

# Evergreen News

Edmonton Evergreen Community Association



Welcome to Evergreen Skating Rink

Skate Times 2012

## SPECIAL POINTS OF INTEREST:

- According to the Canada Survey of Giving, Volunteering and Participating (CSGVP), 48% of Alberta residents aged 15 and over (1.2 million people) volunteer. Each volunteer contributes an average of 175 hours, for a total of 214.5 million hours or the equivalent of approximately 112,000 full-time jobs.

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## Monday, Tuesday, Thursday, Friday

4:30 pm – 6:30 pm Public Skate

6:30 pm – 9 pm Shinny/Hockey

## Wednesday

4:00 to 5:00 pm Learn to Skate Program

\*\*(Youth Centre only)\*

5 pm – 6:30 pm Public Skate

6:30 pm – 9 pm Shinny/Hockey

## Saturday & Sunday

12 noon – 4pm Shinny/Hockey

4 pm – 6pm Public Skate

6 pm – 9 pm Shinny/Hockey

Please speak to Rink Attendant during Rink hours regarding reservation: comments or concerns.

**“NO STICKS ON THE ICE DURING PUBLIC SKATE”**

## IMPORTANT EXCEPTIONS:

*If there are “No” Public Skaters on during Public skate times, Hockey can be played. However, if Public Skaters show up, sticks must come off the ice IMMEDIATELY!*

*If there are “No” Hockey players, Public can skate. However, sticks will be allowed on the ice. Skate at own risk!*

*Also if there are reservations or Community Events timings will be cancelled for*

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- Mother Theresa

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## Featured Home - 661 Evergreen

Please contact Bonnie for more information

Phone: 780.472.0082



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## HORSE HILL COMMUNITY LEAGUE

# FAMILY DANCE

**FEB. 18<sup>TH</sup> FROM 6 TO 10 PM**

**PIRATES RUGBY CLUB 1904 - 167 AVENUE N.W.**

Enjoy a Meal with us & listen and dance to a DJ for the evening!

Additional Entertainment Balloon & tattoo specialist!

Door prizes

Silent Auction in support of community sports programs

2011 - 2012 community league memberships available!

Cost: \$10 for folks aged 10 and up; \$5 for those 9 and under.  
Under 2 free

Visit [www.horsehillcommunity.ca](http://www.horsehillcommunity.ca) or contact [treasurer@horsehillcommunity.ca](mailto:treasurer@horsehillcommunity.ca) for tickets

### OUTDOOR SOCCER REGISTRATION:

March 1st - 6:30 to 8:30/March 7th - 6:30 to 8:30/March 15<sup>th</sup> - 6 to 7 (Followed by HHCL AGM)

At Donald Massey School 5435 - 162 Avenue



**SWEET DEAL**

**SWEET HEART**

**FEB 10/12**

**6-10 PM**

Belly dance performance by Dancefusion  
Music by the Moon Dog Spoons

Silent Auction ♥ Dinner  
Entertainment ♥ Cash Bar

\$20 per person

Evergreen Community League  
#31 Evergreen Park

Supporting Cindy Olsen  
NDP Candidate for Edmonton-Manning  
(780) 405-1535  
[www.albertandp.ca/cindyolsen](http://www.albertandp.ca/cindyolsen)

## EVERGREEN GARDEN CLUB

Greetings fellow gardeners! Happy Valentine's Day! Is your Valentine a gardener? Why not surprise them with some garden gloves or a planter decorated with hearts for the occasion? You could also get them some romantic-sounding seeds to sow, like "Tuscany Rose" verbena or some "Bleeding Hearts" or, for the vegetable gardener, some "Tenderheart" cabbage.

Our last meeting was on January 16<sup>th</sup> at the Community Hall. The meeting was our annual general meeting and was well-attended.

Elections were held and all positions were filled. We are thrilled to welcome two new members to the Gar-

den Club executive: Sherry Mierau as our Secretary and Ann Friesen as our Treasurer. Mary Avison was re-elected as our Special Events Co-ordinator and Josanne Thiessen was re-elected as our President. The Vice President position currently held by Sheri Karpinski was not up for election this year. Congratulations to all our board members and we thank you for all your hard work throughout the year. An enlightening garden trivia game followed the elections and was enjoyed by all the members.

Our next meeting will be February 20<sup>th</sup> at 6:30pm at the Community Hall and will be a seed and house plant

exchange. Members are encouraged, but certainly not required, to bring plants or seeds to the hall for exchange. Our seed experts will be on hand to answer any sowing questions you might have.

The Evergreen Garden Club is a lively group ranging from the rookie gardener to the expert horticulturalist. We meet at our hall once a month, year-round, for garden-related crafts, activities, movies, speakers and trips. Your annual membership is only \$10 when you are a member of the Edmonton Evergreen Community Association. Please contact Mary at 406 -5710 for more information.



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



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**CENTRE  
FOR RACE  
AND CULTURE**

### CREE LANGUAGE LESSONS

**Dates:** February 6th through June 18th 2012 **Time:** Tues and Thurs from 6:30 – 8:30 PM

**Facilitator:** Reuben Quinn (Centre for Race and Culture)

**Location:** St. Alphonsus Catholic School, Edmonton

**Cost:** \$10 (Thanks to the generous support of ECALA– Edmonton Community Adult Learning Organization)

**Register and learn more:** <http://www.cfrac.com/programs/individuals/cree-language-lessons>

**Join us in this fantastic opportunity for any adult interested in learning Cree.** Fluent educator Reuben Quinn of the Centre for Race and Culture will teach Cree language and key principals and concepts while also introducing Cree Syllabics. Participants must commit to attending all classes.

The **Cree Language Lessons** being offered by the Centre for Race and Culture, through the support of ECALA, are different from any of the courses currently being offered in Edmonton. This is due to the unique methodology being used. This methodology is called cahkipehikanak (syllabics), which is better known as the star chart, a traditional format that incorporates the cultural and spiritual teachings of the Cree language. This method of teaching the Cree language is not used anywhere in the greater Edmonton area or in the entire educational system in Edmonton.

According to experts there was an estimated 600,000 Cree words prior to European contact, currently there are around 30,000 words in use, and this count continues to drop almost daily. Edmonton has the second largest Aboriginal population of all cities, second only to Winnipeg. Many of our citizens would like to find ways to regain their lost language and reconnect with their cultural identity.

Our objective is to teach Cree using this holistic approach based on 44 symbols, 14 consonants and the 8 direction syllabic system. The directions' philosophies are included as the lessons are taught in the manner of natural law. Learners will feel empowered by learning Cree using the traditional and historical way of language transmission. This will help participants reclaim their language and or ensure the survival of this language.



## Update on NE (Horse Hill) Area Structure Plan

As many in our community are

aware, an Area Structure Plan (ASP) process is underway for land in our area. The NE, or Horse Hill, ASP will provide a planning framework for how this land will be used in the future. The ASP will address at a very high level the future land use, servicing, and transportation in northeast Edmonton. The area is approximately 3,700 hectares and is bounded by Manning Drive on the west, the North Saskatchewan River on the east and Anthony Henday Drive on the south. As part of the process, a Stakeholder Advisory Group has been formed and meets regularly to discuss and review plans, and to provide input on the draft ASP. This ASP will be submitted to the City of Edmonton in January 2012, and will ultimately go to City Council for approval in the fall of 2012. As a member of the Stakeholder Advisory Group, representing the Evergreen Community League, I have now received a draft of the ASP docu-

ment. Over the next few weeks, I'll review the ASP and prepare comments for a Stakeholder Advisory Group meeting on January 9<sup>th</sup>. Following that meeting Stantec, who leads the process and is working with the City, will consider feedback from the meeting for revision of the final draft ASP prior to submission to the City.

A great deal of information on the ASP process, community consultation, reports, and common questions is available at [www.planhorsehill.com](http://www.planhorsehill.com). I encourage you to visit this website and register for updates as new information becomes available.

A few key points regarding this ASP and future land use that may be of interest include:

- An ASP that reflects landowners and residents wishes for the future of the area, while taking the history and culture of this area into account, is key to the successful development of any neighbourhood.
- This ASP is a key first step forward to plan a community that meets the needs of a growing city, and also respects residents' values and desires. This plan includes a diversity of

land uses that harmonizes urban agricultural uses with a comprehensively planned residential community in order to provide a complete community that is socially, environmentally and economically sustainable.

- This process continues to offer stakeholders far more consultation and opportunities for input than has ever been done in past - this extensive community involvement is unique to the City of Edmonton.

- Existing landowners will NOT lose their land. There is no requirement for any landowner to sell their land, nor to rezone their land. The rights and wishes of individual landowners relative to their own land holdings will be respected throughout this process.

- Farmers in the NE will continue to farm their land holdings as in past. None of their lands will be designated for any other purpose and the ASP clearly reflects this.

- There will be continued demand for new neighbourhoods in the northeast sector of Edmonton. This is due in part to the area's proximity to Alberta's

Industrial Heartland and to the Edmonton Energy and Technology Park. The Heartland has already attracted more than \$23 billion of investment and a workforce of 6,000, and it is expected that the Edmonton Energy and Technology Park will eventually employ between 80,000 and 100,000 people. This area will be able to satisfy that demand over the long term.

Community centres, schools, and parks are all part of this ASP. As your community league representative, I will ensure that our voice is heard regarding our needs. I'm sure that many of you attended the Open House that was held in November - we plan to organize another information night in the New Year to provide you with an opportunity to gain more information and to express your views.

There is significant interest in this ASP, not only from those of us who live and work here, but from other Edmonton community groups as well. We strongly encourage all area residents and landowners to ensure their opinions are voiced to City Council.

*Sheri Karpinski, Civics Director*



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**EVERGREEN OUTDOOR RINK  
IS NOW UP AND RUNNING!**

Thanks, Troy for all your hard work in spite of uncooperative weather! If the lights are on, the rink and skate shack are open. Some concession items available. Limited number of helmets and skates available to borrow. Skate/Shinny: FREE to community league members; \$2 for non-members. If you consider that each child will cost you \$2 each time they skate, your family membership to Edmonton Evergreen Community Association at \$20 (expires end of summer) is a great value! Get or renew yours NOW at the skate shack!





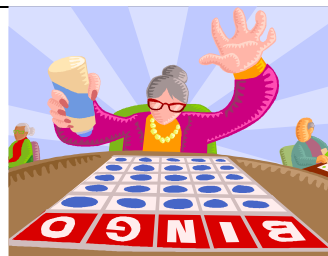
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Men's Clean Up	\$5.00

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Bingo and Casino events provide the funds needed to allow Evergreen non-profits to continue offering programs and events to residents. If you attend programs or events put on by the community league, call 780-473-6962 to volunteer to help with the following EECA events:

Wednesday, 1 Feb 12 – Fort Road AFT

If your children participate in programs or events at the Youth Centre, call 780-413-8248 to volunteer to help with the following TAFEY:

Tuesday, 13 Feb 12—Fort Road AFT/EVE

Watch for notice about both organizations' 2012 Casino events held at Century Casino on Fort Road and consider volunteering to help. WE CAN'T DO IT WITHOUT YOU!



Phone: 472 9959  
33 Evergreen Mobile Home Park

With the start of a New Year, comes new starts and changes. We have been out visiting and celebrating now it is time to settle in and start 2012 with a renewed spirit. Your vehicle could also use a renewed spirit, after all the transporting it has done for you over the holidays, it deserves an inspection to make sure all is as it should be. Come in and check out what your vehicle needs to ensure it carries on the next few months of winter. Make the old run like new at RR Automotive, your friendly neighborhood service station

**Call 780-472-9959 to book your appointment now before you break down because after would be no fun.**

*The staff and management at RR Automotive wish you and yours a very a VERY HAPPY PROSPEROUS NEW YEAR*

## EVERGREEN SENIORS GROUP NEWS

### DATES TO REMEMBER:

Feb 1	Meeting/Bingo
Feb 8	Potluck supper/Bingo
Feb 15	Bingo
Feb 22	Crib
Feb 29	Bingo

Remember: Evergreen Seniors Centre is open to all residents of Evergreen aged 55 or over. Join us for coffee any weekday morning. Or check out our crafters groups on Tuesday & Thursday afternoons at 1.



*Membership in EECA is required to join the Seniors Group, along with a nominal membership fee.*



# Evergreen Youth Express

## Some Things You May Not Know about Evergreen Youth Centre:

All residents of Evergreen from the age of 6 to 17 are welcome at Evergreen Youth Centre every week Mon to Sat throughout the school year (Sept—June). In 2010, it cost \$126,000 to operate the Youth Centre project for 277 days of programming. With an average of 21 children/youth using the Youth Centre each day.....it cost an average of \$6,000 per child/youth to maintain. Your family membership costs \$15 per year for the whole family and, while we get a few dollars of individual donations each year, the money to provide these programs comes from Bingo/Casino events manned entirely by volunteers and some grant money. No portion of the lot rent or any other living expenses paid in Evergreen is for the support of the programs offered to your children. We are presently working through a process of trying to secure this wonderful resource for your children and future generations and we hope you will understand the need to implement program fees in some instances to help us recover some portion of the costs involved and to demonstrate the support of this community and the sustainability of this organization in Evergreen for years to come.

### The Association for Evergreen Youth

February 2012

*Evergreen Youth Centre, working hard to meet the needs of children  
and youth in evergreen ages 6—17 years*

### *Willow River Evergreen Karate Club*

Classes led by Ryan  
Haywood, a 2nd degree  
black belt, Mondays from  
6—9 p.m. and Saturdays  
from 9 a.m.—2 p.m. Spaces available. Call  
413-8248 for details.



### **Lrn2Sk8**

Learn to Skate Program

Ages 6—11 years 3:30—6  
p.m.

Every Wed in February  
(weather permitting) we'll be  
on the ice so make sure your  
children are dressed appropri-  
ately. Make sure you sign up NOW. Spaces may be  
limited because of staff availability. Helmets and  
skates required. (some available to borrow)



*Sign up at the Youth Centre*



### *Bonnie Jean Keeps It Clean*

*Housecleaning Services*



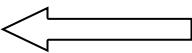
\$30 per hour

Evergreen Residents Special: \$25 per hour

Call: 780-729-7978

# February 2012

## Evergreen Youth Centre Programs

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Lrn2Sk8 You Go Girl	2 Kid Zone	3 Kid Zone Guitar	4 Karate Youth Zone
5	6 Kid Zone Karate	7 Kid Zone	8 Lrn2Sk8 You Go Girl	9 Kid Zone	10 Kid Zone Guitar	11 Karate Youth Zone
12	13 Kid Zone Board Meeting	14 Kid Zone Karate	15 Lrn2Sk8 You Go Girl	16 Kid Zone	17 Kid Zone Guitar	18 Karate Youth Zone
19	20  Family Day CLOSED No Programs	21 Kid Zone Karate	22 Lrn2Sk8 You Go Girl	23 Kid Zone	24 Kid Zone Guitar	25 Karate Youth Zone
26	27 Kid Zone Board Meeting	28 Kid Zone Karate	29  Lrn2Sk8 You Go Girl	 Pink Shirt Day.....wear pink and join us in Anti Bullying Activities all day long! Stand up, speak up. Let them know we're not gonna take it any more!!!!		

All Programs Subject to Change.....call 780-413-8248 for updates



## GETCA PRESENTS: TWO GREAT SESSIONS



Dispatches from the Front Lines of the New Girlie-Girl Culture with presenter Peggy Orenstein

Are you the parent of or do you know a young girl obsessed with princess culture? A girl who, despite your best efforts to raise her to be strong and independent, suddenly insists on growing up to be Snow White? Join Peggy as she explores the challenge of parenting in a commercialized culture determined to exploit and market to girls from a very young age. What are girls learning, and what can we do about it? Check out [www.peggyorenstein.com](http://www.peggyorenstein.com) for more information about Peggy.

OR

## BOY SMARTS



Effective Strategies for Parenting Boys with presenter Barry MacDonald

Get beyond the headlines and hype. What are the varied needs of boys? How can we help boys navigate cultural realities like video games and Facebook? How can we mentor boys to talk about their thoughts and feelings? How can we guide our boys to achieve their potential at school? Learn what it takes for parents, caregivers and professionals to mentor boys to become courageous and caring men. Check out [www.mentoringboys.com](http://www.mentoringboys.com) for more information about Barry.

**Wednesday, February 29, 2012 from 7 to 9 p.m.**

Shaw Conference Centre, 9797 Jasper Avenue

*Parking lot on Grierson Hill and in adjacent parkades or plan to come via public transit*

THIS EVENT IS **FREE** BUT PRE-REGISTRATION IS REQUIRED.

Visit <http://tinyurl.com/GETCA2012> or call 780.429.8040 to register.

Please note that these sessions are for **adults only**.

*Note: Photographs may be taken at this event, which may be used on the sponsors' websites and in other publications.*

Peggy's and Barry's books will be available for purchase at the event.

Co-sponsored by:



Greater Edmonton Teachers' Convention Association



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# Programs



## Evergreen Tots Program

Every Wednesday and Friday starting at 9:30 a.m. Join us Feb 1st for a presentation from the Northeast Health Clinic on washing your hands and Feb 8th when Londonderry public library is coming to read stories to the kids and teach them how to take out books. On Feb 15th we are having a Valentines Day Party. Pre-registration ends Feb 11th so everyone who wants to attend must sign up by then. You must be a community league member to attend any of the TOTS events. Every Friday we'll be doing crafts and coloring for the kids mixed with some free play

## Adult Darts Wednesdays @ 7



## Adult Cribbage Thursday @ 7



## Yoga

Starting Tuesday, February 7th & offered every Tuesday and Thursday morning. (we need at least 5 participants to make this program work)

10—10:45 Parent with young child(ren)

11—noon Adults only

\$5 per session. EECA membership required to attend

Child care available on site \$2.00 for the first child; \$1.50 each additional child.



Emergency Medical Services

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

### Reduce your risk

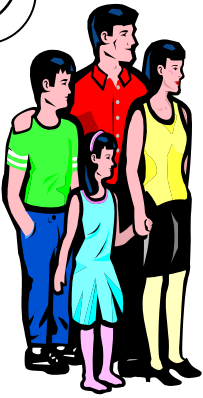
Heart attack risk factors include:

- 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 medications in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will also share information with the hospital so definitive treatment can begin immediately on 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.



Kids who are close to their parents are least likely to engage in risky behaviours. The more involved you are in your children's lives, the more valued they'll feel, and the more likely they'll be to respond to you.

#### Establish "together time."

Establish a regular weekly routine for doing something special with your child - even something as simple as going out for ice cream.

Don't be afraid to ask where your kids are going, who they'll be with and what they'll be doing. Get to know your kid's friends - and their parents - so you're familiar with their activities.

Try to be there after school when your child gets home. The "danger zone" for drug use is between 4 and 6 pm, when no one's around; arrange flexible time at work if you possibly can. If your child will be with friends, ideally they have adult supervision - not just an older sibling.

Eat together as often as you can. Meals are a great opportunity to talk about the day's events, to unwind, reinforce, bond. Studies show that kids whose families eat together at least 5 times a week are less likely to be involved with drugs or alcohol.

#### Learn to Communicate

Do you know your kids' favorite music group? What's cool at school? The more you communicate, the more at ease your child will feel about discussing drugs and other sensitive issues with you.

Be absolutely clear with your kids that you don't want them using drugs. Ever. Anywhere. Don't leave room for interpretation. And talk often about the dangers and results of drug and alcohol abuse. Once or twice a year won't do it.

Be a better listener. Ask questions - and encourage them. Paraphrase what your child says to you. Ask for their input about family decisions. Showing your willing-

## TIPS FOR PARENTS

ness to listen will make your child feel more comfortable about opening up to you.

Give honest answers. Don't make up what you don't know; offer to find out. If asked whether you've ever taken drugs, let them know what's important: that you don't want them using drugs.

Use TV reports, anti-drug commercials, news or school discussions about drugs to help you introduce the subject in a natural, unforced way.

Don't react in a way that will cut off further discussion. If your child makes statements that challenge or shock you, turn them into a calm discussion of why your child thinks people use drugs, or whether the effect is worth the risk.

Role play with your child and practice ways to refuse drugs and alcohol in different situations. Acknowledge how tough these moments can be.

#### Walk the Walk

Be a role model; the person you want your kid to be. What stronger anti-drug message is there?

Be a living, day-to-day example of your value system. Show the compassion, honesty, generosity and openness you want your child to have.

Know that there is no such thing as "do as I say, not as I do" when it comes to drugs. If you take drugs, you can't expect your child to take your advice. Seek professional help if necessary.

Examine your own behavior. If you abuse drugs or alcohol, know that your kids are inevitably going to pick up on it. Or if you laugh uproariously at a movie when someone is drunk or stoned, what message does that send to your child?

#### Lay Down the Law

Kids between 11-13 are highly at risk for drug experimentation - and are increasingly independent. Despite their protests, they still crave structure and guidance; they want you to show them you care enough to set limits.

Create rules - and discuss in advance the consequences of breaking them. Make your expectations clear. Don't make empty threats or let the rule-breaker off the hook. Don't impose harsh or unexpected new punishments.

Set a curfew. And enforce it strictly. Be prepared to negotiate for special occasions.

Have kids check in at regular times. Give them a phone card, change or even a pager, with clear rules for using it. (Remember, pagers are not allowed in some schools.)

Call parents whose home is to be used for a party. On party night, don't be afraid to stop in to say hello (and make sure that adult supervision is in place).

Make it easy to leave a party where drugs are being used. Discuss in advance how you or another designated adult will come to pick your child up the moment he or she feels uncomfortable. Later, be prepared to talk about what happened.

Listen to your instincts. Don't be afraid to intervene if your gut reaction tells you that something is wrong.

#### Praise and Reward

What encourages a kid more than his or her parents' approval? The right word at the right time can strengthen the bond that helps keep your child away from drugs.

Reward good behavior consistently and immediately. Expressions of love, appreciation and thanks go a long way. Even kids who think themselves too old for hugs will appreciate a pat on the back or a special treat.

Accentuate the positive. Emphasize the things your kid does right. Restrain the urge to be critical. Affection and respect - making your child feel good about himself - will reinforce good (and change bad) behavior far more successfully than embarrassment or uneasiness.

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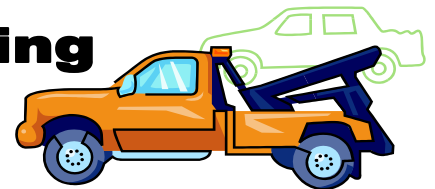
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## DeeDee & Jesse's Family Hair Care

### Complete Family Hair Care /Esthetics

Jesse and DeeDee have recently opened up a family oriented salon which is located on the North East side of Edmonton in the Evergreen Community Park. They care about the people and their needs, and therefore are offering affordable services to families and seniors in the community and surrounding areas. Bringing 18 years of experience in the Beauty/ Barbering Industry, and offering Esthetics services to the community, DeeDee and Jesse are confident that they can satisfy all of there customer's needs. "We offer up to date Techniques in Custom Cutting, Perms, Colors, Foiling, Hair Painting, Waxing , and Nails ,etc."



"Bring the family over for a complete make-over!"

### DeeDee & Jesse's Family Hair Care

722 Evergreen Community Park NW  
Edmonton AB , T5Y 4M2  
Taking Appointments And Walk Ins Are Welcome  
(780) 476 6030 ask for DeeDee

## Evergreen Youth Guitar Lessons

Ages 12 -17

Rob Brinton—instructor

Must have your own guitar

\$3 per week program fee

Friday 6—8 p.m.

Call 413-8248

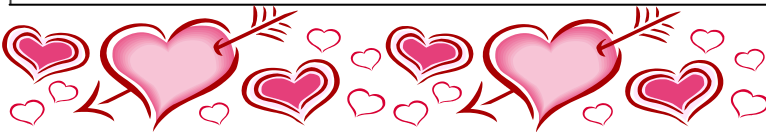




## Renovations Plus More

**Wes Draves**  
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## Evergreen Recipe Corner

If you have a special recipe you would like to share please feel free and we will post it onto our new Recipe corner. Just email to [eecca@shaw.ca](mailto:eecca@shaw.ca) or drop it off to Ann at the Community office by the 20th.

### Seasoned Cornish Hens

#### Ingredients

- 1/2 cup soy sauce
- 2 tablespoons oyster

#### sauce

- 3 cloves garlic, peeled and crushed
- ground black pepper to taste
- 2 large Cornish game hens
- 2 tablespoons butter

#### Directions

Preheat oven to 325 degrees F (165 degrees C).

In a large bowl, mix soy sauce, oyster sauce, garlic, and

pepper. Place Cornish game hens in the mixture, and marinate 10 minutes.

Transfer hens to a medium baking dish, and cover with the marinade mixture. Cover dish, and bake 30 minutes in the preheated oven.

Remove cover from dish, and place 1/2 the butter on each hen. Increase oven temperature to 350 degrees F (175 degrees C). Basting frequently with the marinade mixture, continue baking 30 minutes, or until exterior of the hens is lightly browned and crisp, the interior is no longer pink, and juices run clear.



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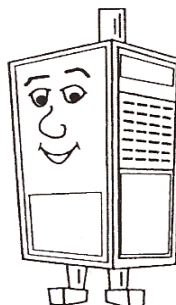
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# February 2012

## Edmonton Evergreen Community Association

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><u>TOTS Special Days:</u> Feb 1: North East Health "Everything you want to know about hand washing"</p> <p>Feb 8: Story time with Londonderry Library</p> <p>Feb 15: Valentines Day Party (make sure you sign up with Natalie by Feb 11th to ensure enough supplies are on hand)</p> 			<p>1 </p> <p>TOTS*</p> <p>Darts</p> <p>Seniors Meeting &amp; Bingo</p>	<p>2</p> <p>Yoga</p> <p>Seniors Crafts</p> <p>Crib</p>	<p>3</p> <p>Crafts 4 TOTS</p>	<p>4</p>
<p>5</p> <p>Board Meeting</p>	<p>6</p>	<p>7</p> <p>Yoga</p> <p>Seniors Crafts</p>	<p>8</p> <p>TOTS**</p> <p>Darts</p> <p>Seniors Pot Luck &amp; Bingo</p>	<p>9</p> <p>Yoga</p> <p>Seniors Crafts</p> <p>Crib</p>	<p>10</p> <p>Crafts 4 TOTS</p>	<p>11</p>
<p>12</p>	<p>13 </p> <p>Garden Club</p> 	<p>14</p> <p>Yoga</p> <p>Seniors Crafts</p>	<p>15</p> <p>TOTS***</p> <p>Darts</p> <p>Seniors Bingo</p>	<p>16</p> <p>Yoga</p> <p>Seniors Crafts</p> <p>Crib</p>	<p>17</p> <p>Crafts 4 TOTS</p>	<p>18</p>
<p>19</p>	<p>20</p>	<p>21</p> <p>Yoga</p> <p>Seniors Crafts</p>	<p>22</p> <p>TOTS</p> <p>Darts</p> <p>Seniors Crib</p>	<p>23</p> <p>Yoga</p> <p>Seniors Crafts</p> <p>Crib</p>	<p>24 </p> <p>Crafts 4 TOTS</p>	<p>25</p>
<p>26</p>	<p>27</p>	<p>28</p> <p>Yoga</p> <p>Seniors Crafts</p>	<p>29</p> <p>TOTS</p> <p>Darts</p> <p>Seniors Bingo</p>			

Subject to Change.....call 780-473-6962 for updates