. Travel by ETS. Swim is 7:30 -

10 p.m. Plan on leaving Evergreen early as this event tends to

be busy and wait times at WEM can be long!

See Alice to sign up to help with the concession at the Karate Tournament from 11 a.m. on March 10th. Proceeds will support YOUR program!!!

Remember, we need your commitment to keep this program active!

March 2012

Subject to change. Call 780-413-8248 for updates.

At Evergreen Youth Centre

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Teachers' Convention Day Program @ 10 a.m.	2 Teachers' Convention Day Program @ 10 a.m.	3 Karate @ 9:30 & 10:30 Youth Zone @ 3
4	5 After School Inc @ 3:30 Karate @ 6:30 & 7:30	6 Kid Zone @ 3:30	7 After School Inc @ 3:30 Girl Zone @ 6	8 Young Chefs @ 3:30 Boy Zone @ 6	9 After School Inc @ 3:30	10 Karate @ 9:30 & 10:30 Youth Zone @ 3
11	12 After School Inc @ 3:30 Karate @ 6:30 & 7:30	13 Kid Zone @ 3:30	14 After School Inc @ 3:30 Girl Zone @ 6	15 Young Chefs @ 3:30 Boy Zone @ 6	16 After School Inc @ 3:30	17 Karate @ 9:30 & 10:30 Youth Zone @ 3
18	19 After School Inc @ 3:30 Karate @ 6:30 & 7:30	20 Kid Zone @ 3:30	21 After School Inc @ 3:30 Girl Zone @ 6	22 Young Chefs @ 3:30 Boy Zone @ 6	23 After School Inc @ 3:30	24 Karate @ 9:30 & 10:30 Youth Zone @ 3
25	26 Spring Break Day Program @ 10 a.m.	27 Spring Break Day Program @ 10 a.m.	28 Spring Break Day Program @ 10 a.m.	29 Spring Break Day Program @ 10 a.m.	30 Spring Break Day Program @ 10 a.m.	31 Karate 9:30 & 11:30 Youth Zone 3

Evergreen Youth Teacher's Convention & Spring Break Program

March 1st and 2nd is Teacher's Convention and we'll be at the Youth Centre from 10 a.m.—6 p.m. with activities galore.

We've also planned a Spring Break program Monday, March 26th through Friday, March 30th also from 10 a.m.—6 p.m.

Early drop off is available at 9 a.m. with prior arrangement (call 780-413-8248). There is no late pickup time. All children **MUST** be picked up by 6 p.m.

A \$5 per day program fee

includes all activities, lunch, afternoon snack, and field trips.

Monday & Friday will include skating (if we still have a useable rink). Alternate plans will be developed. Tuesday is Movie Day and we'll go to Empire Theatre in Clareview; Wednesday is Swimming day at Londonderry Pool (don't forget swimming stuff) and Thursday is Bonfire Day. Each day includes outdoor activities so please make sure your child is prepared to spend time outside. You may want to provide your child with

spending money for popcorn on Movie Day.

Membership and pre-registration is required. Membership is \$15 per family per year (valid until end of August). Registration forms are available at the Youth Centre NOW. Please remember to indicate which days your child will be attending so that adequate supplies can be on hand and remember the program fee (which will help offset the cost of transportation and food). Space may be limited. Your commitment to this program will help make it a success!



Downward Dogging in Evergreen March 2012



The instructor tells me to push my heels to the

floor and think about bringing my armpits to my ankles. This is obviously impossible with this body but the stretch feels good. As I try to concentrate on my breathing, my 9-month old grabs my leg and squeals as loud as she can. Is she interrupting my yoga class? Nope, not at all. I've been attending the community league's "Baby'n'me" yoga sessions Tuesday and Thursday mornings at the hall, so this is

expected, even encouraged, behaviour, and the class giggles at her antics. I'm so pleased that Program Director Natalie has brought this program into the park!

Amethyst Ward is the instructor who agreed to drive all the way out to our little corner of Edmonton to offer both adult yoga and baby'n'me yoga. I am really glad she did! With her little guy in tow, she is a calm and knowledgeable instructor that takes us through the moves and understands completely when your little one needs attention. I've found

the atmosphere to be open and friendly and the yoga to be as challenging as I'd like it to be (and some days, as challenging as my little one will allow!).

"To catch the reader's attention, place an interesting sentence or quote from the story here."

There is also inexpensive childcare available for my other kids.

The only thing

I don't like is that it's still a little lonely in there. C'mon out, stay-at-home moms! Have a coffee, have a laugh, have a good stretch, and spend some quality time with your little one, all in your own neighbourhood. Hope to see you there!

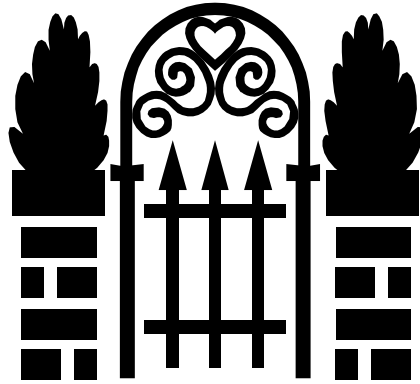
Evergreen Seniors Group News

Evergreen Seniors Group activities for March include:

Mar 7 Meet-
ing & Bingo

Mar 14
Supper
at Joey's Only
(Manning
Crossing) at 6
p.m.

Mar 21
Crib



Lots to do at Evergreen Seniors Centre in the strip mall

Mar 28 Bingo

Don't forget our Annual Spring Tea and Bake Sale on Saturday, Mar 31st starting at 10 a.m. in the EECA Hall. We sell out quickly so come early to avoid disappointment.

All residents aged 55 and over are welcome to join one of the most active Seniors groups in the city. Come on down to the Seniors Centre any weekday before noon to meet some of us and check out what we have to offer. EECA membership required to join, along with a nominal membership fee.

Evergreen Youth Girl Zone/Boy Zone Programs

Wednesday (Girl Zone)
and Thursday (Boy Zone)

Both programs include supper and activities designed to engage and encourage getting along and self esteem.

For ages 6—11 only

6—8 p.m.

Program fee each week is a food bank item.

This program is free. Membership is re-

quired to attend along with a registration form

both of which are available at the Youth Centre. Space is limited.

*Lots of fun going on at
Evergreen Youth Centre! Come
check us out..we're at the north
end of the rental office building
and we can't wait to meet you!*

Thank You and Farewell, Dorothy!

It is with regret that we report that February 29th marks the last day for Dorothy at Evergreen Youth Centre.

Dorothy is moving on to other things but she wants all the children and youth of Evergreen to know how very much she has enjoyed getting to know each and every one of you and how very much

she will miss you all.

She will be missed around here as we move forward with new programs and new partnerships.

Alice, Cora, Merissa, Isaac and Adam will soldier on providing the best programs and activities for children and youth that we can possibly provide. Thank you for your

hard work and dedication Dorothy. The Board and staff of Evergreen



Youth Centre wishes Dorothy all the very best now and in the future. We will miss you!

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Willow River Evergreen Uechi Ryu Karate Club



Sensei Ryan Haywood proudly presents Victoria, Sydney and Matthew all of whom advanced a belt level at a recent testing (above) and he presents a new belt to Rick, a member of the Dragon Class at Willow River Evergreen Uechi Ryu Karate Club



Est
2011



(below). To the right is the Crane/Tiger group in action at a recent class at the Youth Centre.

Check out the action every Mon (6:30 p.m.) and Sat (9:30 a.m.) at the Youth Centre. Our Housewarming Tournament on Sat, March 10th at the EECA Hall. Action starts at 9 a.m. Pick up your souvenir T-shirt (\$18); and have a cup 'o chili and a bun (\$2). Pop and water also available. Proceeds of the concession will help

to support the Youth Zone program.

Many sincere thanks to Edmonton Evergreen Community Association for lending us the space to put on this tournament. We're pretty excited about this development and this program. It is the only program provided by The Association for Evergreen Youth that is self supporting and we really appreciate it! We hope this tournament will be the first of many to come!

Willow River Evergreen Uechi Ryu
Karate Club Housewarming Tournament
Sat Mar 10
9 a.m. @ EECA Hall



Yoga Move of the Month “Downward Dog”

This pose resembles that of an upside

down letter V. Your hands should be shoulders width apart. Your wrist line (joint) should be parallel to the front edge of your mat, your fingers will have equal space between each of them and in general your middle finger will point straight ahead. Your feet are hips width apart and they are

to remain parallel to each other, meaning your heel is directly behind your second toe. You should be supported equally by your upper and lower body, and not rest heavily in the legs. You will always be pushing the floor away and engaging the shoulders and the upper body, elongating, not sinking your neck into the shoulders and upper back.

Benefits of Downward Dog

The roll of downward dog is vast. The most immediate and direct ef-

fects you will notice are the stretching of the shoulders and shoulder blade area, hands / wrists, lower back, hamstrings, calves and Achilles tendon. Down dog strengthens your entire back and shoulder girdle, therefore easing back pains. It elongates your cervical spine/neck giving the opportunity to relax your head and benefit from the traction which will ease tension and headaches. Done properly and consistently, the pose will expand the chest, which will deepen respiration, lessen anxiety and stimulate full body circulation.

So have fun, breathe, explore the pose and learn about your body!

About KidSport™ Alberta

What is KidSport?

□ KidSport is a national non-profit organization that aims to get kids off the sidelines and into the game by helping overcome the financial barriers that prevent some kids from participating in organized sport

□ Since launching in 1995, KidSport Alberta chapters have helped more than 36,000 children and youth get involved in organized sport

How does KidSport help?

□ KidSport provides grants to children from families facing financial barriers so they can participate in registered sport programs

□ KidSport supports programs that provide the child with a sustained sport experience led by qualified instructors

Who is eligible to receive a KidSport grant?

□ Families that are on a low in-

come, unemployed, on AISH or those currently receiving income support through the government are all considered eligible

□ KidSport also considers other social and economic barriers when determining eligibility

□ Grants are for children under the age of 18 years

□ Children 18 years of age may be considered if they are still attending high school

Find a local KidSport chapter in your area and download the application form. A full listing of all KidSport Alberta chapters is available on our website www.kidsport.ab.ca or by calling 1-888-914-KIDS (5437)

Getting to Know Yoga Instructor, Amethyst Ward

“The first time I attended a yoga class I left feeling completely cleansed -body and mind-and happy! I was immediately in love. It was August when I attended my first class by September I was already registered for my teacher training, and in December I was officially a certified instructor! I took the 500 hour teacher training course at the Sivananda and Vedanta Center in Neyyar Dam, India. It was an amazing experience that completely changed my outlook on life. The more classes I teach, the more I want to attend. There is so much more to learn

and every class I learn something new. From how I can be a better person to how I can deepen a twist.

My year has been off to a great start with the birth of my son Castle on January 1st! He brings so much love and happiness into my life and I am excited to bring that energy into class with me. NAMASTE.”

Classes now available in Evergreen (at the EECA Hall) every

Tuesday: 10—10:45 Parent with young child(ren); 11—noon Adults only. \$5 per session. EECA membership required to attend. Child care available on site \$2.00 for the first child; \$1.50 each additional child. Thursday classes cancelled due to lack of participation. Classes need at least 5 participants to be worthwhile. Come on down folks!

Plan Horse Hill Northeast Edmonton Area Structure Plan

What We're Hearing	Just the facts
Developing this area of Edmonton is going to destroy valuable agricultural land	None of the lands currently being used by the major vegetable producers (and vendors) located in the NE for Edmonton markets are being lost. In fact <u>all</u> these lands are being retained in the proposed plan.
This ASP will lead to a loss of land for agriculture, and therefore jeopardize Edmonton's access to local food and threaten Edmonton's food security	<p>The proposed plan actually envisions increased food production. Since field crops will no longer be grown, there will new opportunities to grow other foods, such as vegetables and fruits for local markets.</p> <p>While some vendors at Edmonton markets do grow in close proximity to the city, majority of vendors are from a much broader region. Vendors come from many other parts of Alberta, including Innisfail, Gull Lake, Camrose, Viking, Onoway and Westlock to name a few.</p>
The Land in NE Edmonton is the most unique and valuable agricultural land in Alberta and perhaps Canada	<p>There are certainly some good pockets of agricultural land in the NE; however this area is a very small part of the expansive black soils region of the Northern Canadian prairie. Lands of this calibre exist in other areas of Canada and Alberta.</p> <p>In addition, all of the land in the NE currently used by the major producers (and vendors) to grow food for local markets is being retained for that purpose in the proposed plan.</p>
A decision by Council to approve development is reckless and will do irrevocable harm to the citizens of Edmonton.	<p>Council has not been presented with any evidence to support this. This area was identified as one of three Urban Growth Areas within the City of Edmonton under the Municipal Development Plan, which is developed in accordance with the Province of Alberta's Municipal Government Act.</p> <p>In addition, the Capital Region Board also identified this as a Priority Growth Area.</p>
Individual landowners are, and will be, forced to sell their land for development.	<p>No individual landowners are being forced to sell their land. The land included in the ASP which will be developed is owned by private companies for the purpose of development.</p> <p>Private landowners, including those use their land to grow food for local markets, retain their property rights.</p>

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Emergency
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Burns and Scalds

Every month Alberta Health Services EMS responds to emergencies where a young child has sustained severe burns or scalds. These incidents often occur inside the child's own home. Common causes include a child accidentally tipping hot liquids onto themselves, touching a hot surface, or making contact with an electrical outlet. Fortunately, incidents such as these can be avoided by taking simple preventative measures.

Degrees of burn

- 1°: Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable.
- 2°: Deeper and much more painful than 1° burns; broken skin or blisters commonly develop.
- 3°: Severe: the deepest layers of skin and tissue are injured; may appear charred or leathery.

First Aid for burns

- Skin may continue to burn if not aggressively cooled. Immediately douse burns with large amounts of cold water.
- Cover the burn with a sterile dressing, or any clean, non-fluffy material to protect from infection.
- Over the counter medications may be used for pain. Adhere to directions given on the label.
- Seek further medical attention from your doctor as required.

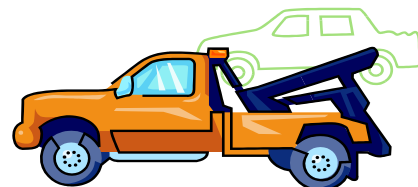
Prevention of burns

- Check the temperature of your hot water tank. Many homes keep hot water temperatures as high as 60°C / 140°F. This temperature will scald a child in just seconds.
- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks or food to spill on a child.
- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached.
- Avoid picking up a child while holding any hot liquids.
- Ensure electrical outlets are made secure by installing commercially available safety devices that prohibit access.

If you require immediate medical attention for a burn, call 9-1-1.

www.albertahealthservices.ca

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Chris Knudson



Part-time. Person to keep the premises of Edmonton Evergreen Community Association hall in clean and orderly condition by performing the following duties:

- Clean rooms, hallways, lobbies, rest rooms, and other work areas
- Sweep, wash, wax, and polish the floors
- Empty wastebaskets and garbage cans
- Transport trash and waste to the disposal area
- other cleaning related duties as needed

The noise level in the work environment is very quiet.

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Safety on public transit

Stand or ride near others when waiting for your bus or train. Don't isolate yourself.

1. If you're carrying small personal electronics, like an iPod, conceal it under your clothes. These are targets for would-be thieves who can easily sell or exchange the device for drugs.
2. Plan the route to your bus stop, and stick to the main roads as much as possible.
3. Avoid walking alone if at all possible. Walk with others and use the main roads.
4. Know the times that your

bus departs beforehand. To find out when your bus is going to pick you up, visit <http://www.takeets.com> or call BusLink at 780-496-1600.

Public transit is very safe. The Edmonton Police Service, in partnership with the Edmonton Transit System Security Peace Officers, is committed to enhancing the safety of every transit patron.

In the event that you witness suspicious or dangerous behaviour while using transit:

1. Major transit centres usually have emergency "blue" phones. Use these to contact Transit Security directly, and give them information on the emergency. Don't just hit the button and leave.
2. Talk to any bus operator. They have the ability to contact dispatch and request assistance.

Call the Edmonton Police Service: 9-1-1 for emergencies or the general dispatch line, 780-423-4567 for general service

CHANGE OF DATE

OPEN HOUSE

"A Change of Season and a Season of Change"

**Thursday, March 8th, 2012
1pm - 4pm**

Check out the renovation, learn about services, programs and everything Sage has to offer.

Cake, Refreshments, Information Booths, Tours, Door Prizes and more.

Sage, 15 Sir Winston Churchill Square, corner of 100 Street and 102 Avenue

RSVP to
780-423-5510 ext. 310
by March 1st

sage

Seniors Association of Greater Edmonton



Darts



Wednesdays @ 7 p.m.
EECA Hall



Crib

Thursdays @ 7 p.m.
EECA Hall



Evergreen Classifieds

To have your ad appear here, call Alice 780-473-3535 before March 20th. 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.

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.

Mulligan Stew



This hearty stew is packed with a colorful combination of vegetables and tender pieces of beef. This recipe is: Diabetic Friendly & cooked for modern day. Prep: 30 min. Cook: 2 hours 55 min. Yield: 8-10 Servings

Ingredients

1/4 cup all-purpose flour
1 teaspoon pepper
1 pound beef stew meat, cut into 1-inch cubes
1 tablespoon vegetable oil

2 cans (10-1/2 ounces each) beef broth
1 cup water
2 bay leaves
1/2 teaspoon garlic salt
1/2 teaspoon dried oregano, dried basil and dill weed
3 medium carrots, cut into 1-inch slices
2 medium potatoes, peeled and cubed
2 celery ribs, cut into 1-inch slices
1 onion, cut into eight wedges
1 cup each frozen corn, green beans, lime beans and peas
1 tablespoon cornstarch
2 tablespoons cold water
1 tablespoon minced fresh parsley

Directions

Combine flour and pepper; toss with beef cubes. In a Dutch oven, brown beef in oil. Add broth, water, bay

leaves, garlic salt, oregano, basil and dill; bring to a boil. Reduce heat; cover and simmer until meat is tender, about 2 hours. Add carrots, potatoes, celery and onion; cover and simmer for 40 minutes. Add corn, beans and peas; cover and simmer 15 minutes longer or until vegetables are tender. Combine cornstarch and cold water until smooth; add to stew. Bring to a boil; boil and stir for 2 minutes. Remove bay leaves; add parsley. Yield: 8-10 servings.

If you really want to feel Irish, just add some Guinness beer to it.

Nutritional Facts One 1-cup serving (prepared with reduced-sodium broth) equals 203 calories, 5 g fat (0 saturated fat), 31 mg cholesterol, 239 mg sodium, 25 g carbohydrate, 0 fiber, 15 g protein. Diabetic Exchanges: 2 vegetable, 1 starch, 1 meat.



Saturday March 17th

A child can teach an adult three things:

to be happy for
no reason,
to always be
busy with
something,
and to know how
to demand with
all his might that
which he desires.
Paulo Coelho



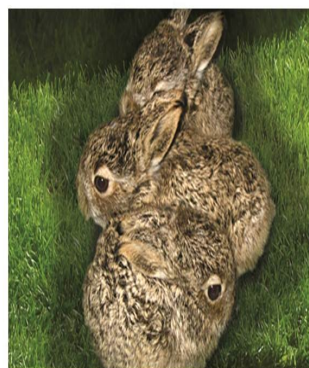
The 13th Annual Run WILD for Wildlife The April Fools Edition



2.5 km walk or 5 km run

William Hawrelak Park

11am, Sunday 1 April 2012



Register at **Running Room**

www.runningroom.com

For info email

volunteer@wildlife-edm.ca



We Need YOU!

Bingo and Casino events provide the funds needed to allow Ever-green non-profits to continue offering programs and events to residents. If you attend programs or events put on by the community league, Denis needs you! Call 780-473-6962 to volunteer to help with the following EECA events:

- 6 March 2012 Fort Road am/pm
- 24 March 2012 Kensington am

If your children participate in programs or events at the Youth Centre, Al needs YOU! Call 780-413-8248 to volunteer to help.

Watch for notice about both organizations' 2012 Casino events held at Century Casino on Fort Road and consider volunteering to help. WE CAN'T DO IT WITHOUT YOU!



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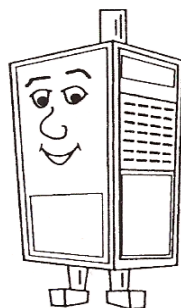
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The
Association For
Evergreen Youth

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AND

<http://www.facebook.com/tafey1996>

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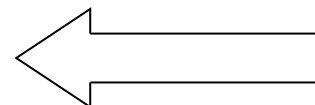
To advertise in this publication contact the
editor at tafey@shaw.ca (or call 473-3535) by
the 20th of the month preceding when you
want your ad published.

- Business Card Size \$15
- 1/4 page \$25
- 1/2 page \$50
- Full Page \$100

(All sizes approximate.)



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



March 2012

Subject to change.
Call 780-473-6962
for updates.

Edmonton Evergreen Community Association Programs and Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
All programs subject to change. Call our Program Director, Natalie @ 780-249-8271 for program updates and details.				1 Seniors Crafts Crib	2	3
4	5	6 Yoga Seniors Crafts	7 TOTS Darts Seniors Meeting & Bingo 	8 Seniors Crafts Crib	9	10
11	12	13 Yoga Seniors Crafts	14 TOTS Darts Seniors Supper @ Joey's 6 p.m.	15 Seniors Crafts Crib 	16	17 
18	19 	20 Yoga Seniors Crafts	21 TOTS Darts Seniors Crib	22 Seniors Crafts Crib 	23	24 Garden Club Open House
25	26	27 Yoga Seniors Crafts	28 TOTS Open House Darts Seniors Bingo	29 Seniors Crafts Crib 	30	31 Seniors Tea & Bake Sale