

EVERGREEN NEWS



April 2017



HEY KIDS LOOK
INSIDE FOR SOME
PUZZLES & FUN





31 Evergreen Park NW
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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 or 780-935-9611 to help.

**Next EECA Bingo Day
Sunday, April 2, 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!!!



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or visit 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

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 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

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EECA CRIBBAGE LEAGUE



Every Thursday at 7pm. This is a drop in event so even if you can't make it every Thursday, we would still like to have you come out and play when you can!

The bar will be open for your thirst requirements.

Please note that this league is for Adults only!

**TAX
TIME**

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**TAX
TIME**

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FOR

COMMUNITY ASSOCIATION MEMBERS!

Clareview Recreation Centre Pool

Saturdays 6-8 p.m.



Recipe Corner



Slow Cooker Kielbasa and Barbecue Beans

INGREDIENTS

- 2 15 oz cans black beans, drained and rinsed
- 2 15.8 oz Great Norther beans, drained and rinsed
- 1 15.25 oz can kidney beans, drained and rinsed
- 1 onion, diced
- ½ cup barbecue sauce
- ¾ cup ketchup
- 1 tbsp Worcestershire sauce
- 1 tbsp mustard
- 1 tsp chili powder
- 1 tbsp apple cider vinegar
- ½ cup maple syrup
- ¼ cup molasses
- 1 14.5 oz can chicken broth
- ½ lb bacon, cooked, cut into bite size pieces
- 2 lbs Kielbasa, cut into bite size pieces

INSTRUCTIONS

1. In a large slow cooker, add all of the ingredients except for the kielbasa and stir gently to combine.
1. Place the kielbasa on top and cover with the lid.
2. Cook on low for 6 to 8 hours or high for 4 to 5 hours. Stir in the kielbasa before serving.

Notes:

I recommend the low setting for this recipe because on high, the beans tend to get dried out. If you need to cook on high due to time constraints, monitor the beans and add more broth or water if necessary.



Author: Trish - Mom On Timeout

Slow Cooker Creamy Tortellini Soup

INGREDIENTS

- 500 grams | 1 pound ground Italian sausage (or ground chicken, turkey or beef), browned
- 1 brown onion, chopped
- 2 large carrots, chopped
- 2 stalks celery, chopped
- 4 cloves garlic, minced
- 1 tablespoon Italian seasoning
- 2 teaspoon beef bouillon powder (or chicken)
- ½ teaspoon salt
- 4 cups beef broth (or chicken or vegetable broth -- I use low sodium)
- ¼ cup cornstarch mixed and dissolved in ¼ cup water
- 3x 340 gram | 12-ounce cans full fat evaporated milk or half and half
- 1x 340 gram | 12 ounce packet three cheese tortellini (I used dried not fresh; choose any flavour you like)
- 5 cups fresh baby spinach
- 1 cup milk

1. Place the browned sausage, onion, carrots, celery, garlic, Italian seasoning, beef bouillon powder, salt, and broth in a 6-quart / litre slow cooker bowl. Cover and cook on high for 4 hours or low for 7 hours.
2. Uncover and skim any fat that is sitting on the top of the soup with a spoon; discard. Stir in the cornstarch mixture with the evaporated milk (or half and half or cream). Add the tortellini and mix well. Cover again and cook on HIGH heat setting for a further 45 minutes until the soup has thickened, and the tortellini is soft and cooked through.
3. Add in the spinach, pressing the leaves down to completely submerge into the liquid. Cover again for a further 5-10 minutes until the leaves have wilted.
4. Pour in milk in ½ cup increments, as needed, to reach your desired thickness and consistency (I needed 1 cup); taste test and season with extra salt ONLY if needed, and pepper to suit your tastes.
5. Serve with crusty warmed bread





Recipe Corner - KIDS



WHAT YOU NEED

- 2 x 235 mL (2 bottles) vanilla or chocolate **PediaSure Complete**[®], chilled
- 1 envelope whipped topping
- 6 chocolate sandwich cookies, crushed

HOW TO MAKE IT

1. In a bowl, combine **PediaSure Complete**[®] with whipped topping.
2. Using an electric mixer, beat on high speed until the mixture thickens, approximately 2 minutes.
3. Add crushed cookies and stir just until blended.
4. Spoon mixture into 8 ice-pop molds OR cups of 125 mL (4 oz). Put an ice-pop stick or a plastic spoon through the centre of each mixture for a handle.
5. Freeze 4 hours or until firm.



www.pediasure.ca/en/recipe-Cookies-CreamPops

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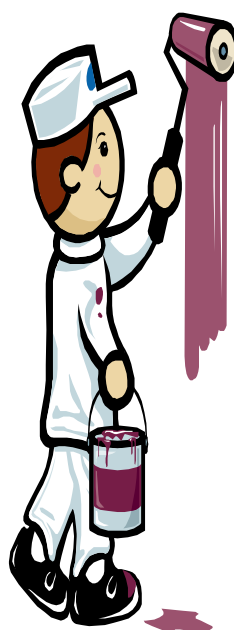
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Garden Club News

Greetings fellow gardeners! Spring is just around the corner. Gardeners around the park are busy planning beds and containers, planting seeds, and getting their greenhouses ready for some serious vegetation!

If you're not quite feeling the vibe yet, many of our local greenhouses provide courses and workshops you may enjoy. Spend an afternoon planting the perfect container with expert guidance and then strolling through the bright, scented aisles to get some "spring" in your step.

Our last meeting, we had a speaker from the Horticultural Society do a presentation for us on popular, local, and unique perennials suited for our weather. Not all perennials can survive our harsh winters, and members enjoyed learning which ones we can count on. If you're picking up some new perennials, remember that we are in Zone 2/3, and pick perennials to match. If you're a seasoned gardener, you can actually over-winter perennials up to Zone 6 with a variety of tactics.



Interested in learning some of these tactics? Why not join the Garden Club? From novice to expert, you'll always learn something from this diverse group of green thumbs. Our next meeting is April 17th, Easter Monday, at the Community Hall. We will welcome weed specialist Nicole Kimmel from the Crop Diversification Centre just west of Evergreen, who will show us how to manage our unwanted plants safely and efficiently.

Join us at 6:30pm or email cori_ramsay@shaw.ca for more details. We'd love to meet you! Join the Club, meet new friends, share a few laughs, and go home feeling good.



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- ♦ Install/replace/relocate outside taps
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- ♦ Rebuild rotten flooring from water damage

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- ♦ Fixing/patching belly bags
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- ♦ Painting
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Evergreen Seniors News

This month's meeting April 5th is very important, we would like to see as many members as possible come, we will be voting in a new committee. Please try and come.

Happy Easter

April 1st is also membership dues for one year \$10.00

Seniors Calendar

April 5th	Voting Meeting Bingo to follow	7pm
April 12th	Sub Night Bingo to follow	6pm
April 19th	Bingo	7pm
April 26th	Seniors Crib	7pm



**Seniors
Craft & Quilt
Thursday's
1-4 p.m.
Come and Learn
How to Quilt**

**Coffee & Pool every morning 10 a.m. to Noon (Mon-Fri)
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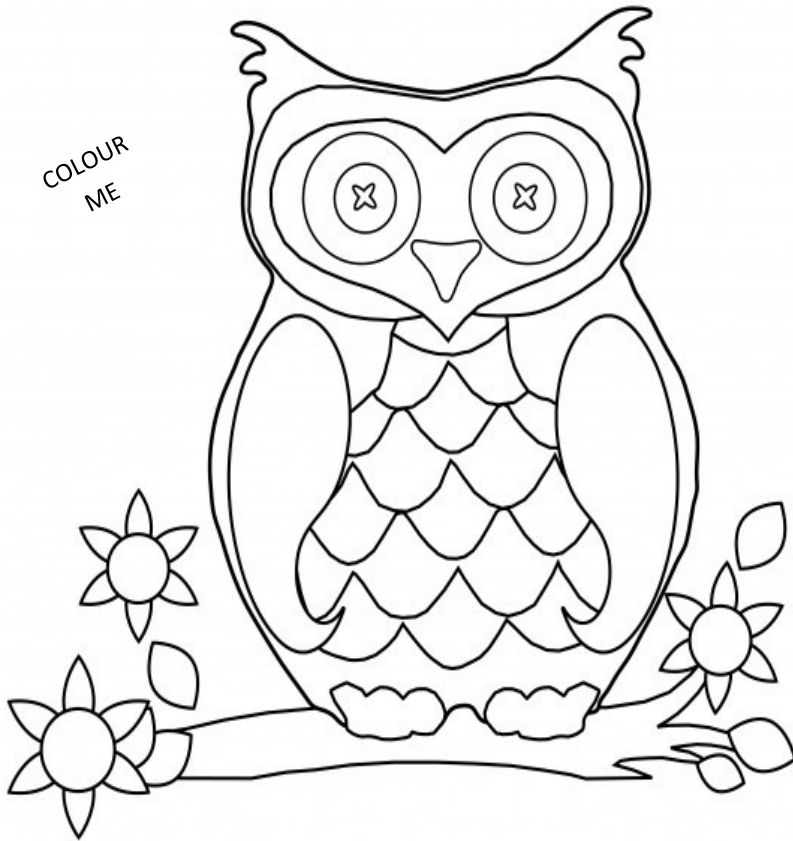
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Kids Corner



COLOUR
ME



Easter



G	N	I	R	P	S	F	H	A	T	T	F	W	P	N
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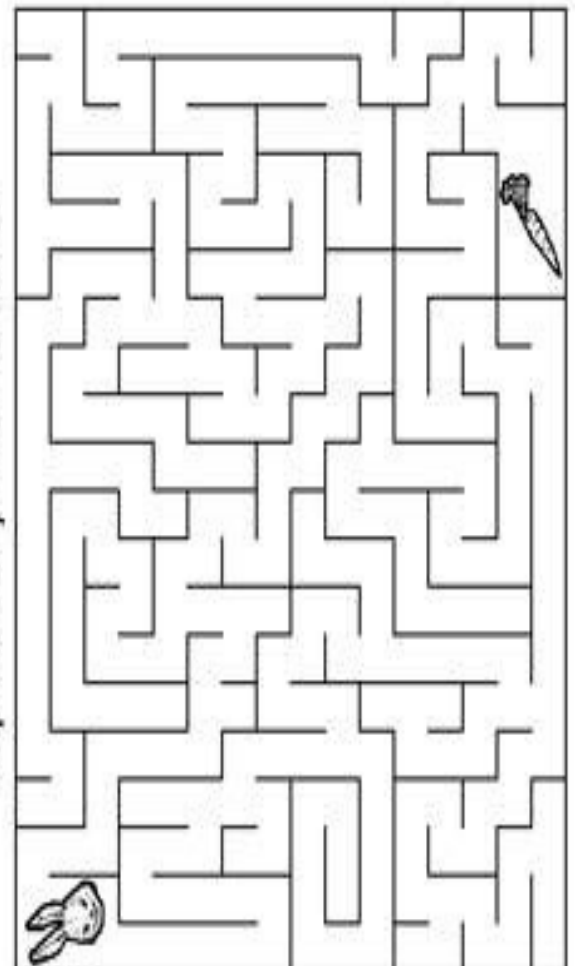
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Help the Bunny Find the Carrot





Evergreen Youth Express



April
2017

Since 1996 the Evergreen Youth Centre has provided all child and youth programming, and has played a huge role in all family programming provided to the residents of Evergreen. Recently we have been trying to explain the urgency felt at the Youth Centre as we fast approach the fall of 2017.

In 2016 our FCSS funding was cut dramatically and as of September 2017 we will no longer have any funding from them. That effectively removes close to \$80,000 a year in children's programming from Evergreen right off the bat. Long time Executive Director, Alice Hobbins, will be leaving us in the fall when her position is abolished. Also happening in September is the removal of Boys & Girls Club programming from Evergreen. This decision, based on demographics and a lack of significant participation, means our after school program will be changing dramatically.

Fortunately Program Leader Laura Scott will be stepping into the role of overseeing all aspects of the Youth Centre project. Please attend our AGM on April 24th and consider sitting on the Board of Directors. Help take the Youth Centre project into the future!





Dojo Arts - School of Karate and Kobudo

Registration for Dojo Arts
Spring Program now open.
Karate: all ages, all skill levels.
Kobudo (weapons): teen/adult.

Spring promo:

Kobudo training packages.

Karate: pay 2 registrations get 1 month program for both FREE! (Ghi \$45 and TAFEY membership \$15 payable at registration) Message us on facebook for rates. Spring season starts March 1st.



The Association for Evergreen Youth announces its Annual General Meeting will take place on Monday April 24 th at 7:15 p.m. at the Youth Centre.

Board positions up for election for 2017 are:

- President
- Secretary
- 2 Directors at Large

Friday April 28 is a PD Day!

Join us at the Youth Centre from noon—4 p.m. as we...

Welcome
Spring

Boys & Girls Clubs/Big Brothers Big Sisters of Edmonton and Area

As a requirement for receiving funding from FCSS to help maintain the level of programming in Evergreen that people have become accustomed to, The Association for Evergreen Youth Monday, Wednesday and Friday from 3:30 to 6 you can join Ashton from Boys & Girls Clubs/Big Brothers Big Sisters of Edmonton and area at Evergreen Youth Centre for snack, crafts, games and just outright fun! Lately we have been fortunate enough to add Rayn to the mix. Ryan is a volunteer with BGCBigs and has been enjoying sharing some time with Evergreen kids on Mondays and Wednesdays.



Boys & Girls Clubs



Big Brothers Big Sisters

Boys & Girls Clubs Big Brothers Big Sisters
of Edmonton & Area

Go Go Gymnastics



The Go-Go Gymnastics program began in February 2017 and is planned to run till June 2017. Participation in the program has been outstanding and the kids have been building muscles like crazy! The program is split in to 2 classes to accommodate for age and level and each class works on certain skills such as cartwheels, forward and backward rolls, bridges, handstands, walkovers and much more! In addition to the skills, the kids do conditioning; in other words exercise, which ranges from push-ups to sit-ups and more to help them maintain the skills.

Near the end of the session in June both classes will have the chance to showcase their skills for their parents! We are very excited to introduce this new program and look forward to seeing the kids succeed in developing healthy and active lifestyles.

Coach Laura

EG After School Jr Chefs Program

Wow, Spring Break crept up on us this year! There will be no Jr Chefs program on March 28th and the Parents' Dinner will now be at 6 p.m. on April 4th. (by invitation only...watch for yours coming home next week)



Gentlemen of Evergreen Hello hello!



Wow, sorry for the sporadic updates from the Gentlemen of Evergreen but we've been busy! Over the past 6 years of doing this program we've generally found that from January-March the teenage boys in Evergreen turn into zombies, numbers are usually down around the 7-10 range. April-June is when we see more kids coming out of the house. On Feb 18th we had a wicked time playing laser tag at Laser City!

On march 18th we all took off to the Waterpark at West Edmonton Mall. Most weeks (until the snow melts) we are inside the Youth Centre playing Evergreen-Original games including Zombie Apocalypse. This involves two boys trying to survive against a hoard of zombies for as long as possible. We are all looking forward to warmer temperatures and this snow to melt so that we can get outside for some football and ultimate frisbee. Until then, we'll keep you guys posted!

Evergreen

Youth

Summer Program

watch

here

for

info



kicks off July 1st

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Thursday 9-2
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Tuesday Closed
Wednesday 9:30-3
Thursday 3-8
Friday 4-8
Saturday 10-4

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Elizabeth we are 13 years old and looking
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April 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Member Free Swim Clareview Rec Ctr. 6-8
2	3 <i>Board Meeting 7:15pm</i>	4	5 Seniors Voting Meeting and Bingo 7pm	6 Seniors Craft & Quilt 1-4pm Crib 7pm	7 	8 Member Free Swim Clareview Rec Ctr. 6-8
9	10	11	12 Seniors Sub Night 6pm Bingo to Follow	13 Seniors Craft & Quilt 1-4pm Crib 7pm	14 Good Friday 	15 Member Free Swim Clareview Rec Ctr. 6-8
16 	17 Garden Club 6:30pm 	18	19 Seniors Bingo 7pm	20 Seniors Craft & Quilt 1-4pm Crib 7pm	21 	22 Member Free Swim Clareview Rec Ctr. 6-8
23 / 30	24	25	26 Seniors Crib 7pm	27 Seniors Craft & Quilt 1-4pm Crib 7pm	28 	29 Member Free Swim Clareview Rec Ctr. 6-8

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!