



Greenfield Gazette

March/April 2020

President's Note

Hello Greenfield – Can you feel it? Spring is right around the corner. There was that week in January when I didn't think we'd make it, but it's coming closer and closer!

We've done some social media posts about the skating shack, and we talked about it at the AGM, but I wanted to take a moment to talk about it here. The Board discovered last year that our utilities were installed in the skating shack incorrectly – against code and in a way that increased risk for our ice crews. We also knew that the way the shed was set up with the ice maintenance room on the north side of the building was awkward and cumbersome for our crews, as they had to clear and navigate the tennis courts with the tractors to get out of the building. So we bit the bullet, and decided to fix it.

We began looking for grants that would help us cover the costs of the renovations, and started looking for a company to do the work. We met with five companies, four of whom provided quotes, to ensure we were spending the community's money as efficiently as possible. We worked with the successful company, a wonderful local SW Edmonton company with ties to our neighbouring communities, to make sure our changes were as safe and efficient as possible.

This has meant a huge disruption to our ice this year. The rinks did open, without fanfare, at the end of January, although the shack wasn't open for until the end of February. And I know this has been a disappointing skating

year and I apologize for that. Our ice is a winter time hub for our community, and it's never a good feeling to see it dark and unused. We just couldn't continue to allow the ice to be made in a building that was no longer safe for our crews. And I hope you can understand that.

In warmer news – stay tuned as our Community Garden gets closer to development. After two years of working with the City of Edmonton, hunting permits and checking measurements, our Community Garden team is eager to put shovels to soil and start the growing season off. Keep an eye on our Facebook page and the website for more details.

If you haven't registered for soccer yet, it's not too late – go to emsasoccerportal.com to register now!

Thank you to everyone who came to our January AGM and met with the Board – it was wonderful to meet new faces and see familiar ones around the room.

It is never too late to purchase your community league membership – just head on over to www.greenfieldcommunityleague.com/ and follow the link!

As always, I can be reached at president@greenfieldcommunityleague.com and look forward to seeing everyone WITHOUT forty layers for warmth!

Amanda

2020 Tennis Registration

Online registration is now open for 2020 Greenfield Group Tennis Classes (kids/adults) and Camps (kids).

An open house is scheduled for Sunday May 3, 1-4PM where you can:

- Purchase a membership for full-time access to courts
- Register in a tennis class
- Play tennis (kids racquets and balls on hand to use)
- Check out demo racquets from Sweet Spot

Additional tennis information and registration details can be found through the following links:

All registration links:

<http://dropshot.ca/greenfield/1pager/>

Adult Summer Classes:

http://dropshot.ca/greenfield/classes/adult_classes/

Kids Spring / Summer Classes:

http://dropshot.ca/greenfield/classes/junior_classes/

Kids Summer Camps:

<http://dropshot.ca/greenfield/classes/camps/>

For those who prefer private lessons:

http://dropshot.ca/private_lessons/

Club Memberships:

<http://dropshot.ca/greenfield/memberships/>

Tournaments:

<http://dropshot.ca/greenfield/tournaments/>

Meet a Greenfield Board Member

Jeff Mann, Vice President



Greenfield Resident
Since:

2016

Greenfield Board
Member Since:

2019

What is your board role responsible for?

- Support the President's role
- Act as a liaison between the community league and the community garden committee
- Increase engagement between the community and local businesses

Interesting facts:

I enjoy cooking, walking my dog Juno through the neighbourhood, drinking coffee, and helping people realize their dreams in my career as a mortgage broker.

I have had family in Greenfield since the 1980's and spent lots of time sledding and in the wading pool at Greenfield park.

If you are a local business who would like to become more involved in the community, please contact me at:

vicepresident@greenfieldcommunityleague.com.

Edmonton Transit System—Route Changes

Although the Greenfield Community League has no direct affiliation with the Edmonton Transit System (ETS), we would like to share some information that has been brought to our attention regarding upcoming changes to ETS service. If you use ETS, these changes may impact you!

Certain bus routes either on the boundaries of Greenfield or within the Greenfield Community will be changing in the summer of 2020.

For more details on the upcoming changes, or information on how to provide feedback to the city, please visit: https://www.edmonton.ca/projects_plans/transit/bus-network-redesign-maps-routes.aspx

The Secret Behind No Frills

By Vela Christian



Ever wondered what goes on behind the scenes at NoFrills? Well, now you can learn all about that. Why did Matt and Ashley set up right here in Greenfield? It was Loblaws that gave them the choice of three different locations. In the words of Matt, "This location looked absolutely awesome!" This seems like the perfect store for them.

Have you ever noticed how many things are sponsored by NoFrills? Well Matt believes in community and he does it because the people are so supportive. NoFrills seems to be especially interested in soccer. They felt that it was a great chance to get their name out and the Greenfield soccer teams really seemed to need new uniforms.

If you thought that the people working at NoFrills were miserable, think again. Matt really loves his job, and he loves it when he can get one or two conversations in with the customers in a day. Matt's favourite thing about his work is when something different happens in the day, like this interview.

Matt says that they have no daily schedule. He often starts work at 6AM and wraps up whenever the time allows. He's at the store seven days a week, but only really works five.

People often wonder what is bought most often. The top thing is probably bananas. The second most popular thing is likely milk, followed by eggs.

I'm sure that you may have wondered why they have a Natural Foods aisle. As Matt puts it, "We pushed to have it because so many asked for the best quality food." It did so well that now all of the NoFrills in Canada have one too.

NoFrills is looking forward to a great year ahead, hoping for a new parking lot and to focus on the beauty of the shop.

Finally, if you have ever wondered what Matt's favourite thing is to sneak home, it's President's Choice The Decadent Chocolate Chip Cookies!

Greenfield Community Wide Garage Sale

With spring comes spring cleaning, which can lead to the discovery of items for the Greenfield Community Wide Garage Sale. It may seem early to think about, but we want to get a head start on planning to make this year's Community Sale one of the best ever! The garage sale is currently planned for June 6, 2020.

For those unfamiliar with the concept, the residents of Greenfield Community hold a one day coordinated garage sale in June. You host your own individual garage sale at your house/garage, but with everyone doing it on the same day, we work together to cover signage, advertising and draw more visitors to each garage sale.

Many garage sale shoppers flock to Greenfield as it is easier to visit multiple locations in one neighborhood instead of driving all over town. The increased flow of shoppers has enabled many of our neighbors to have hugely successful sales, plus the fun of browsing around other sales in the same neighborhood. It has been a great traditional event in our neighborhood and we hope to keep it going.

If you wish to participate, please email greenfieldgaragesale@gmail.com with your address and a small list of items you will be selling.

Greenfield Hall Programs

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 your 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

Winter session: (10 weeks) January 6 - March 16/2020
Spring session: (8 weeks) April 6 - June 8/2020



For more info and to register, please visit:

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

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

The Roving ChessNuts

Roving ChessNuts is for scholastic players from K to Grade 12 and all levels of chess skill, from beginner to competitive tournament player. Classes are for everyone from beginners to experienced players who have obtained a chess rating and tournament experience.

Classes held are limited in enrolment. New students (particularly those in K to Grade 2) should attend a free evaluation to get started and to qualify to enrol if space is available.

Tournaments occur once a month on Sundays and are open to all levels of players where players are matched by chess rating or beginning skill level. All players go home with a trophy or chess medal award, plus there are various draw prizes at each event.



Mondays: 6:30pm – 7:30pm (Beginners / Younger Students)
Tuesdays: 6:30pm – 7:30pm (Beginners / Younger Students)
Wednesdays: 6:30pm -7:45pm (Intermediate / Experienced)
Thursdays: 6:30pm -7:30pm (Beginners / Younger Students)

All Classes take place in the Greenfield Hall Meeting Room.
Tournaments occur once a month on Sundays in the main hall.

Winter Session: January 6 - March 18/2020
Spring Session: March 30 - June 25/2020

Classes are \$12.00 + GST per class. A 15% discount is offered to Greenfield Community League Members; also a 20% second child discount.

Instructor: Bruce Thomas (780) 474-2318

To register, email: rovingchessnuts@shaw.ca

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

Winter/Spring session: (15 weeks) January 9 – June 25/2020

Instructor: Paul Bromley

To register, email: pauldbromley@gmail.com or call (780) 433-6279.

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 Seniors'.

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

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

Strong 30 by Zumba

HIGH INTENSITY, FULL BODY, NO EQUIPMENT.

Torch + Tone like never before.

STRONG 30 is a revolutionary 30 minute, high intensity, full body workout where every single cardio and muscle-conditioning move is perfectly synched to original music. So instead of counting reps, you train to the beat, pushing past your limits and torching more calories.

For Intermediate and Advanced fitness levels.

Mondays: 6:30pm – 7:30pm

Winter session: (15 weeks) December 9/2019 – March 30/2020

Spring session: (12 weeks) April 6 - June 22/2020

To register please contact Danielle Ferguson at (780) 916-5215. for more information, or visit <https://strong.zumba.com/en-US>

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

Winter session: (11 weeks) January 7 – March 17/2020

Instructor: Jane Gannon

To register, please call (780) 920-9137

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) 9:15am – 10:15am

Winter session: (11 Weeks) January 8 – March 20/2020

Spring session: (12 Weeks) April 1 – June 26/2020

Instructor: Beverly Bourne-Haybarger

To register, visit www.schedulicity.com/scheduling/BPVNPP or e-mail - BFit4LifeYoga@outlook.com

Hatha Yoga

Curious about yoga? Want to deepen your practice? These classes will explore a variety of postures while focusing on safe alignment, the breath, and how to integrate yoga into your daily life. Level: Beginner - Intermediate.

Wednesdays: 7:15pm - 8:15pm

Winter session: (6 Weeks) February 5 – March 18/20

Spring session 1: (6 Weeks) April 1 – May 6/20

Spring session 2: (6 Weeks) May 13 – June 17/20

Instructor: Patricia MacTavish, RYT200

\$60/6 weeks; Drop in welcome. To register or for more information email pattimact@hotmail.com

Community Events

Upcoming Events (March & April 2020)

- **Easter Egg Hunt** - Good Friday, April 10 - 10:30AM to 12:30PM

Will include a petting zoo, an Easter egg hunt in the playground (you can exchange the eggs you find for prizes), egg dye stations and more!

We are looking for volunteers to assist with the event.

Please contact Amanda at ahprentice@gmail.com to help out.



- **Greenfield Community League Board Meetings** - All community residents welcome! Board meetings take place at the Greenfield Community Hall (3803 114 Street) on the 2nd Tuesday each month.

Tuesday, March 10 (7:00 - 9:00pm)

Tuesday, April 14 (7:00 - 9:00pm)



- **Free Community League Swim** - Simply show proof of purchase of your Greenfield Community League Membership to participate in a free swim at Confederation Leisure Centre (11204 43 Avenue)

Saturdays March 7, 14, 21, 28 April 4, 11, 18, 25 (4:00 - 5:30pm)

Sundays March 8, 15, 22, 29 April 5, 12, 19, 26 (4:00 - 5:30pm)



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.

Greenfield Community Hall 3803 – 114th Street NW

- **March 17th** - Your Heredity and You Today, Dr. Ramesh Bhambhani, retired University of Alberta Educator.
- **April 21st** - The Power of Gardens to Drive Social Change, Dr. Lee Foote, Director, University of Alberta Botanic Garden. Field trip to the Botanic Garden to follow later

- **May 19th** - Advancements in Cancer Research and Therapy, David Dyer, Executive Director Cross Cancer Institute.

- **June 21st** – Updates on Current City Issues with time for Q & A, Councillors Andrew Knack and Michael Walters.

To CONFIRM your attendance or for more information, call Betty 780-434-0711 or Claire 780-435-3051.

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

We look forward to your participation.

Past Events (January and February 2019)

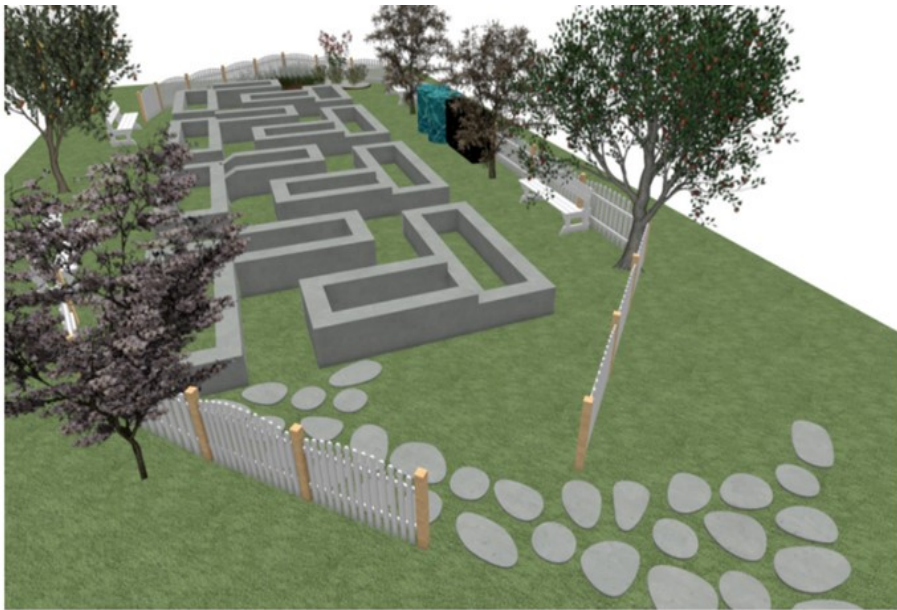
- *Annual General Meeting - Thursday, January 30*

On Thursday, January 30, Greenfield residents got together to enjoy wine and cheese with the Board of Directors, meet their neighbors and get involved in discussions about the community. Congratulations to Jenny Hong (Secretary) and Karen Gray (Treasurer) who were voted in to serve for another term!

Remember to check out the Greenfield Community League Website (www.greenfieldcommunityleague.com/) and the Facebook Group (Greenfield Community League) for updates to events. Also be sure to subscribe to our Express Newsletter – provided every 2 months in between Gazettes—check our website to learn how to subscribe.

Community Garden Update

It's hard to think about gardening with the abundance of snow we've had this year, but we are working hard to ensure the community garden is ready for the 2020 gardening season.



The planned location is within Greenfield Park, in a highly visible and accessible area of the community.

The community garden will be constructed in the barren field located east of 114 street, adjacent to the drop-zone parking area for Greenfield school and south of the Community League building.

This space will be transformed into a beautiful growing space close to walking paths, visible to all those who walk by 114 Street, or who visit the Community League or the Community Park.

A committee has been formed for the Greenfield Community Garden and is always looking for more members! The group requires very little time commitment but is immensely rewarding to join.

If you are interesting in joining the garden committee, or would like to reserve a plot, please contact Amanda Barros (president@greenfieldcommunityleague.com) or garden@greenfieldcommunityleague.com. We would be happy to answer any questions and/or reserve your plot for you to grow!

We would also love to hear your thoughts on our plans for the garden! Please visit the Greenfield Community League webpage (<http://www.greenfieldcommunityleague.com/community-garden.html/>) for more information on how to provide feedback.

Up with People in Edmonton!

The international cast of Up with People to visit and perform in Edmonton! The week-long stop in our city provides a great opportunity to bring the world to your doorstep, by hosting an international student and attending the high-energy multicultural show of song and dance.

*Up with People empowers youth to be positive agents of change through music and action. The current cast is made up of 90 young people from 17 different countries who range in age from 18-29 years old. They're arriving in **Edmonton** on **April 5th** for a week stay to do 1,000 hours of community service, perform an international show and get to know the great Canadian culture!*

To get involved, you can host a cast member from April 5 – 13, 2020, see Up with People's new show 'Live on Tour' on **April 11th; 2:00 pm or 7:00 pm at Mother Margaret Mary Catholic High School.**

Check out the following link for tickets and host family registration. <http://upwithpeople.org/edmonton>

Hold That Date...

Greenfield Community League is participating in a casino fundraiser on June 23 & 24 at the Starlight Casino.

This casino helps the Community raise money to maintain our hall and grounds and sustain our community programs.

We will be needing many volunteers for these dates.

If you would like to volunteer please contact Wendy at hallmanager@greenfieldcommunityleague.com

Hall Rentals

Want to rent the community hall for your next function?

For info contact Wendy at

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! <http://www.RandSosc.com>
Email Roxy at 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 you interior and exterior painting needs.
Call Jennifer @ 780-938-3844
or moderntouchpaintingedm@gmail.com

◆ Professional Private Tutoring: Guaranteed Results

In-home tutoring in all subjects from Pre Kindergarten to Grade 12. FREE consultation session!
Call/text (780) 868-7518 or visit tutorhour.ca

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.