MAY 2017 EVERGREEN COMMUNITY SPRING FLING on MAY 27, 2017



WHERE DO I FIND?

A FULL	DAY OF	FAMILY	FUN!
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SPRING FLING INFORMATION MEMBERSHIP INFORMATION ADVERTISING INFORMATION BINGO INFORMATION HALL RENTAL INFORMATION AGM INFORMATION ARTICLE: YOUR HOME MAINTENANCE RECIPES KID'S RECIPE CORNER GARDEN CLUB NEWS SENIORS NEWS KIDS CORNER EVERGREEN YOUTH INFORMATION CLASSIFIEDS CALENDAR

INSIDE COVER PAGE 3 PAGE 3 PAGE 4 PAGE 4 PAGE 6 PAGE 8-9 PAGE 10 PAGE 11 PAGE 12 PAGE 14 PAGE 14 PAGE 16 PAGE 16 PAGE 21 BACK COVER

(limited number of tables order yours TODAY!) Plant Sale (Evergreen Garden Club) Crafts Sale (Seniors Craft & Quilt Club) Bouncy Castle Video Game Truck And Much Much More!

Garage Sale

See inside cover for all the Information!





Start the day with a FREE Pancake Breakfast 9a.m. - 11a.m.

Then enjoy Games, Fun and More..... 11a.m.-3p.m.

Come Support the Edmonton Evergreen Community Association by attending our FREE

PANCAKE BREAKFAST

9a.m. - 11 a.m. EVERGREEN COMMUNITY HALL





Limited Number of Sales Tables Available \$10 Deposit.

Call Troy at 780-935-9611 TODAY to book!



PLANT SALE Brought to you by EVERGREEN GARDEN CLUB

> HELP SUPPORT THE EVERGREEN YOUTH CENTRE

(the only organization providing child and youth programming in Evergreen)

\$5 FULL MEAL DEAL



Video Game Truck



Your Choice BURGER <u>OR</u> HOT DOG + CHIPS + POP (<u>or</u> Bottled Water)





Bouncy Castle





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

> Please see Page 6 for the EECA - Annual General Meeting Information. We look forward to seeing you there.

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 <u>secretary@eeca.com</u> 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

Full Page Ad - Inside cover COLOUR Ad - \$125



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 Tuesday, May 2, 2017 - AFT/EVE - Fort Road Saturday, May 13, 2017 - AFT - Kensington

Next TAFEY Bingo Day Friday, May 26, 2017 - AFT/EVE -Fort Road

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

Consider volunteering to help with this or in any other capacity. No contribution is to small or goes unnoticed!!!





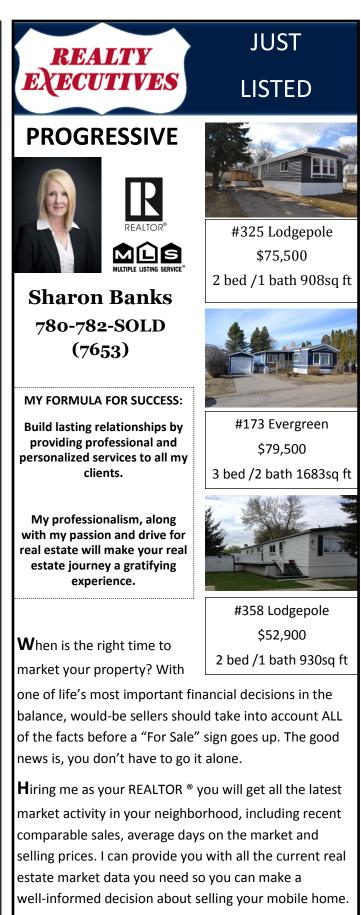
Our hall is available to rent. Only \$400 for the weekend with bartender Call Sharon at 780-782-7653, email hallrentals@eeca.ca or visit www.eeca.ca for more details.

PROUDLY SERVING THE CITIZENS OF WARD 4

Ed Gibbons 780-496-8138

ed.gibbons@edmonton.ca





You will be provided with a FREE comprehensive Market Evaluation Report, to help you weigh current market conditions against your financial goals and desired timeline.

AGN

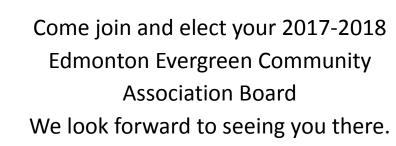


The Edmonton Evergreen Community Association will be holding their Annual General Meeting at the Evergreen Community Hall on

Monday, May 29, 2017 7pm

There are several positions available; President - 2 Year Term Secretary - 2 Year Term Facilities Director - 2 Year Term Funds Chair - 2 Year Term Sports Chair- 2 Year Term Civics Chair- 1 Year Term

If you would like to be an integral part of the Evergreen Community by being on the EECA Board, now is your chance!



AGN



IS A GREAT TIME TO LIST!!



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Home Owner's Maintenance

Being that spring is almost sprung and we are embarking upon a new summer season, now is the time to take a look at a few tips to good Home Owner Maintenance. Maintenance is every Home Owner's "Pain in the ***" but is critical to maintaining a happy and healthy living environment. There are many areas of your home to inspect and/or perform regular maintenance but let me first start by stating the very worst of the concerns;



1-800-461-7632

MOISTURE IS YOUR ENEMY. You must be vigilant in addressing any concern as it relates to Moisture.

You must: control it inside the home, ensure it drains away from the outside of your home

So let's begin:

Spring Maintenance: Top Six



Re-Levelling

Determining factors regarding the frequency to re-level a home depend largely on the soil type and weather conditions in the area where your home has been placed. If doors and windows begin to bind or not close properly, it is usually the first indication that the levelling of your home may need to be adjusted. You should inspect your foundation regularly and that you check your home for level every spring and re-level if required.

Drainage

Moisture can often be the root cause of building durability problems. As well, ongoing moisture ingress can cause the growth of mold and mildew. It is imperative that water be diverted away from your foundation as much as possible. Proper slope/grade and land-scaping should direct the natural flow of surface water away from your home. Eaves troughs must be well maintained and <u>be kept</u> <u>clean and free of debris</u>. All downspouts should extend well beyond the footprint of your home and keep water well away.

Ventilation and Skirting

Your home sits above ground and utilizes some type of "skirting" material around the bottom perimeter; proper ventilation is essential in order to facilitate the escape of moisture. It is important that these vents be checked twice a year so that they remain free of debris and in good working order. In particular, there should never be standing ground water underneath your home. No amount of ventilation will dry up water that is running under your home because of improper site preparation or maintenance.

Important: Never vent dryer exhaust underneath your home! Always vent dryer exhaust out past the perimeter of your home.

Belly Bag/Bottom Board Maintenance

Most factory-built homes are insulated on the underside by a membrane often referred to as a "belly bag." This membrane and the insulation it holds up are primarily what keep the water lines in your home from freezing and rodents out of your home. Any cuts in the belly bag must be repaired as quickly and thoroughly as possible. You should inspect the belly bag or sheeted underside of your home regularly for rips, tears, rodent infestation, and any signs of water penetration or failure.

Home Owner's Maintenance Continued

Mold/Mildew Issues

Mold and mildew manifest from the ongoing wetting of materials. Ongoing moisture can be the result of leaks or condensation. It is the responsibility of the home owner to detect leaks and control humidity so that it does not cause excessive condensation within the home. It is important to know how to prevent mold from becoming a problem in your home. Mold cannot grow without the presence of moisture. Prompt moisture control in the form of leak detection and proper drainage under and around your home is the only effective defense. Leaks and condensation can severely damage your home by causing wood and other building products to fail of deteriorate.

Caulking and Uses and Benefits

Caulking is your friend it can be used to seal away moisture around windows and doors, along countertops in the kitchen and bathrooms, and around round sinks and toilets. It's waterproof. Silicone caulking is impervious to water, meaning water can't get through it and will never break it down. It is also very flexible. Silicone caulking stretches and compresses with joint movement as a house moves and settles. It remains permanently flexible and does not harden over time.

These are just a few areas of concern for you to review and it is recommended you use licensed contractors for any tasks you do not have the technical knowledge or ability to perform. We at the **Homes Canada Group of Companies** are licensed and have an extensive 45 years' worth of experience in dealing with all Modular/Manufactured Homes and the potential issues. We are also a one stop shop for all your construction needs and we would be happy to assist you. Please feel free to give us a call at **1-800-461-7632**



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Recipe Corner

Haricots Verts and Grape Tomato Salad with Crème Fraîche Dressing

Ingredients

- 1 pound haricots verts, trimmed
- 1/4 cup finely chopped fresh basil
- 2 tablespoons minced shallots
- 2 tablespoons fresh lemon juice
- 2 tablespoons crème fraîche
- 1 tablespoon honey
- 1/2 teaspoon salt
- 1 pint grape or cherry tomatoes, halved
- 1 tablespoon pine nuts, toasted

How To Make It

1. Cook haricots verts in boiling water 2 minutes or until crisp-tender. Drain and rinse with cold water; drain.

2. Combine basil and next 5 ingredients (through salt) in a large bowl, stirring with a whisk. Add haricots verts and tomatoes; toss gently to coat. Divide mixture evenly among 6 plates; sprinkle with nuts.

http://www.myrecipes.com/

Crowd Pleasin' KD Picnic Salad

6 Ingredients

1 large tomato, chopped 2 cups broccoli florets

2 green onions, chopped

2 pkg. (225 g each) *Kraft Dinner* Macaroni and Cheese

1/2 cup *Miracle Whip* Original Spread

150 g deli ham, chopped

How To Make It

- 1. Prepare *Kraft Dinner* as directed on package, using the *Sensible Solution* directions.
- 2. Refrigerate 30 min.
- 3. Add remaining ingredients; mix lightly.

http://www.kraftcanada.com/recipes

Send us your quick and easy summer recipes and we will feature them here. Simply email the complete recipe with ingredients to **secretary@eeca.ca**







Recipe Corner - KIDS



PIZZA - FRITTATA

WHAT YOU NEED

- 235 mL (1 bottle) vanilla PediaSure Complete[®]
- 8 large eggs
- 2 medium-size white potatoes, thinly sliced
- 1 small onion (¼ cup), chopped
- 15 mL (1 Tbsp) olive oil
- 75 g (½ cup) mixed ham and pepperoni, diced
- ½ green pepper, sliced
- 250 mL (1 cup) mushrooms, sliced
- 250 mL (1 cup) tomato-based pizza sauce
- 60 g (1/2 cup) part-skim mozzarella cheese, grated

https://pediasure.ca/en/recipe-fabulous-pizza-Frittata

HOW TO MAKE IT

- 1. In a 25-cm (10-inch) skillet, heat olive oil over medium heat.
- 2. Place potatoes and onion in skillet, cover and cook approximately 10 minutes, until potatoes are tender but still firm.
- 3. Add ham and pepperoni, green pepper, and mushrooms to skillet and cook 1-2 minutes.
- 4. Meanwhile, whisk eggs and PediaSure Complete[®] together.
- 5. Pour egg mixture into skillet. Cook over low to medium heat until eggs are almost set but slightly moist on the

surface, approximately 10 minutes. To speed up cooking, lift the edges to allow uncooked egg mixture to run to the bottom of the pan.

6. Pour tomato sauce on top and sprinkle with cheese. Cover until cheese is melted. Alternatively, if skillet is heatproof, place under broiler for 1-2 minutes until cheese melts.



7. Cut into "pizza slices" and serve!



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!



11

Garden Club News

Greetings fellow gardeners! That snow in the middle of April disappointed us, but growers in Alberta know to wait until at least mid-May before planting outside to avoid a late frost killing off their crop. However, even that isn't always enough! Everyone has a story of that time when it froze in June, snowed in July, or hailed out of the blue sky in August. If you have an outdoor garden, keep an eye on the forecast. Mother Nature can be brutal.

Last month we had a speaker from The Crop Diversification Centre come and tell us all about weeds. We all have them, and members had a lot of questions for Nicole Kimmel, Weed Specialist. If you think you'd like to join us for our year-round horticultural adventures, we'd love to have you! For more information on the Garden Club, email <u>evergreengreenthumbs@gmail.com</u> or call Cori at 780-860-3582.

Current members are invited to Kuhlmann's Greenhouse for on May 8th at 6:30pm. The Garden Club and Kuhlmann's will be coming together to offer beautiful planters, crafted with love by Club members with some expert direction. A big thank you to Kuhlmann's for allowing us this lovely evening in their greenhouse. Members only need to bring a pot less than 18" in diameter from "dirt to dirt". Dirt and most plants will be provided.

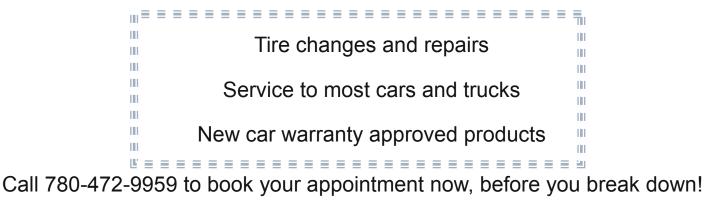


Our next monthly meeting is May 15th at the hall at 6:30pm. We will do some Spring Fling planning and paint some garden signs. Visitors are welcome to join us and see what we are all about at any of our regular monthly meetings. Why not give it a try?

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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PLUMBING

- Replace bathroom sink taps, tub taps, kitchen taps
- ٠ Fix leaky sinks, drains
- ٠ Install new tub or tub surround
- **Complete bathroom renovations** ٠
- ۲ Install new hot water tanks (electric only)
- **Replace old/corroded water lines** ٠
- ٠ Replace blown out waterlines or leaky waterlines
- ٠ Replace old toilets with new wax seal
- ٠ Install/replace/relocate outside taps
- ٠ **Replace heating tape/frozen waterlines**
- ٠ **Plugged drain lines**
- ٠ Rebuild rotten flooring from water damage

ELECTRICAL

- Change electrical plugs/light switches/GFI ٠
- ٠ Install selected variety of light fixtures
- Install outdoor plugs

Additions Fixing or replacing skirting

GENERAL

- Fixing/patching belly bags
- Windows & doors (interior/exterior)
- Painting
- Garbage removal
- Move in/out cleanup
- Installing laminate flooring/small lino jobs ٠

Renovations in home/drywall panels, baseboards etc.

- Install and repair decks/fences
- Install and replace deadbolts/door knobs
- **Replace weather stripping**
- Wheelchair ramps

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16102 Fort Road, Edmonton, AB www.evergreenmemorial.com

Arbor Memorial Inc.

Evergreen Seniors News

On April 5, 2017, a New Committee was voted in. President - Norm Henderson Vice-President - Margaret Verhagen Treasurer - Barb McWhirter

Secretary - Barb Bourdage Social Co-ordinator - Agnes Marshall

Draw for Easter Baskets was on April 12. Congratulations to the winners: Ron Pownall, Glynis C, Colleen Harkin

Happy Mother's Day to all Moms.

Next Month Dinner May 10 at Smitty's on Manning Hwy.

Seniors Calendar

May 3rd	Meeting Bingo to follow	7pm
May 10th	Seniors Smitty's Night Bingo to follow	6pm
May 17th	Bingo	7pm
May 24th	Seniors Crib	7pm
May 31st	Bingo	7pm





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

Please come and check out our crafts and quilting in the senior centre at the spring fling on May 27. We have quilts, oven mitts for all sized hands, aprons, hot pads and much more

Coffee & Pool every morning 10 a.m. to Noon (Mon-Fri) Drop in for a visit!





National Paramedic Services Week

National Paramedic Services Week is May 28 - June 3, 2017.

National Paramedic Services Week honors the Emergency Medical Services (EMS) profession and recognizes the men and women providing this key public service. It is also an opportunity for the public to better understand the important role EMS has within both the health care system and our communities.

The year's national theme is, Paramedics: Always In Service.

Whether directly or indirectly, every Albertan has felt the importance of the service paramedics provide. Paramedics are trained health care professionals who stabilize and treat patents before and during transport to hospital. In some areas of the province, paramedics are now working side-by-side their health care colleagues in hospitals and community care facilities.

- There are over 4,000 EMS practitioners and 550 ambulances in the Alberta Health Services system province-wide;
- Approximately 5,500 patients will be transferred by fixed wing aircraft through contracted air ambulance providers in Alberta this year;
- EMS dispatch receives over 500,000 ground ambulance calls each year.

EMS practitioners across the Alberta and Canada will be celebrating National Paramedic Services Week in a variety of ways. Watch for information in your local media as well as AHS EMS Twitter and Facebook about events in your community.

Alberta Health Services is the provincial health authority responsible for planning and delivering health supports and services for more than four million Albertans and it's more than 661,848 square kilometers. Its mission is to provide a patient-focused, quality health system that is accessible and sustainable for all Albertans.



www.albertahealthservices.ca



Kids Corner





Y. Y. Y. Y. Y

Evergreen Youth Express

The Association for Evergreen Youth

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

One of the requirements for receiving funding from FCSS which has helped us maintain the level of programming in Evergreen that people have come to expect. Monday, Wednesday and Friday from 3:30 to 6 you can join Boys & Girls Clubs/Big Brothers Big Sisters of Edmonton and area at Evergreen Youth Centre for snack, crafts, games and just outright fun! Welcome back, Shreya!



May

2017

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



Join us at the Youth Centre noon to 4 on Tuesday/Wednesday May 23/24 for Out of School Days fun!



Dojo Arts - Martial Training

Registration for Dojo Arts Karate: all ages, all skill levels.

Kobudo (weapons): teen/adult

"like" us on facebook to keep

up to date at Dojo Arts - Martial Training

Gentlemen of Evergreen Saturdays from 3—8 p.m. Boys from Junior High and High School



Youth Centre Volunteer of the Year program 3 years in a row!

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

Evergreen Youth Express

Page 2

Spring Full Meal Deal

Help support Evergreen Youth Centre, the only organization providing child and youth programming in Evergreen

Your choice:

- Burger or Dog
- Chips
- Pop or bottled water





THAT'S HOW WE ROLL! epl.ca/epl2go Every Monday from 5— 6 p.m. EPL staff join BGCBigs at Evergreen Youth Centre for some out of this world activities followed by Pop up library from 6—7 p.m. for all your library needs. Everyone welcome!





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Or WHAN mail: iodydraganiuk@gmail.com

Email: jodydraganiuk@gmail.com

Mow, Trim and all bagged

Call Larry - 780-472-9683 Reasonable Rates!

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, walk dogs, babysit, shovel driveways in the winter

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







Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
		EECA Bingo EVE/AFT Fort Road	Seniors Meeting and Bingo 7pm	Seniors Craft & Quilt 1-4pm		
				Crib 7pm	<u> </u>	
7	8 Board Meeting	9	10	11	12	13
	7:15pm		Seniors Smitty's Night 6pm	Seniors Craft & Quilt 1-4pm		EECA Bingo AFT
	Garden Club at Kulmann's 6:30pm		Bingo to Follow	Crib 7pm	Ê	Kensington
14	15 Garden Club	16	17	18	19	20
Mother's Day	6:30pm		Seniors Bingo 7pm	Seniors Craft & Quilt 1-4pm		
Margaret P.				Crib 7pm		
21	22	23	24	25	26	27 🔆
			Seniors Crib 7pm	Seniors Craft & Quilt 1-4pm	TAFEY Bingo AFT/EVE Fort Road	SPRING FLING
				Crib 7pm	Ê	EVERGREEN COMMUNITY
28	29	30	31			
	EECA AGM 7pm		Seniors Bingo 7pm			
	Memorial Day					

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!