

EVERGREEN NEW S



January 2017 EECA SKATING RINK

(Opening Day: December 26, 2016)

- \$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.



CHRISTMAS HOLIDAY HOURS

December 26-30 1:00 p.m. - 8:00 p.m.

December 31 1:00 p.m. - 5:00 p.m.

January 1-8 1:00 p.m. - 8:00 p.m.



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

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"Not intended to solicit properties already listed for sale or buyers under contract."

A Message from Your EECA Board

We hope every- one a very Merry Christmas and Happy New Year!

We Need Your Input.....

As we start 2017 we would like to hit the refresh button on our monthly newsletter.

In this issue we have incorporated a new page entitled "Recipe Corner" This page will feature many recipes from various contributors.

Want to see your favourite recipe? Do you have a family recipe that you would like to share? Then it's easy just email the recipe and directions on how to make it to secretary@eeca.ca. Do you have a story about the recipe that you want to share with readers, then add the story along with your recipe.

Do you have an idea for an article for the newsletter? Maybe you have a story about Evergreen and why you love living in the community. Send us your ideas secretary@eeca.ca.

May 2017 bring you much joy and happiness!

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.

Deadline for ad's and articles for the February issue of the EECA News is January 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

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

PROUDLY SERVING THE CITIZENS OF **WARD 4**

Ed Gibbons
780-496-8138

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



Simple Cookie Recipe that even the kids will enjoy baking!

Yellow Cake Mix Cookies

Ingredients

- 1/2 cup unsalted butter, softened
- 4 egg yolks
- 1 egg
- 1 (15 1/4-ounce) box yellow cake mix, like Betty Crocker
- 1/4 cup sprinkles



- ◆ Preheat oven to 325°F. Line 2 cookie sheets with Silpats or pieces of parchment paper.
- ◆ In a large bowl using a hand or stand mixer, beat butter on medium-high until soft and fluffy, about 2 minutes. Add egg yolks and egg, and beat until incorporated, about 2 minutes. Add cake mix in three increments over low speed. Fold in sprinkles.
- ◆ Use an ice cream scooper to drop rounded spoonfuls of dough onto cookie sheets, leaving sufficient space between each cookie.
- ◆ Bake for 15 to 17 minutes, turning sheets halfway through cook time, until edges start to turn golden brown. Remove from oven, and let sit on a hot baking sheet for 2 more minutes. Transfer cookies to wire racks to cool completely.

Taken from PopSugar.com

Have lots of leftover turkey? Leftover stuffing?
Try this simple recipe!

Deep Dish Turkey Pot Pie

Ingredients

- 1 cup hot water
- 1 pkg. (120 g) *Stove Top* Stuffing Mix for Chicken or Turkey
- 3 cups chopped cooked turkey
- 2 cups frozen mixed vegetables, thawed
- 1 can (10 fl oz/284 mL) cream of mushroom soup (or cream soup flavour of your choice)
- 1/2 cup milk



- ◆ Heat oven to 375°F. Add hot water to stuffing mix; stir just until moistened
- ◆ Place turkey and vegetables in 2-L casserole dish. Mix soup and milk; pour over turkey mixture. Stir gently; top with stuffing.
- ◆ Bake 30 min. or until heated through.

Taken from KraftCanada.com

No
Place
Like
Home
Cooking!

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

Email to secretary@eeca.ca





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or



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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!

Garden Club News

Greetings fellow gardeners! Happy New Year from all of us to all of you! May the year 2017 have a long, warm growing season and enough rain to keep our water bills in check!

Our last meeting was our annual Christmas potluck. Members enjoyed taking part in the food and fellowship, as well as the frivolity of our gift exchange.

Our next meeting is our Annual General Meeting. Members, please come and help us select our new board members and put together some ideas for the next year. We will be meeting on January 16 at 6:30 pm at the Community Hall. Come help us shape our next year!

The Evergreen Garden Club has been digging, planting, dividing and seeding together for over a decade. If you're looking for a friendly group to talk dirt with, we'd love to meet you. Email evergreengreenthumbs@gmail.com for more information, or simply show up to one of our meetings. Visitors are always welcome. We meet once a month for trips, speakers, garden crafts and more, and an annual membership is just \$10. Join the club, meet new friends, share a few laughs, and go home feeling good.



FURNACE or PLUMBING PROBLEMS?

WE CAN HELP – Repair or replacement



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www.evergreenmemorial.com

Arbor Memorial Inc.

Evergreen Seniors News

We had our Christmas Dinner December 14, 2016. It was really nice to see most of our seniors there. We wish you ALL a Happy Healthy New Year.

Seniors Calendar

January 4th	Meeting Bingo to follow	7pm
January 11th	Chicken Dinner Bingo to follow	6pm
January 18th	Bingo	7pm
January 25	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

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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.



1216 SF Home for Sale in Evergreen Community

- ♦ 2016 New Shingles
- ♦ 2014 Kitchen professionally renovated
- ♦ Fenced and Landscaped
- ♦ Well Cared for Home

Call/Text Kathy @ **780-717-2953**

Kathy Massie

Real Estate Agent

Coldwell Banker Haida Realty

kathy@haidarealty.com

Winter Safety Tips for your Pets

DOGS

- Limit outdoor time for puppies, senior dogs, small and short-haired dog breeds in cold or wet weather – consider boots and a sweater/coat if your dog doesn't mind being bundled!
- Thoroughly dry feet, legs, and stomach when your dog comes in from the snow
- Keep an eye on sensitive paw pads, which can be injured from snow, ice, and salt spread on sidewalks
- Do not allow dogs off-leash in a snowstorm — they can easily lose their scent and become disoriented and lost
- Provide outdoor dogs with an insulated doghouse with straw bedding (NOT blankets)
- Feed outdoor dogs an increased protein-heavy diet to provide energy for warmth Provide outdoor dogs fresh water in a non-metal dish



CATS

Cats' bodies are **not** meant to withstand low temperatures – keep your cat indoors. Outdoor cats will seek warmth in winter — like the engine of a parked vehicle. Before starting your car, check surroundings for paw prints, bang on the hood, or honk the horn to allow cats a chance to escape.





Evergreen Youth Express



EG Snow Shack Program

January 3, 4, 5, & 6 *

1–5 p.m.

Activities, Field Trips,

Snacks

\$5 per day

Ages 6–17 years

Some restrictions may apply.

program fee



*Tues Jan 3rd hours:

11:30 am —3:30 p.m.



I give permission for my child, _____, to attend any field trips associated with the Snow Shack Program on January 3rd, 4th, 5th and 6th with Evergreen Youth Centre staff and volunteers. I know that some restrictions may apply in terms of the trips my child can attend. Enclosed is \$ _____ to cover the cost of each trip (\$20 covers all). (Cash or check made payable to Evergreen Youth) The only additional cost is popcorn money for movie day (Tuesday).



Snow Shack Program Sign Up

Child's Name		
Child's Date of Birth		
Parent's Name		
Address		
Phone		
Emergency Contact Name		
Emergency Contact Phone		
Parent/Guardian Signature		

Please complete and return to Youth Centre by January 3, 2017



Dojo Arts - School of Karate and Kobudo

We are starting some new groups in the new year. 4-7yr old kickboxing reserve your child's spot now.

We also have a few spots in our youth karate/kickboxing class, and the new adult class is half full. Kobudo is almost full.

Call (587) 938-1262

Register for new year now, and reserve your new year spot today.

<https://www.facebook.com/Dojo-Arts-School-of-Karate-and-Kobudo>



Join this wonderful group of young people, the Gentlemen of Evergreen, virtually every Saturday from 3—8 p.m. They play some crazy created in Evergreen games while Adam, Isaac and Tyler mentor the group.

EG After School with BGCBig

Monday, Wednesday & Friday

3:30—6 p.m.



Boys & Girls Clubs



Big Brothers Big Sisters

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

Why We Like to Cook with Kids



1. **Exposure to scratch cooking helps kids develop a mature palate** and a taste for fresh, wholesome ingredients.
2. **Kids are much more likely to eat what they make.** Is there anything more fun than eating your art project? Cooking creates a sense of ownership.
3. **Meals prepared from scratch usually contain more nutrients** and fewer calories, chemicals and sweeteners than pre-packaged foods.
4. **Cooking together provides a natural way to discuss nutrition** and the impact that food choices have. The more educated children are about food, the more likely they will appreciate your suggestions to eat something healthy.
5. **The earlier they learn how to cook, the sooner they will learn an essential life skill.** kids often become quite talented in the kitchen. This makes messy floors worth it down the road when they start to cook for you.
6. **Spending time in the kitchen gives them confidence.** Kids thrive on feeling accomplished. Cooking is an ideal way to boost self-worth and teach responsibility. There is nothing cuter than watching children proudly serving their food to others.
7. **Preparing meals together means quality time.** Cooking with children offers an opportunity to communicate with them. Your time chatting and cooking in the kitchen together becomes even more important as they reach the adolescent and teenage years.
8. **What else do they learn?** Science, language, counting, fractions, budgeting, weighing, sequencing, measuring, problem-solving, sharing, fine motor skills, reading, and learning about other cultures- to name just a few important things!

Start
Date
TBA

EG After School Jr Chefs Program Sign Up Form (Please complete and return to the Youth Centre)

My child, _____ will be attending EG After School Jr Chefs Program. (Child's Name)

My phone: _____ Emergency Phone: _____

Child's Date of Birth: _____ Child's Current Age: _____

I understand that Youth Centre staff/volunteers are not responsible for my child while he/she is not present at the EG After School Program. My child and I are making a sincere commitment to the Jr Chefs program and understand that missing 2 classes in a row without confirmation from me to the staff, my child's spot will be filled by a child on the waiting list.

Parent/Guardian Name (Please print) _____

Parent/Guardian Signature: _____ Date: _____

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Shop Hours



**A Dog's
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Studio**

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

My name is Andrew Bloomfield and I am 13 years old and looking to do odd jobs around the park for residents.

I am able to take out garbage, shovel driveways in the winter, walk dogs

My number is 780-717-2839
(moms cell)

Will do interior cleaning of your mobile home. Reasonable Rates!
**Call Gloria at 780-756-3746
and leave message.**



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

Saturday, January 28, 2017 - AFT– Kensington

Tuesday, January 31, 2017 AFT/EVE - Fort Road

Next TAFEY Bingo Day

Tuesday, January 17, 2017 - AFT/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.**

January 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 	2	3	4 Seniors Meeting and Bingo 7pm	5 Seniors Craft & Quilt 1-4pm Crib 7pm	6 	7 Member Free Swim Clareview Rec Ctr. 6-8
8	9 Board Meeting 7:15pm	10	11 Seniors Chicken Dinner 6pm Bingo to follow	12 Seniors Craft & Quilt 1-4pm Crib 7pm	13 	14 Member Free Swim Clareview Rec Ctr. 6-8
15	16 Garden Club 6:30pm 	17	18 Seniors Bingo 7pm	19 Seniors Craft & Quilt 1-4pm Crib 7pm	20 	21 Member Free Swim Clareview Rec Ctr. 6-8
22	23	24	25 Seniors Crib 7pm	26 Seniors Craft & Quilt 1-4pm Crib 7pm	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!