

EVERGREEN NEWS



February 2017

FREE Family Fun Fest



Balloon
Artist
Russ

Sunday, Feb 19th

Noon - 4 p.m.

at Evergreen

Youth Centre

FREE

Skating

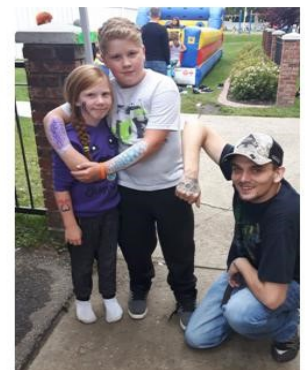
Hot Dogs

Hot Chocolate

Air Brush Tattoos

Balloon Creations
and much more all in
celebration of the
family!

A Brush of Air
custom airbrushing and body painting





31 Evergreen Park NW
Edmonton, AB T5Y 4M2
Phone: 780-473-6962
Fax: 780-472-1506
Email: info@eeca.ca
Website: www.eeca.ca



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 February 19 2017 - AFT- Kensington
Saturday, February 25 , 2017 EVE - 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 or goes unnoticed!!!



**Our hall is available to rent. Only \$400 for the weekend with bartender
Call Sharon at 780-782-7653, email hallrentals@eeca.ca
or visit www.eeca.ca for more details.**



PLAY BALL!



NEZ SOFTBALL & BASEBALL are ready for the 2017 season.

WATCH FOR REGISTRATION DATES IN YOUR HOME COMMUNITY

If your community league is not holding registration then register at

NEZ CENTRAL REGISTRATION

Northeast Zone Sports Council Office
7515 Borden Park Road
(Behind the tennis courts in Borden Park)

- Saturday, February 18 12:00 pm to 2:00 pm
- Saturday, February 25 12:00 pm to 2:00 pm
- Saturday, March 12 12:00 pm to 2:00 pm
- Wednesday, March 22 6:30 pm to 8:00 pm
- Wednesday March 29 6:30 pm to 8:00 pm

CHECK OUT www.nezsports.com FOR REGISTRATION INFORMATION,
FEES & PROGRAM INFORMATION

Or contact: For Baseball, Dave Ball @ 780-982-9165 or balldr@shaw.ca
For Softball, Joselyn Smith @ 780-983-5598 or hosie09@gmail.com



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 February issue of the EECA News is
FEBRUARY 15, 2017**

Full Page Ad B/W - Ad Size 8 1/2" wide x 11" height \$100 + GST

1/2 Page Ad B/W - Ad Size 8 1/2" wide x 5 1/2" height \$50 + GST

1/4 Page Ad - Ad Size - 4 1/4" wide x 5 1/2" height \$25 + GST

1/2 Page Ad - Inside cover COLOUR Ad- \$62.50 + GST

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ed.gibbons@edmonton.ca



EECA MEMBERSHIPS

There are numerous reasons to renew, or purchase, your membership and support Edmonton Evergreen Community Association like...

- FREE skating on our community rink (professionally produced and
- Access to EECA programs and activities for the whole family
- Access to sports programs throughout the City
- Input on community issues, challenges and opportunities
- Having a strong community league helps promote a safe, healthy neighbourhood, while it increases a sense of community spirit and pride.
- FREE Swimming at Clareview Recreation Centre on Saturdays from 6-8 p.m.

Edmonton Evergreen Community Association Membership Fees:

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

Contact
memberships@eeeca.ca
or call 473-6962 to obtain
your EECA membership!

FREE SWIM TIMES
FOR
COMMUNITY ASSOCIATION MEMBERS!
Clareview Recreation Centre Pool
Saturdays 6-8 p.m.



Recipe Corner



BALSAMIC PORK ROAST - SLOW COOKER

INGREDIENTS

- 1 (3 pound) boneless center cut pork roast
- 1 cup chicken broth
- ½ cup balsamic vinegar
- 1 tablespoon Worcestershire sauce
- 1 tablespoon soy sauce
- 1 tablespoon honey
- ½ teaspoon red pepper flakes
- ½ teaspoon Italian seasoning
- 1 teaspoon fresh minced garlic



Place pork roast in your slow cooker (fat side up). In a small bowl, whisk together remaining ingredients. Pour over the pork roast.

Cook for 6-8 hours on low setting. Ladle balsamic sauce on top of roast before serving.

Serve with potatoes, rice or salad.

Mixed Corn & Bean Salad

- 1 can of green giant corn
- 1 can mixed beans
- 1 can heart of palm and cut into half inch pieces
- 1 can of button mushrooms
- 1 red onion finely chopped
- 1 red pepper finely chopped
- 1 green pepper finely chopped
- 4 celery stalks finely chopped
- 1 small bottle of Kraft Italian dressing



You can add other ingredients like; cucumbers, Cauliflower, tomatoes whatever you feel like.

Mix all the above together and put in fridge overnight.

From S. Banks

No Place Like Home Cooking!

Send us your favourite recipes and we will feature them right here!

Email to secretary@eeca.com



Garden Club News

Greetings fellow gardeners! Happy Valentine's Day! Where do our Valentine's Day roses come from? 80% of our roses come from South America. It only takes 11 days from harvest to delivery at your local florist. Imagine the extraordinary effort to bring them by the thousands, cut and perfect, just in time for Valentine's Day. Why don't you change it up this year and buy your sweetheart a living plant instead? Visit Kuhlmann's and pick out a beautiful house plant or a native perennial to present to your darling. There are experts there that can tell you what kind of plant to buy based on your level of gardening experience and the location the plant will live in. You just need to ask! Choose a present this year that lasts longer than a few days.

Our last Garden Club meeting was January 16th and we held our General Elections. The positions of Vice-President, Treasurer, and Special Events Coordinator were open. The nominations were made, and we are pleased to present the 2017 Garden Club Executive:

President:	Freida Reid
Vice-President:	Mary Avison
Secretary:	Sherry Mierau
Treasurer:	Gloria Krawchuk
Special Events Coordinator:	Cori Ramsay



Our executive meeting will be soon and our schedule for 2017 imagined and solidified.

Join us February 20th at 6:30pm for Seedy Monday. We will be giving away and trading seeds and indoor plants. Come on by the Community Hall, meet some members, pick up a copy of our 2017 schedule, and join the Club for just \$10 a year with your Community league Membership (which is \$10-15/year). Maybe you'll even leave with some plants, seeds, or just some good ideas.

Are you new to the community? Gardeners always know all the dirt, so come and join us for some trips, speakers and crafts. You'll find out all about the history of this community along the way. For more information on our Club, please email evergreengreenthumbs@gmail.com or call (780)860-3582.

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



RR Auto, your friendly neighbourhood 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.

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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

Tax Time Is Here!

Deadline for tax returns to be
completed & mailed is the 30th April 2017!

We help with your individual or small business taxes to be prepared
(No corporations) Reasonable Rates!

Call Linda at 780-474-8211 - Please leave a message

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www.evergreenmemorial.com

Arbor Memorial Inc.

Evergreen Seniors News

Happy Valentines

Denis would like to thank all the people that helped to do and deliver the Christmas Hampers

Seniors Calendar

February 1st	Meeting Bingo to follow	7pm
February 8th	Chili Night Bingo to follow	6pm
February 15th	Bingo	7pm
February 22nd	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

Drop in for a visit!



Snow Clearing

**Sidewalks, Driveways
& Decks**

**Call Larry - 780-472-9683
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RANDY - [780-909-8650](tel:780-909-8650)**

February Is Heart Month



Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing can make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack can significantly improve survival and recovery.

February is Heart Month - take the time to be heart safe and learn how you can reduce your risk.

Know the signs of a heart attack

(Any, or all, of these signs & symptoms may occur)

- Chest discomfort described as crushing, squeezing, pressure, or heaviness;
- Discomfort that moves beyond the chest, such as the shoulder, arm, neck, or jaw;
- Shortness of breath, sweating, or nausea and vomiting.

Reduce your risk

Heart attack risk factors include:

- Obesity*
- Sedentary lifestyle*
- Smoking*
- High cholesterol*
- Age / gender
- Family history

Speak with your doctor about how to treat your modifiable (*) risk factors and learn to be heart safe.

What to do when seconds count

- Call 9-1-1 immediately. Early treatment can greatly reduce heart damage and make the difference of life and death;
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous and perform an electrocardiogram (ECG);
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage;
- During transport, EMS will share information with the hospital, so definitive treatment can begin immediately upon arrival;
- Take a CPR/AED (automated external defibrillator) course. Training is widely available from many reputable organizations. It's easy, inexpensive, and only takes a few hours.

EECA SKATING RINK

- \$2 per skate (Community League members skate free every day).
- With a family membership costing only \$20, the value in free skating alone is obvious.
- In only 10 skates your membership has paid itself.
- Some skates and helmets are available to borrow. First come, first served!
- Helmet is required for all skaters under 17 years of age.
- Rink is closed when temperature (with or without wind chill) reaches minus 20 degrees or when the temperature is warmer than 0. The Facility operator may also close the rink as deemed necessary by weather or rink conditions.
- Concession open during official rink hours of operation.



Hours of Operation

(NEW HOURS THIS YEAR)

Monday-Friday 4:30 p.m. - 8:00 p.m.

Saturday & Sundays 4:00 p.m. - 8:00 p.m.

Holidays and non school days 4:00 p.m. - 8:00 p.m.

(Some days may be extended 1-8)



Public Skating with no sticks or nets are

Monday-Friday 4:30 p.m. - 5:30 p.m.

Saturday, Sunday & Holidays 4:00 p.m. - 5:00p.m.



**For daily rink updates, Visit us on Facebook at
<http://www.facebook/EvergreenCommunity>**

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Evergreen Youth Express

Evergreen Youth Presents..

The Association for
Evergreen Youth

FREE Family Fun Fest

February
2017

Sunday, Feb 19th

FREE

Noon - 4 p.m.

Skating

at Evergreen

Hot Dogs

Youth Centre

Hot Chocolate

Air Brush Tattoos



Everyone Welcome!

Balloon Creations and much
more all in celebration of the
family!

*Happy
Valentine's
Day*

**Come one,
Come all!**

EG After School Jr Chefs

Spaces limited. Waiting list being compiled. Ages 6-11 ONLY. A commitment to the program is required. If more than 2 classes in a row are missed without letting staff know what is going on your spot will be given to the next child on the waiting list and your child will have to wait for the next round of the program.



Balloon

Artist

Russ

Dojo Arts - School of Karate and Kobudo



We started some new groups in the new year including a 4-7yr old kickboxing class. Reserve your child's spot now. There are a few spots left in our youth karate/kickboxing class, and the new adult class is half full. Kobudo is almost full.

Reserve your new year spot today. Register NOW!

We have something for every age and every fitness level.

Call (587) 938-1262 for more details or stop by a Sunday or Thursday class at the Youth

Centre to register.

"like" our facebook page:

Dojo Arts - School of Karate and Kobudo for updates and special offers!



Hello hello...

sledding in Highlands ravine, enjoying the great outdoors and on the 28th we learned how to cook bannock! We're excited for February, especially for Laser tag on February 11th (get your permission forms in!). The following week (Feb 19) we will be volunteering our services at the Family Day festivities at the Youth Centre- make sure you pop by and say hi! As I've mentioned before, this is our 6th year running the program and it is

always encouraging to continue to see the program grow in attendance and participation. There's some great things happening with our youth in Evergreen and I am glad to be a part of such a one-of-a-kind program.

Until next month! -Isaac



...and happy new year from the Gentlemen of Evergreen. We were back at er' again on January 14 after a 3-week hiatus. We get right back into the swing of things with a few indoor NERF battles. On Jan 21 we went



The Association for
Evergreen Youth

Dear Parents,

Re: **BABYSITTING TRAINING!!**

38 Evergreen Park NW
Edmonton, AB T5Y 4M2
Phone: 780-413-8248
Fax: 780-472-9506
E-mail: tafey@shaw.ca

Is your child excited about learning about Babysitting? Are they ever left home alone? There is a very exciting course coming up that can benefit everyone aged 11 years or older. There appears to be a keen interest in offering the youth of Evergreen a Babysitting Course! The Youth Centre has looked into the program and is pleased to have **Second Chance CPR and First Aid** offer the Babysitting Course.

To try and accommodate the very busy schedule of most families, the Babysitting Course will be offered on **Sunday, February 26th** from (**8:30 a.m. – 4:30 p.m.**), to meet the 8 hour total time requirements of the course. The details are on the following page.

Does your child baby-sit other children or their own brothers and sisters? Do you want to feel confident that they have learnt the skills to be left home alone to care for themselves?

A Babysitting course is a great way for young people to develop skills to better care for themselves and others. The course is available for students in grade 6 or older. Therefore, if you have sons or daughters that have **a genuine interest** in the course, they may register by adding their names to the registration form and returning it to the Youth Centre with a \$50 deposit (to be returned upon successful completion of the course), by **Wednesday, February 15th**.

The course consists of the following topics

- Rights and Responsibilities
- First Aid/CPR
- Skills for Caring
- Injury Prevention
- Skills for Getting Along
- Personal Safety and Security
- Safety
- Handling Emergencies

Like Evergreen Youth
Centre on
facebook:
[www.facebook.com/
evergreenyouth](http://www.facebook.com/evergreenyouth)

The following materials are included in the cost of the course:

1. *Babysitter Manual (120 pages) and workbook*
2. *Certification Card*
3. *Babysitter Information Sheet.*

**CORRECTION:
DEPOSIT IS \$60
THIS YEAR.**

If you have any questions, please call 780-413-8248. We are pleased to offer this tremendous opportunity! ****Payments by cash or cheque accepted!!**



PERMISSION – REGISTRATION FORM

ACTIVITY: Babysitting Course (Delivered by Second Chance CPR & First Aid)

DATE: Sunday, February 26th, 2017

TIME: 8:30 a.m.—4:30 p.m.

LOCATION: EECA Hall (in the strip mall)

COST: \$60 refundable deposit payable to Evergreen Youth Centre returned when course is successfully completed.

PARTICIPANTS: Boys or girls aged 11 and up

For further information, please contact Alice at Evergreen Youth 780-413-8248 or Danielle at Second Chance 780 271 -7550.

Please fill out form below and submit along with deposit to the Youth Centre before **Wednesday, February 15th.**

Course Hosts: The Association for Evergreen Youth

Course Date: Sunday, February 19th (8:30 to 4:30)

(Please Print)

Student's Name: _____

Phone : _____

Cell : _____

Address: _____

Date of Birth (day/month/year) _____

(Please Print)

Parent/Guardian Name: _____

Parent/Guardian Signature: _____

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Sunday Closed
Monday 9-5
Tuesday 9-5
Wednesday Closed
Thursday 9-4
Friday 9-5
Saturday 9-4

**We also walk dogs from
12:30pm—2:00pm daily**

To book an appointment call
780-406-7797

Evergreen Classifieds



To have your ad appear in our newsletter, email to
secretary@eeca.ca before 15th of each month.
Space is set aside (at no charge) for residents of
Evergreen to advertise items they want to sell or give
away.

Our names are Andrew and
Elizabeth we are 13 years old and looking
to do odd jobs around the park for
residents.

We are able to take out garbage, shovel
driveways in the winter, walk dogs,
babysit

Contact us at 780-717-2839
(moms cell)

**Will do interior cleaning of
your
mobile home. Reasonable
Rates!**

**Call Gloria at
780-756-3746
and leave message.**

February 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Seniors Meeting and Bingo 7pm	2 Seniors Craft & Quilt 1-4pm Crib 7pm	3 	4 Member Free Swim Clareview Rec Ctr. 6-8
5	6 Board Meeting 7:15pm	7	8 Seniors Chili Night 6pm Bingo to Follow	9 Seniors Craft & Quilt 1-4pm Crib 7pm	10 	11 Member Free Swim Clareview Rec Ctr. 6-8
12	13	14 	15 Seniors Bingo 7pm	16 Seniors Craft & Quilt 1-4pm Crib 7pm	17 	18 Member Free Swim Clareview Rec Ctr. 6-8
19 Spring Fling Noon til 4 pm Youth Centre	20 Garden Club 6:30pm 	21	22 Seniors Crib 7pm	23 Seniors Craft & Quilt 1-4pm Crib 7pm	24 	25 Member Free Swim Clareview Rec Ctr. 6-8
26	27	28				

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!