



# Greenfield Gazette

November/December 2019

## Thank you for coming to Community League Day!

The event on September 21 was well attended and enjoyed by all! It was a beautiful warm and sunny day. Community residents enjoyed free hot dogs and snacks, listened to music, exchanged garden produce in the garden swap, checked out upcoming programs and clubs offered by the Community Hall and caught up with fellow Greenfield neighbours!

Thank you to the local firefighters of Station 13 for stopping by, showing off their big rig and playing in a kids vs. firefighters soccer match.



## Thank you No Frills!

The Greenfield Community League would like to acknowledge the many contributions of local business ***Matt and Ashley's No Frills***.

Over the last year, No Frills has contributed food to multiple community league events at no cost (hot dogs, drinks, snacks, etc.) and has routinely been an active contributor of the community and its events.

In addition, No Frills was a strong supporter of the Greenfield Soccer program. For the 2019 season, they sponsored 2 sets of uniforms and clothing for team officials.

Thank you ***Matt and Ashley's No Frills*** for your continued support of the Greenfield community!

# SPECIAL THANKS

## President's Note

Back in August, there was an article in the Edmonton Journal, explaining how property management companies were hiring "social co-ordinators" in apartment complexes to engage their community, run social events and streamline renter experiences. The company, Apartment Life, on their website claims that a social co-ordinator can add up to \$188,000 in annual financial benefit and that the more people are connected to their immediate community, the longer they will continue to rent in that location, meaning that the profits are higher for the property companies because they don't risk losing income on empty space or more frequent move out costs. And I love that people are starting to value the importance of community... but I'm also a little sad that these connections are being motivated by profit.

And if you've ever wondered exactly what the community league is – there you go. The community league is Greenfield's social co-ordinators and we are a whole lot cheaper than a paid company. Your community league is here, not only to run events, and engage with our community and enhance the experience of living as part of our community, but to

help all our members engage in the way they want to. Have an idea for an event you'd like to run? Come talk to us! Have some great ideas or a different way of seeing a challenge? Stop by one of our meetings. Have lots of fun while eating hot dogs and just participating? That's good too. So – the weather outside is turning colder, but keep showing up Greenfield. It's all of us that make us an extraordinary community to be a part of.

As always, don't forget to purchase your Community League Membership for 2019/20. Your membership gives you a vote at our AGM and other great benefits. Memberships are \$30 for individuals, \$15 for seniors, \$25 for senior couples and \$50 for families. Memberships can be purchased online (<https://www.greenfieldcommunityleague.com/buy-membership.html>) or at our AGM in early 2020.

I can be reached at [president@greenfieldcommunityleague.com](mailto:president@greenfieldcommunityleague.com) and look forward to seeing everyone out and about (or shopping at the new Dollarama)!

Amanda



Proceeds from craft vendors support Greenfield Community League programs. If you have questions, please contact Teresa at [gclcraftsale@gmail.com](mailto:gclcraftsale@gmail.com).

## Meet a Greenfield Board Member Our Mom! By Liam (9) and Caitlyn (7)

### *Amanda Barros, President*



Greenfield Resident  
Since:

**Age 6**

Greenfield Board  
Member Since:

**2015**

Our Mom volunteers on the Greenfield Community. She is the president.

Volunteering is important because it makes our community special and helps people.

Being president means going to meetings, talking to people when they're upset, helping set up fun parties and cleaning up.

She likes to go camping with us, go swimming with us, go for runs and read books.

She is the best at cuddles.



## **A Warm Reunion of Happy Moms**

The Greenfield Babysitting Co-Op Alumni enjoyed a long overdue get-together at the home of Teresa Bellinger on Dec. 9, 2018. We hope this will be the beginning of regular gatherings moving forward.

Formed in approximately 1990 by Calgary transplant Sandra Edgcombe, the Co-Op enabled families to exchange hours of babysitting at no cost, using plastic bingo chips as payment. Members needed to be part of the Block Parent Program running at the time. The group was well-organized, having monthly meetings (more social in nature), daytime get-togethers, potluck dinners with whole families, picnics, sledding parties, as well as an annual Christmas cookie exchange.



Many Moms recall learning about the Co-Op while out in the neighbourhood with their children. Teresa Bellinger was out pushing a baby stroller when Elaine Stefanick (McPhee) approached her and told her about the group. Tina Gilkes remembers moving into the neighbourhood and within a month having many instant friends for both herself and her three boys. She met Patti Cooke at the Greenfield playground, who immediately said, “you have to join our babysitting Co-Op!”

To be able to drop children off with other trusted mothers gave peace of mind while getting errands done or going for lunch with husbands or friends. Some moms used the Co-Op to have one-on-one time with one child while the others were having fun on play dates.

The Co-Op created many lifelong friendships among the Moms, Dads, and children in the Greenfield and Royal Gardens communities who continue to socialize regularly with each other!!

There are many new young families in the area now who are likely realizing what a fabulous neighbourhood this is to live in and to raise a family in. If you have any interest in forming a Babysitting Co-Op, feel free to ask the Gazette how to contact us for more information.

Tina Gilkes and Teresa Bellinger

## **Meet a Greenfield Resident**

### ***Dan Martin, Author***

My wife and I moved to Greenfield in 2012 and we love the quiet neighborhood and friendly atmosphere.

I am a retired psychotherapist. Since retirement, I have focussed my energy on writing. I have recently published three fiction books and two short stories.

My work can be viewed at [danmartinbooks.com](http://danmartinbooks.com). The novels can be purchased at Audreys Books downtown, or directly off my website.

My novel, *Murder City* is set in Edmonton during the 1960's. *Atonement to a Greater God*, takes place in historic Fort Edmonton during the time period of 1874-76. All my books have received excellent reviews from independent book critics ([OnlineBookClub.org](http://OnlineBookClub.org)) or Nancy Kilpatrick, Arthur Ellis Award Winner, Crime Writers of Canada.

For more information on Greenfield resident Dan Martin and his publications, visit <http://www.danmartinbooks.com>.

# Hall Programming and Events

## Rhythm, Rhyme & Storytime

Rhythm, Rhyme & Story Time is a music program where you and your child share music, art and instrument exploration together! Our classes combine singing with a wide variety of musical instruments to share and explore.



Learning finger plays, rhythm movement, dancing, and even making time for a story, free play, craft, and parachute activities. This creates the perfect opportunity for fun-filled learning as you watch our child develop their vocabulary, counting skills, creative thinking, listening skills, as well as large and fine motor skills. A musical adventure for you and your preschooler (9 months to 5 years). You can register for one or two days a week.

**Mondays:** 9:30am - 11:00am and/or

**Thursdays:** 9:30am - 11:00am

**Fall session:** (10 weeks) September 16 - December 2/2019

For more info and to register, please visit:



[www.edmonton-preschool-music.com](http://www.edmonton-preschool-music.com)

## Inner Song Music

Learn to sing, harmonize and play guitar. Beginners ages 7 - 13yrs. Class limit 6 students

Three Classes will be held on **Wednesdays** in the meeting room

- 3:45 - 4:30pm
- 4:30 - 5:15pm
- 5:15 - 6:00pm

**Fall session:** (13 weeks) September 11 – December 11/2019

Winter session: (11 weeks) January 8 – March 18/2020

Spring session: (12 weeks) April 1 – June 17/2020

To register please contact Wendy Gregson

Email: [wendygregson@shaw.ca](mailto:wendygregson@shaw.ca)

[facebook.com/innersongmusic](https://facebook.com/innersongmusic)

## The Roving ChessNuts

Chess is a game of perfect information, nothing happens due to luck or random chance. The player is presented with all the information they need to make a decision. Every move the player must process the information they are given in a logical manner and come up with the most strategic solution to the problem. Often times this requires planning many moves in advance.

A single game of chess is comparable to solving dozens or even hundreds of logical problems. The Roving ChessNuts teaches chess and organizes chess competitions and events.



**Mondays:** 6:30pm – 7:30pm (Beginner) Meeting Room

**Tuesdays:** 6:30pm – 7:30pm (Beginner) Meeting Room

**Wednesdays:** 6:30pm -7:45pm (Intermediate) Meeting Room

**Thursdays:** 6:30pm -7:30pm (Beginner) Meeting Room

**Fall Session:** September 9 – December 11/2019

Tournaments once a month on Sundays in the main hall.

**15% discount offered to Greenfield Residents with valid membership.** Instructor: Bruce Thomas (780) 474-2318

To register, email: [rovingchessnuts@shaw.ca](mailto:rovingchessnuts@shaw.ca)

[www.rovingchessnuts.com](http://www.rovingchessnuts.com)



## **Tai Chi**

Tai Chi is a gentle form of exercise appropriate for all ages. It promotes benefits such as increased flexibility, strength, balance, and improves concentration. Tai Chi balances the health of mind, body and spirit. The focus of the arts we practice is on maximizing the amazing health benefits, while building a dedicated community of practitioners. Paul Bromley is a registered Occupational Therapist and has over 25 years' experience.

Tai Chi - Beginners           **Thursdays:** 6:30-7:30 pm

Tai Chi - Intermediate       **Thursdays:** 7:30-8:30 pm

**Fall session:** (15 weeks) September 5 – December 19/2019

Instructor: Paul Bromley

To register, email : [pauldbromley@gmail.com](mailto:pauldbromley@gmail.com)

## **Essentrics Fitness Classes (eOne Fitness)**

Release tight muscles, rebalance joints and restore your body! Improve your mobility, strength, flexibility and range of motion with this full body movement based workout. Different class level offerings for Adults and Seniors'.

**Mondays:** Essentrics for Seniors, 1:00- 1:45 pm

**Fall session:** (14 weeks)     September 9 – December 16/2019

Winter session: (12 weeks) January 6 – March 30/2020

Spring session: (12 Weeks) April 6 – June 22/2020

Discount offered to Greenfield Residents with valid membership

Please contact Lori Griffith at (780) 916-4483 for more information. To register online go to [www.eonefitness.ca](http://www.eonefitness.ca)

## **Better Body Bootcamp**

Young or young at heart? Fit or wanting to become more fit? Take a step towards a more active, healthy lifestyle! Improve your strength, cardio and endurance in a safe, encouraging, and individually-challenging environment!

An outdoor/indoor fitness program designed to help you get stronger, move faster, and feel better!!! Each one-hour class will include cardio and strength activities aimed at toning and burning fat. Come ready to work hard and have fun!

Regardless of your fitness level, this class is for you!!! Modifications will be offered to ensure everyone gets a great, safe work-out!!!

**Tuesdays:** 7:15pm-8:15pm

**Fall session:** (12 weeks) September 17 – December 10/2019

Instructor: Jane Gannon

To register, please call (780) 920-9137

[www.betterbodybootcamps.webs.com](http://www.betterbodybootcamps.webs.com)

## **B Fit 4 Life Yoga**

Joyful, Blissful, and Fearless Your True Genuine Nature! Reconnect with your true nature with Hatha Yoga. A healthy yoga practice will improve balance and flexibility in the body. The spine will become more supple and it will promote healthy circulation. Level: Beginner - Intermediate

**Wednesdays:** (13 Weeks) 1:00pm - 1:45pm and/or

**Fridays:** (12 weeks) 9:00am – 10:00am

**Fall session:** (14 weeks) September 18 – December 20/2019

Winter session: (11 Weeks) January 8 – March 18/2020

Spring session: (12 Weeks) April 1 – June 17/2020

Instructor: Beverly Bourne-Haybarger

To register, visit [www.schedulicity.com/scheduling/BPVNPP](http://www.schedulicity.com/scheduling/BPVNPP) or e-mail - [BFit4LifeYoga@outlook.com](mailto:BFit4LifeYoga@outlook.com)

## **PETROLIA SENIORS GROUP (55+)**

invites YOU to come to ENJOY LUNCH and a PROGRAM (\$18) every third Tuesday (except July and August) 11:45 a.m. (sharp) to 2:00 p.m. at Greenfield Community Hall 3803 – 114th Street NW

- **November 19th:** Rod Andersson – Anderson Learning Systems. “Late Blooming” – the last third of your life can be the best third.
- **December 10th:** Turkey Dinner with trimmings \$25. Musical Entertainment and Carol Sing.

“The Brail Tones” directed by Susan Farrell

- **January 21st** - Bob Tatz, author of book “Lost in the Battle for Hong Kong” 1941.

Stories of living in Hong Kong as a youth and later as a Japanese Prisoner

To CONFIRM your attendance or for more information, call Nick 780-435-1045 or Betty 780-434-0711

An additional “outing” is offered each month for your enjoyment. For information call Joyce 780-435-6388

**We look forward to your participation.**



## **Free Community Swim Times!**

The maintenance of Confederation pool has been completed and Greenfield Community League free swim times have returned to the facility!

WHERE: Confederation Leisure Centre  
11204 43 Ave

WHEN: Saturday and Sunday afternoons  
4:00 to 5:30 pm

COST: Free for all Community League Members  
(show your Greenfield Community League Membership during the times above)



## **Save the Date** **Family Christmas Event!**

**Sunday, November 24 - 2-4pm**

A family friendly Christmas gathering to get into the spirit of the holidays! Watch the Greenfield Community Facebook Page and or website for details.

<http://www.greenfieldcommunityleague.com/>

If you are interested in volunteering, contact Amanda at [ahprentice@gmail.com](mailto:ahprentice@gmail.com) (anyone aged 12 and over; earn volunteer hours and receive sign off!).

## **Hall Rentals**

Want to rent the community hall for your next function?

For info contact Wendy at

[hallmanager@greenfieldcommunityleague.com](mailto:hallmanager@greenfieldcommunityleague.com)

or call: **780-200-1198**



3803 - 114 Street  
Edmonton, Alberta

## **Next-door Neighbour Ads**

### **♦ R&S Child Care K-Grade 6**

Located in the Dayspring Church (11445 40 Ave)  
Accredited, family-run over 25 years, serving 5 schools, competitive fees. Now offering kindergarten care!

Email Roxanne at [roxanneplischke@gmail.com](mailto:roxanneplischke@gmail.com) or by phone at 587-920-7456.

### **♦ Registered Massage Therapist**

Therapeutic & Relaxation Massage. Direct Billing Available.

Text/Call Danielle 780-717-7625

### **♦ Diva for a Day Aesthetics by Arti**

Waxing, Pedicures, Manicures, Facials, Eyebrow, Eye Lash Tinting, Body Scrubs, Threading, Relaxation Massages  
Call Arti Mittal at 780-239-5786 for prices.

### **♦ Modern Touch Painting**

For all your interior and exterior painting needs.

Call Jennifer @ 780-938-3844

or [moderntouchpaintingdm@gmail.com](mailto:moderntouchpaintingdm@gmail.com)

If you have a small business based in Greenfield, want to find work mowing someone's lawn, or perhaps sell crafts for a bit of extra cash, the Next Door Neighbour section of the Gazette is for you. As long as you are a Greenfield Community League member, you can have a 3-line ad about your business for free!

Please visit the Greenfield website (<http://www.greenfieldcommunityleague.com/gazette--express.html>) for more information.

## **Hall Custodian Wanted!**

Time commitment would be approximately 4 -6 hours a week based on Hall bookings.

Please Contact Wendy Lauber with your resume if you are interested:

[Hallmanager@greenfieldcommunityleague.com](mailto:Hallmanager@greenfieldcommunityleague.com)

