

GREENFIELD Gazette

President's Message

An Ode to Coaches

May/June 2023

It's on my mind after completing the annual Duggan tournament this weekend – but the next time you walk by a soccer field, a baseball diamond this spring – look at the coaches. I grew up in Greenfield and played community soccer from age seven to seventeen. I do not really remember my coaches – not individually. However, I am incredibly grateful for the lessons they left me with:

- A life long enjoyment of being active.
- How to shake an opponents hand and look them in the eye and say good game, win or lose.
- The joy of working as a team for a common purpose
- How important it is to be connected to your community and to be an active part in it.
- To love a sport enough that twenty (ish – stop counting!) years later, I couldn't wait to get my own coach's whistle out and teach my kids to play.

So – the next time you're out in the evening Greenfield, stop at a soccer game, a t-ball game and take a look. Not just at the adorable players, but at the coaches. They're the crazy ones yelling the same thing on either side on the field ("Kick it outside! Stop making grass nests! No, you can't all be forwards!!"). They're usually a little sunburnt, a little frazzled, and making an incredible difference. Give'em a nod, or a pat on the back (or an iced vanilla latte because more caffeine is always helpful) – and tell them good job. They're making the world a better place, one game at a time.

Speaking of the Duggan tournament – a huge shout out to: the Fireballs; the Crocodiles; the L'il Green Gators; the Thunder

Dragons; Chen's Guys, the Fire Breathing Rubber Duckies and the Lawnmowers for their excellent showing at the tournament.

You all should be so proud of yourselves!

I hope you are all enjoying the hot weather we've been having. It is very hot and dry in our community, so please keep an eye and follow the Edmonton Fire Ban (restricting use of fire pits, fireworks and open burning – see the City of Edmonton's website for more information.)

Some things to look forward to – our AGM is coming up Sunday, June 4th from 3 – 5pm. Come have a glass of wine, eat some snacks, visit with your neighbours. Babysitters will be on site, door prizes are on offer and a good time will be had.

The Greenfield Garage Sale is June 3rd – it's a great weekend to wander the neighbourhood and get some good deals. And then, whatever you didn't sell on the 3rd, on June 10th, it's the second annual Community Big Bin event. Greenfield Community League members can dump as much as they need to at the Daysprings Church from 10am – 3pm.

Don't forget to get your Greenfield Community League membership – your support allows us to keep providing fun activities and events all the year around. See greenfieldcommunityleague.com for more information.

And – as always – I can be reached at president@greenfieldcommunityleague.com or in my garden fighting the good fight with my dandelions!

Amanda



Programs at Greenfield Community Hall



People aged 55 and older are invited to attend a luncheon and educational program. Guest speakers and educational topics.
Come and join the fun!

The 3rd Tuesday of the month
 11:45am - 2:00pm
 Our Next luncheon date: June 20th

Cost is \$25.00 per luncheon
 Please call the Friday before to confirm:
 Betty Mullen: (780) 434-0711
 or Claire: (780) 435-3051

Additional "Outings" offered, call Joyce for information: (780) 435-6388



Essentrics Fitness Classes (eOne Fitness)

This class is aimed at regaining your mobility while slowly building strength and reawakening the power of your 650 muscles. This is a slower paced class and is designed for those who have muscle stiffness/atrophy, frozen shoulder, chronic aches and pains, and for those who are beginning to exercise after being inactive. Ideal for Seniors who are looking for a gentle, slow tempo class that focuses on improving mobility, balance and strength. Level 1 – Gentle Fitness, standing and chair work. Bring your yoga mat and water to drink.

June ONLY- Monday from 1-1:45
 Essentrics for Seniors

Discount offered to Greenfield Residents with valid membership.

To please contact Lori Griffith at (780) 916-4483 for more information.

To register online go to www.eonefitness.ca.



HATHA YOGA CLASSES

at Greenfield Community League
 with Patricia MacTavish RYT 200

TUESDAY MORNINGS 9-10 AM
 May 2 – June 13/2023

Schedule time for yourself with a weekly yoga class. Large room and small class sizes allows for physical distancing. Enhanced cleaning protocols. Students are required to bring their own yoga mats and props. Registered students only, no drop in.

To register or for more information email pattimact@hotmail.com



KITA KAZE BUDO ASSOCIATION



JAPANESE MARTIAL ARTS SUPPORTING JAPANESE WEAPON ARTS IN EDMONTON, ALBERTA

The Kita Kaze Budo Association is a non-profit organization dedicated to the promotion of Japanese weapon arts in Edmonton, Canada.

Kendo, meaning "way of the sword" in Japanese, is a full-contact sport where practitioners put on armour and strike each other with bamboo swords.

Iaido, the art of cutting a target immediately from the draw and sheathing the katana, utilizes a dull blade while performing special choreographed sequence's called kata.

Summer Session:
July 5 – August 30/2023

Wednesdays:

6:00pm – 7:15pm – Bogu Kendo Kids

7:15pm – 8:30pm Beginner Kendo Adult

8:30pm – 9:45pm – Bogu Kendo Adult

Thursdays: 6:00pm – 8:00pm - Iaido

For more information please visit: kitakazebudo.org/mmk-karate

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Thursday's Early Dismissal days 3:00pm – 4:00pm

April 6 – June 15

Monday's – 6:00PM – 8:30PM

SUMMER: 6:00pm - 7:00pm

July 17 – August 28/ 2023

Please contact: 780.439.8967

Instagram: mumonkan.dojo

Email: info@MMK-Karate.com

Proud to serve Edmonton Community for close to 30 years. Classes taught by legitimate instructors actually certified in Japan. Our Chief Instructor (Shihan Japanese master licence, 6th dan), being a former police officer, adds a unique and realistic content of safety and application not found in any other martial arts in our city!



Check out our drop-in program!

Rhymes That Bind drop-in program
(for parents/caregivers and children 0-3 years of age)

3 Summer Programs Offered

Rhymes Songs and Storytime
(for parents/caregivers and children 0-3 years of age)

WEDNESDAYS- July 5 -26, 2023 inclusive (4 weeks)
10:00-11:30am (1.5 hours)

Making Music
(for parents/caregivers and children 0-3 years of age)

FRIDAYS- July 7 -28, 2023 inclusive (4 weeks)
10:00-11:30am (1.5 hours)

Mindful MINis
(for parents/caregivers and children 0-3 years of age)

WEDNESDAYS- August 2 -23, 2023 inclusive (4 weeks)
Program time: 10:00-11:00am (1 hour)

Program Cost to Participants: FREE

More information on our agency
and programming can be found at:
www.familyfutures.ca.

save THE date

June 3
Annual Greenfield Community
Wide Garage Sale

June 4
Greenfield Community League AGM

June 10
10am - 3pm
Big Bin - FIND & Dayspring
will be accepting household goods
& clothing

June 24
No Frills 10th Anniversary
& Soccer BBQ

2023 JUNE						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3 Community G-Sale
4 Greenfield Community League AGM	5	6	7	8	9	10 Big Bin
11	12	13	14	15	16	17
18 Father's Day	19	20	21	22	23	24 No Frills 10th Anniversary & BBQ
25	26	27	28	29	30	



Why a Greenfield Community Membership is a Great Idea

Living in a community is not just about finding a place to call home, but it's also about building a connection with the people you live with and being an active participant in the neighbourhood. One of the best ways to achieve this is through membership in the Greenfield Community League. In this blog post, we will discuss the benefits of Community League membership for residential homeowners and how it could positively impact your life.

Access to Year-Round Facilities

One of the fantastic benefits of being a member of a Community League is having access to year-round facilities. You and your family will have access to outdoor rinks, community playgrounds, swimming pools, and many more. Your membership fee helps to maintain these facilities.

Community Spirit

You can connect with people from different walks of life and build lasting relationships with them. Community members often come together to plan and organize events such as seasonal festivals, parades, and other community initiatives, increasing a sense of belonging and pride in your locality.

Discounts on Local Services

As a Community League member, you can enjoy discounts on local services. Many businesses, service providers, and vendors offer exclusive discounts to Community League members, which can help you save money on essential services such as home repairs, landscaping, and cleaning services. These discounts can add up to significant savings over time.

Involvement in Community Planning

Being a member of a Community League means you have a say in the future of your neighborhood. You can attend meetings and have a say in the decision-making process for your community's future. You can participate in planning activities and become an active participant in community events hosted by your neighbourhood.

Opportunities for skill-building

Being a member of a Community League also offers ample opportunities for skill-building. You can volunteer for various roles, and the Greenfield Community League Board is accepting applications for Website Manager, Secretary and assistant to the President and Vice President. Come join the fun develop leadership qualities and gain recognition among your peers.

Community League membership enables residents to take an active role in their neighborhood, stay connected with their neighbors, and take advantage of the year-round facilities. Being a member of a Community League also offers the opportunity to give back to your community by volunteering and participating in various activities. By signing up for one today, you can discover the benefits of community league membership and make a positive impact on your family and your neighborhood.

Purchase a Membership @ greenfieldcommunityleague.com

Make a Difference

Join the Greenfield Community League Board



By serving as a community board member, individuals can help shape policies, oversee budgets, and make important decisions that will benefit the community as a whole. This is also a great way to gain exposure to various issues affecting the local community, and to learn new skills in areas like fundraising, event planning, and advocacy.

Ultimately, serving on a volunteer community board of directors is a rewarding and fulfilling experience, and one that allows individuals to make a positive impact in their community.

The Board is looking to fill the following positions:

- **Website Manager**
- **Secretary**
- **Assistant to the President & Vice President**

The Board meets once each month, and we are made up of a great group of Greenfielders who love our community and work well together to get things done, and have some fun doing it!

If you are interested in joining the board, please send an email to: president@greenfieldcommunityleague.com

SUMMER SOCCER CAMPS

WITH

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- 2 x CanWest 1st team All-Star
- 2 x Tracy David Leadership Award recipient

CAMPS & SOCCER SESSIONS THIS SUMMER:

4-session camps to work on soccer fundamentals in both June & July!
All camps located in Greenfield's community

- Mondays: June/July (12 spots/group)
 - U10/U11: 4:30-5:30 pm
 - U13: 5:30-6:30 pm
- Tuesdays: June/July (12 spots/group)
 - U15: 5-6pm
- Private/small group training available!

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or contact mcorbett@ualberta.ca
for more info!

**Additional times may be added
depending on demand**



SUMMER ART CAMPS FOR KIDS

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Johanna 780.436.6293



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The Importance of Bees

How to Plant a Bee-Friendly Garden

Apart from producing honey, bees play an essential role in our survival as well as the survival of our ecosystem. Bees are responsible for pollinating over 70% of our food crops, which directly affects our food supply. Unfortunately, bees are facing several challenges that threaten their existence. These challenges include loss of habitat, disease, pesticides, and climate change. As a result, it's essential to create a bee-friendly environment in your garden to help boost their numbers.

The Importance of Bees

Bees are among the most important pollinators in the world. They help pollinate plants that produce fruits, vegetables, and nuts. Without them, our food supply would be limited, and we'd have to rely on other pollinators that don't have the same efficiency as bees.



YARD & GARDEN SPONSORED BY BLUE PHOENIX YARD CARE

Pollination is essential because it helps plants produce the fruit necessary to grow into new plants. Bees help maintain the biodiversity of our planet's ecosystems by pollinating wildflowers, which provide habitat and food for animals.

Creating a Bee-Friendly Garden

Plant a variety of flowers that bloom at different times of the year to provide bees with food throughout the seasons. (Continued on page 11).

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PETROLIA MALL LONG AGO

by Gwen Muldrew

The city issued the occupancy permit in 1967 and at that time Mac Dougall Construction built Safeway, the strip mall and the gas station. It was called Petrolia Mall and the district had been named Greenfield. Before the district obtained that name it was called Home Gardens and McNamara Estates. I presume these names were used by real estate agents and developers before the city gave it the official name.

Safeway was the anchor store and there were also a variety of stores and services in the mall. Safeway sold groceries but also had a bakery and a meat section. A lunch counter was at the west end of the store just past the bakery. Mix and matched chocolate creams were at the east end and you could fill an available bag; a big

attraction for kids and those with a sweet tooth. Award Meats was a popular butcher shop and Sprague Drugs was a necessary addition. Penny Carey, who always had a smile and a welcoming word for everyone, came in 1972 to be the pharmacist. Penny managed the store for many years and still lives in Greenfield.

The barber shop was run by Ben and his wife, but when he became the winner of a large amount of money from a lottery ticket, they were gone and into a more leisurely life. The beauty shop could be accessed from the mall or from the back entrance.

(Continued on page 9)



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Other businesses were the Bank of Montreal, a hardware store, a fabric store, a dry cleaner, a shoe repair kiosk, and a fast food restaurant called Hannigan's which was located at the west end of the mall. It had orange booths and served burgers, fries and Chinese food.

The most important store for the children was Q-Mart. It was entranced from the mall or the back door which I mentioned earlier. At that time there was a back entrance from the lane and the kids would park their bikes there, enter Q-Mart to play pinball and buy candy. The best game to play was pinball football because it was the best one to win free games. Can you believe that Mojo's were two for a cent? For kids this store was their own paradise.

Since 1967 many changes have taken place at the mall and even the name has changed. In the olden days everytime we went to shop we were bound to meet neighbors and friends from Greenfield. All those wonderful and varied stores are now only memories. Time marches on.

Hazelden House



Thinking of updating your home either for yourself or to sell? Are you not sure where to start or what to do?

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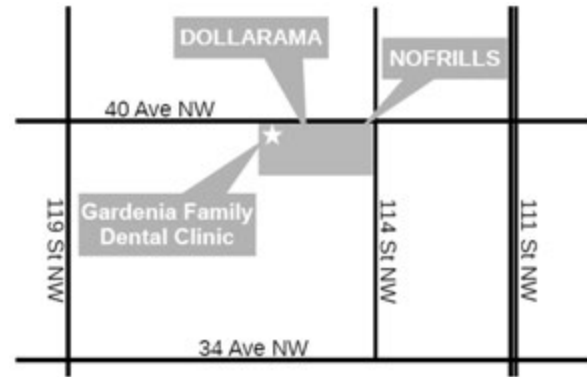
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What is Front Yards in Bloom?

Front Yards in Bloom is a beautification program in Edmonton that recognizes residents who have done a good job of beautifying their front yards and acknowledges their contributions to the overall image of the city.

The program has been active since 1999, with a partnership with the City of Edmonton, Edmonton Horticultural Society, and Canadian Union of Postal Workers, and has seen a high level of public participation every year since.

It recognizes different types of front yards within six categories: general, natural, tiny, edible, balconies, and public spaces.



Recognize a beautiful front yard in your neighbourhood!

Nominate a public space, yard, or balcony today.
Submit your nominations at FrontYardsinBloom.ca

Reward the Green Thumbs in Greenfield and nominate your favourite yard.

How to Plant a Bee-Friendly Garden (Continued from page 7)

Avoid using pesticides and herbicides in your garden as they can harm bees and pollinators. Provide a water source for bees, such as a shallow bird bath with rocks or twigs to prevent them from drowning.

Plants for a Bee-Friendly Garden

Now that you know how to create a bee-friendly garden, let's look at some plants that bees love:

Lavender - This fragrant plant attracts bees, butterflies, and other pollinators.

Sunflowers - These bright flowers provide bees with a good source of nectar and pollen.

Borage - This herb attracts bees and is also edible.

Marigolds - These colorful flowers are easy to grow and provide bees with nectar and pollen.

Sage - This herb provides bees with fragrant flowers and is also edible.

Plant a variety of flowers that bloom at different times of the year to provide bees with food throughout the seasons. Choose flowers that have single petals, such as daisies and sunflowers, as they provide easier access to the nectar and pollen.

Benefits of a Bee-Friendly Garden

Apart from helping bees, a bee-friendly garden also benefits you and your environment. Here are some benefits:

Aesthetic Appeal - A garden full of flowers is visually appealing and enhances your outdoor space.

Improved Soil Health - The roots of pollinator-friendly plants improve the quality of the soil by preventing erosion and increasing water retention.

Improved Air Quality - Plants absorb carbon dioxide and other pollutants, improving the air quality in your local area.

Increased Wildlife - A bee-friendly garden attracts other pollinators such as butterflies, birds, and bats.

Creating a bee-friendly garden is one way to help boost their numbers and maintain the diversity of our planet's ecosystems. By choosing the right plants and avoiding harmful pesticides, you can create an attractive outdoor space that benefits both you and the bees. Let's play our part in protecting these essential insects and ensure they continue to thrive for generations to come!



If you have a current Greenfield Community League membership, you can post a free ad about your small business in Greenfield!
 Visit our website for more information: www.greenfieldcommunityleague.com/gazette--express.html

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