

October

2017

Happy
Thanksgiving



Happy
Halloween

STOP BY THE SENIOR'S CENTRE
& YOUTH CENTRE FOR FREE

TREATS

OCTOBER 31



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CALENDAR OCTOBER 2017	BACK COVER

Ward

4



Beatrice Ghattuba

Passion - Experience - Leadership

f @Beatrice4council

@bg4council

Beatrice@beatrice4council.ca

www.beatrice4council.ca

Your priorities are my priorities:

- ⇒ *affordable housing;*
- ⇒ *safe neighborhoods, school zones and crosswalks;*
- ⇒ *services for seniors;*
- ⇒ *better planning of long term development like the Edmonton Energy and Technology Park;*
- ⇒ *integrate infrastructure with economic development by revitalizing neighborhoods and local businesses that serve the residents of Ward 4;*
- ⇒ *engage residents in identifying their issues and needs towards people-driven initiatives;*

Let us create safer, stronger and healthier communities together! Vote for Beatrice Ghattuba on October 16.



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



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, October 15, 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!!!



**Our hall is available to rent. Only \$400 for the weekend with bartender
Call GORDON at 780-893-3090, email hallrentals@eeca.ca
or visit www.eeca.ca for more details.**

A Message from Your EECA Board

The 2017 Edmonton Evergreen Community Association AGM held on May 29, 2017 brought forth some changes to your EECA Board. Here is a list of the current Board and their contact information;

<u>Position</u>	<u>Name</u>	<u>Phone</u>	<u>Email</u>
President	Troy Girard	780-935-9611	president@eeca.ca
Vice-President	Shirley VanDoorm	780-475-9582	vicepresident@eeca.ca
Secretary	Sharon Banks	780-782-7653	secretary@eeca.ca
Treasurer	Al Innes	780-756-3746	treasurer@eeca.ca
Facilities Director	Gordon Murray	780-893-3090	facilities@eeca.ca
Membership Director	Jody Draganiuk	780-717-2839	memberships@eeca.ca
Programs Director	Denise Criss	587-778-4507	To Be Determined
Civics Chair	Margaret Verhagen	780-473-6962	To Be Determined
Seniors Liason	Margaret Verhagen	780-473-6962	To Be Determined
Youth Liason	Alice Hobbins	780-473-3535	tafey@shaw.ca

Thank you to all of the Board Members and Community Association Members who joined us for the AGM.

We wish all of you a Safe and Happy Summer.

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.ca** 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.

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

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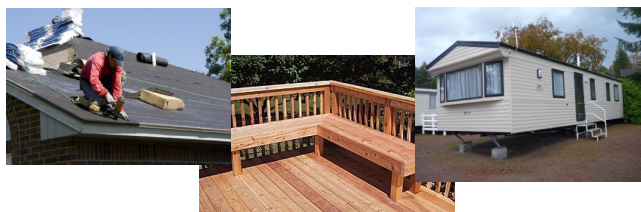
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JUST LISTED

#294 Juniper

\$75,000 (1986)

3 bed / 2 bath 1130sq ft

Unique Layout



Wishing everyone a Happy Thanksgiving. May the remainder of 2017 bring you and your families much joy.

RECENTLY SOLD



361 LODGEPOLE



11 EVERGREEN



Not intended to solicit those already under contract.



Halloween Costume Party

FRIDAY, October 27, 2017

9pm



Live Band

(The Steven Spencer Band)

Shooter Specials

Cocktail Specials

Appetizer Specials



Prize will be awarded for the best costume!

Seating is first come first served!!





Recipe Corner



Great Grandma's Bread Stuffing (cooked in the turkey)

WHAT YOU NEED

- 9 cups white bread cubes
- 3 cups chopped celery
- 2 teaspoons baking powder
- 1/2 cup melted shortening
- 2 onion, chopped
- 3 teaspoons paprika
- 3 teaspoons salt
- 3 teaspoons poultry seasoning
- 2 eggs

1. Saute; onions in melted shortening.
2. Mix together bread cubes, celery, baking powder, sauteed onions, paprika, salt, poultry seasoning, and slightly beaten eggs. Mixture will be dry.
3. Pack lightly into uncooked turkey. Roast turkey as directed.

<http://allrecipes.com/recipe/9135/great-grandmas-bread-stuffing/>



Mashed Potatoes with Fried Mushroom, Bacon, and Onion

WHAT YOU NEED

(4 SERVINGS)

- 6 Yukon Gold potatoes, peeled and quartered
- 5 slices bacon
- 1 tablespoon vegetable oil
- 6 medium mushrooms, sliced
- 1 medium onion, sliced

1. Add potatoes to a large pot of water and bring to a boil. Cook until the potatoes are soft, about 20 minutes.
2. Meanwhile, place the bacon slices in a large skillet over medium heat, and cook until crisp. Remove to paper towels.
3. Wipe out the skillet, return to stove, and pour in vegetable oil. Stir in mushrooms and onion, and cook until onion is soft and translucent.
4. When the potatoes are done, drain water, and place potatoes in a large bowl. Mash in butter and ranch dressing. With a potato masher or electric mixer, continue to mash until the potatoes are smooth. Stir in the mushrooms, onions, and crumbled bacon.



<http://allrecipes.com/recipes/1457/side-dish/potatoes/mashed-potatoes/>



Recipe Corner - KIDS



Cheesy Tuna Noodle Casserole

<http://allrecipes.com/recipe/12843/cheesy-tuna-noodle-casserole/>

WHAT YOU NEED

- | | |
|-----------------------------------|---------------------------------------|
| 1 (12 ounce) package egg noodles | 1/4 cup Italian seasoned bread crumbs |
| 2 tablespoons vegetable oil | 1/4 cup milk |
| 1/4 cup chopped onion | ground black pepper to taste |
| 1/4 cup chopped green bell pepper | 1/4 teaspoon salt |
| 1/4 cup red bell pepper, chopped | 1 (5 ounce) can tuna, drained |

1 (11 ounce) can condensed cream of Cheddar cheese soup

NOTE: You can also sprinkle grated cheese on top for the last 5 minutes in the oven



1. Preheat oven to 350 degrees F (175 degrees C).
2. Bring a large pot of salted water to boil; place noodles in water and bring to boil again. Cook until al dente; drain well.
3. While noodles are cooking saute in a medium size saucepan vegetable oil, onion, green and red bell peppers. Saute until tender.
4. Pour soup, tuna, milk, salt and black pepper into the saucepan. Mix well over medium-low heat.
5. Fold the noodles into the saucepan.
6. Pour entire mixture into a 2 quart casserole. Sprinkle bread crumbs over the mixture. Bake 20 to 30 minutes or until the top is crisp and golden brown.

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Garden Club News

Greetings fellow gardeners! Brisk evenings and frosty mornings are the new normal. All the growing has come to a stop. Cut back your perennials if you haven't already, and divide the bigger ones. Give some to your friends, add one in a new location, or compost it. Perennials benefit from having their roots divided occasionally. Without it, you might begin to have "dead spots" in the middle or have smaller blooms because the roots are too crowded. Giving the roots some air will help your perennials flourish year after year.

Our last meeting we discussed bulbs and all members were given some bulbs to take home and bury in the fall soil.

Feel like getting your garden craft on? Join us for our next meeting, October 23rd, for a garden-inspired autumn craft night. The meeting will start at 6:30pm at the hall. Refreshments will be provided. Learn about the club and meet our members. Bring \$10 in case you'd like an annual membership! For more information on the Evergreen Garden Club, call Freida at 780-289-1303.

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



NEW YEAR'S EVE

DECEMBER 31, 2017

EVERGREEN COMMUNITY HALL

WATCH OUR UPCOMING
NEWSLETTERS FOR MORE
INFORMATION





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- ♦ Install new hot water tanks (electric only)
- ♦ Replace old/corroded water lines
- ♦ Replace blown out waterlines or leaky waterlines
- ♦ Replace old toilets with new wax seal
- ♦ Install/replace/relocate outside taps
- ♦ Replace heating tape/frozen waterlines
- ♦ Plugged drain lines
- ♦ Rebuild rotten flooring from water damage

ELECTRICAL

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

GENERAL

- ♦ Renovations in home/drywall panels, baseboards etc.
- ♦ Additions
- ♦ Fixing or replacing skirting
- ♦ Fixing/patching belly bags
- ♦ Windows & doors (interior/exterior)
- ♦ Painting
- ♦ Garbage removal
- ♦ Move in/out cleanup
- ♦ Installing laminate flooring/small lino jobs
- ♦ Install and repair decks/fences
- ♦ Install and replace deadbolts/door knobs
- ♦ Replace weather stripping
- ♦ Wheelchair ramps

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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!

5 SIGNS OF SUICIDE & 5 WAYS TO HELP

In America, the 10th leading cause of death is suicide, in Canada, it's the 9th. However, in Canada suicide ranks as the 2nd leading cause of death for people in between the ages of 15 & 35.

Suicide isn't the result of one day of sadness. There are often warning signs and symptoms that occur long before a person takes their own life. Take the time to learn the signs and how you can help a person who is considering suicide.

Here are the five most common signs someone is considering suicide:

1. Self Harm

- ◆ They threaten to hurt or kill themselves, or they talk about wanting to hurt or kill themselves
- ◆ They seek ways to kill themselves (through seeking access to firearms, pills, or other methods)

2. Extreme Depression

- ◆ They are morbid in their speech, which is out of character for them
- ◆ They express feeling trapped
- ◆ They say they have no purpose in their life
- ◆ They feel like they are a burden

3. Uncharacteristic mood swings

- ◆ They have uncontrollable anger
- ◆ They act recklessly and don't consider the future
- ◆ They increase their usage of drugs or alcohol

4. Withdrawing

- ◆ They isolate themselves from their friends or family
- ◆ They experience changes in sleep patterns, either experiencing insomnia or sleeping all the time.

5. Tying up loose ends

- ◆ They call up (friends or family) to say goodbye
- ◆ They put their affairs in order
- ◆ They make changes to their will



Here is how you should respond:

1. Take them seriously! They aren't joking, but rather telling you their plans.
2. Call 911
3. If the danger is immediate, call a suicide hotline. The Kids help phone is available 24/7. You can call them at [1-800-668-6868](tel:1-800-668-6868)
4. Encourage them to keep talking and to seek professional help
5. Don't give up. Keep checking in with them. Let them know you're there for them, and that you care for them. Tell them that you want them to be safe and healthy and that professional help is the best way to do that.

If you or someone you know is experiencing or showing any of the above signs, there may be immediate danger and you should call [1-800-668-6868](tel:1-800-668-6868).

SOS helps kids, parents, and educators start conversations about the tough issues families face every day!

Follow them on FaceBook

[Www.facebook.com/SOSSafetyMagazine](http://www.facebook.com/SOSSafetyMagazine)

For more articles go to

[Www.sossafetymagazine.com](http://www.sossafetymagazine.com)



Alberta Health Services EMS would like to remind parents and trick-or-treaters of some Halloween safety tips as October 31st approaches. Take some time to review these simple tips and reminders to help ensure your Halloween is a fun and safe night for everyone.

Trick-or-Treaters

- Remember: all regular pedestrian rules still apply. Be sure to cross the road at marked crosswalks, or well-lit corners only. It is safest to work your way up one side of the street, and then cross once to the other side.
- Stay away from houses that are not well lit. Do not accept rides from strangers, or enter any home you feel is unsafe.
- Let your parents know where you are going to be at all times (route) and advise them if you will be late returning.

Parents

- Be certain that young trick-or-treaters are accompanied by an adult. Older children should stay in groups.
- Pre-determine boundaries to trick-or-treat within, and establish a firm time to return home.
- Advise children not to eat anything until they return home. Dispose of any items that appear to have been tampered with, or that are not properly wrapped.

Costumes

- Choose bright colored costumes that are highly visible. Adding reflective tape to costumes further increases visibility.
- Consider sending your children with a flashlight for additional safety and increased visibility.
- When purchasing, or making costumes, look for materials and accessories that are labeled flame-resistant.
- All costume accessories, such as sticks, rods, or wands, should be soft and flexible, with no sharp edges.
- Consider using hypoallergenic make-up kits instead of masks that may impair breathing, or vision.
- Be sure costumes are loose enough to be worn over warm clothing, but not so long that they become a tripping hazard. Costumes should not be longer than your child's ankles.
- Ensure your child is wearing adequate foot wear that takes into consideration weather conditions and walking.

Evergreen Seniors News

Happy Thanksgiving Everyone!!

The invitation still stands to all seniors 55 and older to join the Evergreen Seniors Club. As we are at the middle of our membership year, we are offering individuals, first time membership until April 2018 at a discounted rate of \$5.00 per person.

Please join us Monday to Friday from 10:00 until noon; the coffee is always hot, have a cookie, chat, and enjoy the company. You can have games of pool, shuffleboard, or darts with members of varying skill levels.

We play bingo from 7:00 PM to approximately 9:00 PM; the first 3 Wednesdays of every month. The fourth Wednesday is crib night. Should there be a 5th Wednesday in the month, it becomes a bingo night.

The first Wednesday of each month we have a short meeting before bingo. The Second Wednesday of each month we have a supper put on by the club.

Suppers are 6:00 PM if held at the Seniors Centre. When we go to a nearby restaurant supper is at 6:00 on the Tuesday of that same week.

Next meeting is October 4 @ 7:00 PM

The monthly supper at Joey's seafood restaurant will be on Tuesday October 10 at 6:00 PM.

Members please sign up.



**Happy Halloween to all the little ghosts and goblins!! Stop by the seniors centre for your treats.
5-8pm October 31**



Seniors Calendar

Oct 4th	Monthly Meeting Bingo to Follow	7pm
Oct 10th	TUESDAY Joey's Seafood	6pm
Oct 11th	Bingo	7pm
Oct 18th	Bingo	7pm
Oct 25th	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)
Drop in for a visit!**

What is a Healthy Relationship?

What do people mean when they ask “Are you in a healthy relationship?” Relationships can be different types and sorts, or have special dynamics that define them; however, they all share the base of being healthy. Some of the key pillars of a healthy relationship are – respectful communication, mutual respect, trust, safety, active listening, and happiness – each a pillar upon which relationships may prosper.

Communication

Open, honest and confident communication is key in any relationship; having conversations lets your partner know how you’re feeling, what you’re thinking and vice versa.

Good communication includes:

- ◆ Discuss what’s bothering you instead of bottling up feelings.
- ◆ Direct and specific communication helps create clearer understanding.
- ◆ Ask for what you need.
- ◆ Resolve conflicts together. Disagreements are natural; talking about them in a rational, fair way is a constructive way of communicating well.
- ◆ Compromise. A relationship is a partnership, and both parties must be ready to meet in the middle.
- ◆ Support and be supported by your partner; when you feel good about yourself and your goals, you know you are having successful conversations.

Active listening is key to a healthy relationship, really listen to what your partner is saying rather than planning what to say before they finish their sentence.

Respect

Respect involves treating each other in a thoughtful, caring way. Respect is essential to creating balance in a relationship.

Respect in a relationship can look like:

- ◆ Treat each other as separate individuals, capable of making your own decisions, and having your own feelings.
- ◆ Speak kindly to each other and about each other.
- ◆ Listen to your partner attentively.
- ◆ Establishing boundaries for yourself and discuss this with your partner.
- ◆ Maintain boundaries set by each partner.

Boundaries do not need to be limiting, or make you feel trapped; rather, boundaries are an expression of personal comfort levels and outline what each wants to see in the relationship. It is important to have clear communication when establishing levels of comfort with physical contact, especially surrounding becoming intimate.

Trust & Safety

Trust is sometimes hard to define, and even harder to find, yet an integral part of any healthy relationship. Trust, at its core, is a belief in someone to be reliable, truthful, and care for your safety both physically and emotionally.

Trust shows up in relationships in a variety of ways when:

- ◆ Decision making; having conversations; listening to your partner; valuing their opinion and your own.
- ◆ Sharing your feelings with a partner.
- ◆ Becoming intimate, being intimate with a partner.
- ◆ Being reasonable with yourself and your partner; having consistency in moods, not walking on eggshells.

Happiness

A healthy relationship creates positive life experiences and provides fulfillment. A healthy relationship begins with you. Know what you want before you decide to step into a relationship; know what makes you comfortable. If you’re not happy, stop, take a moment to reflect on what is going on; what you can change and what you can’t. Never feel scared, ashamed, humiliated or pressured by your partner. It is very okay to step away from a relationship if you aren’t feeling comfortable, secure or safe.

Relationships can be different within family dynamics, extended family, with various friends, guardians, coworkers, partners, and siblings. You may have different connections; however, remember to keep focused on having healthy relationships.

Your happiness matters and you deserve to get the most out of all your relationships, keep in mind what you want from a relationship and what makes a good relationship.



We hope that you and your family have a very happy holiday! Fall is still a good time to list!



***New Listing w/Garage
#348 Evergreen***



***Brand New
\$139,900 #287 Evergreen***



***Recently Sold
#152 Evergreen***

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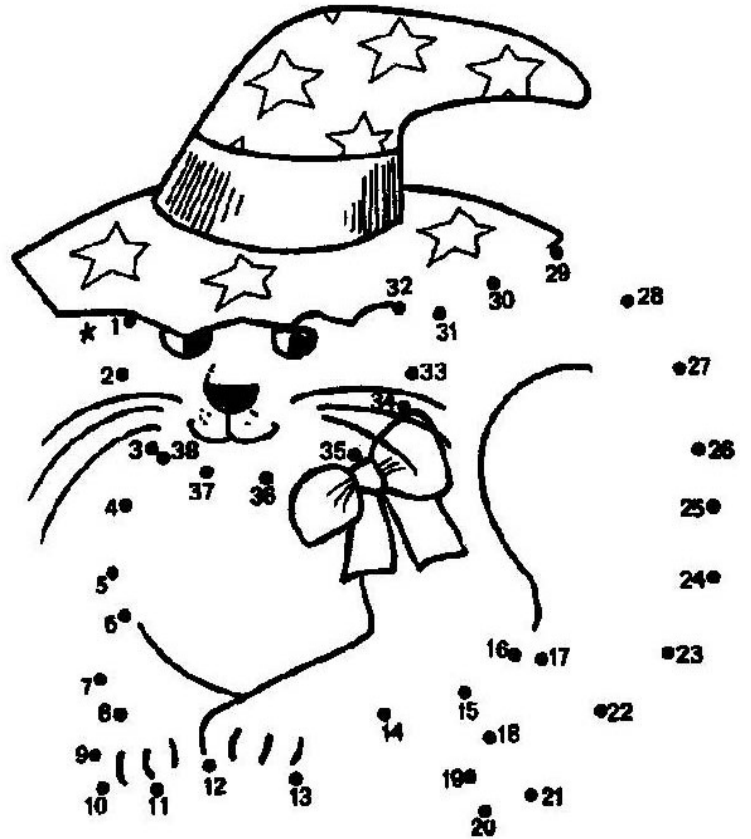
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Kids Corner



COLOUR ME



Find and circle the words below (↓ and → only).

a	c	a	t	u	o
t	b	a	g	a	t
r	a	t	v	o	o
t	o	o	b	a	t
l	e	k	o	o	m
r	m	o	o	a	t

Word Bank:

bat
cat
rat
boo
moo
too





Tech Help Drop In

You are invited to join us bi-weekly as we bring the library to you. Stop by to get help with your computer, phone and tablet or feel free to use ours!

Evergreen Seniors Centre

Mondays from 2:00-3:00pm

September 11, 25

October 16, 30

November 13, 27

Thank You

This years' bottle drive was yet another great success. A HUGE thank you to the volunteers that assisted and to all the residents for their kind bottle donations.

Total made for the bottle drive this year





Evergreen Youth Express

Halloween Party

**October
2017**



**Please Check the Facebook
Page for updates. Date to be
confirmed.**

**[https://www.facebook.com/
evergreenyouth](https://www.facebook.com/evergreenyouth)**

Halloween Pit Stop

Tuesday Oct. 31st , 6pm-9pm at the Youth Centre, stop
in, warm-up with a hot chocolate, grab a treat bag and
sign-up for Kids Christmas
Party!



The Associating for Evergreen Youth



Upcoming Programs

Drop-In After School Program

M W F 3:30p.m.-6p.m.

TH 2:30p.m.-5:30p.m.

Join Laura at the Youth Centre for a snack and after school fun! Crafts, games and sports are just some of the activities we do. Check our Facebook page for updates and events!

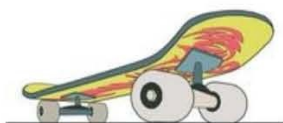
<https://www.facebook.com/evergreenyouth>



Gentlemen Of Evergreen Saturdays 3p.m.-8p.m.

Boys Junior High and High
School

Like Our Facebook Page:
Gentlemen of Evergreen for
weekend updates.



A cartoon penguin character dressed as a chef. It wears a large white chef's hat and a green apron over a white shirt. The penguin is holding a large orange carrot with green leaves in its right flipper and a silver fork in its left flipper. It has a friendly expression with large eyes and a small orange beak.

Students experience new foods and preparation techniques. Parents love watching their “Junior chef” grow with confidence and knowledge as they create the recipes at home and develop life-long skills while having FUN!

Starting October 3rd-December 12th

Dojo Arts Evergreen Martial Arts Club



Every Monday 5—7
p.m. @the Youth Centre

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. Evergreen News is delivered to every home in the park and is mailed to a number of people outside of Evergreen.



2004

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(WITH New Tires)



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- Guy (Guy Ballater - (Whitemud Creek)
- Homesteaders Heritage (NW Alberta)
- Dream & Realities (Lafond & Area)
- Edson to Grande Prairie Trail
- Footsteps to Follow (Young Zelma & District)
- Grooming the Grizzly (Wanham & Area)
- Prairie Round-up Vol. 1 & 11

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2-8PM
SATURDAY, NOVEMBER 4, 2017
10AM-4PM
EVERGREEN COMMUNITY HALL

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)

FOR SALE

VARIOUS MYSTERY PAPERBACK BOOKS

.50 Cents to \$1 EACH

CALL DONNA

780-758-7419



I party for a living.
 Private message me to
 see what's new with
Tupperware.

Call Jody for all your Tupperware needs








780-717-2839

or





October 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 EECA Board Meeting 7:15pm	3	4 Seniors Meeting Bingo to Follow 7pm	5 Seniors Craft & Quilt 1-4pm	6 	7 Member Free Swim Clareview Rec Ctr. 6-8
8	9 HAPPY  THANKSGIVING	10 SENIORS DINNER JOEY'S SEAFOOD RESTAURANT	11 Seniors Bingo 7pm	12 Seniors Craft & Quilt 1-4pm	13 	14 Member Free Swim Clareview Rec Ctr. 6-8
15	16 ELECTION NIGHT	17	18 Seniors Supper Bingo to Follow 7pm	19 Seniors Craft & Quilt 1-4pm	20 	21 Community Block Party 11am-3pm
22	23 Garden Club 6:30pm 	24	25 Seniors Crib 7pm	26 Seniors Craft & Quilt 1-4pm	27 	28 Member Free Swim Clareview Rec Ctr. 6-8
29	30	31 				

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!