



Greenfield Gazette

November/December 2020

Community League Day

Thank to those who joined us for our free annual event on September 19! We had a great turnout, and enjoyed a number of events throughout the day including:

- A local business showcase (a list of businesses is included on Community Events page of this newsletter)
- Local performer "The Great Balanzo"



- "A Midsummer Night's Dream" performed by local group Lodestar Theatre



Things were very different at community league day this year due to the current situation. However, the safety measures ensured this event was a great success.

**A special thank you to our neighborhood Matt and Ashley's No Frills
for always being so generous and providing snacks and beverages for the event!**

President's Note

Happy Autumn Greenfield! I hope everyone has been out enjoying the somewhat mild weather and had a chance to celebrate the colours and tastes of the season. I hope everyone has had a lovely return to school and enjoying the fruits of their gardens – whether that would be in your backyard or a plot in our inaugural community boxes.

I am excited to share that at our October board meeting, the Greenfield Board voted to purchase a brand new John Deere tractor, snow blower and sweeper to upgrade our ice making equipment for the rinks. If all goes according to plan, it should arrive in the neighbourhood by late November. Without this exciting purchase, we would not have been able to flood and maintain a rink this year, and given the continued encouragement towards outdoor activities, this did not seem like the year to do without a rink. The Board continues to be committed to fundraising some of the costs of this purchase, so stay tuned for a Christmas virtual sale as well as a fundraiser at No Frills. The tractor will even have a cab and a heater in it, so we are always looking for volunteers to come out and help keep the ice clear!

I would also like to warn the community that it is unlikely that we will be able to host our traditional New Years Fireworks this year. While we continue to liaise with the City of Edmonton, it is unlikely we will be able to control the numbers in such a way to ensure safety given the current gathering restrictions. If anyone has any creative ideas that this might be approached, please let me know!

I had a reminder the other day, of how much value we place on “not being a bother” or “not imposing” on our friends and neighbours. Since the summer, I have been blessed to have cohort-ed (who would have guessed that

would be a word back in 2019!!) with two wonderful families who often come play at my house. And I love it. I love it when there are kids running around, and I like having them at the door, and I even like making lunch. I don't even mind the mess although what possessed them to drag someone's last year's Christmas tree into my yard I will never understand.... But I noticed the other day that my friends still feel this urge to apologise as if their kids are over too much. Or to send snacks in case their kids are hungry. I don't know if this is a Mommy thing, or a Canadian culture thing – but my point in all this is that I truly love having extra kids over. I like doing things for my friends. And I think a lot of us in Greenfield are like minded. We choose to live in this neighbourhood so we can engage with our neighbours.

And so, as we head into the winter months, a reminder for us all to not only continue to take the time to reach out to our neighbours but also not to be afraid to ask our neighbours for....help. To loan us an egg (thanks Libby!) or pick us up some milk at the store. To ask them to be a connection or friendly wave in the window. As the colder weather sets in, it will be more and more important to take time for each other – with a phone call, a sidewalk visit or an invitation for a walk.

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

As always, I can be reached at president@greenfieldcommunityleague.com and look forward to seeing everyone on the ice!

Amanda

2020/2021 Skating Rink Update

The ice rink will be in full operation this upcoming skating season! Unfortunately, due to the current situation, the skate shack will have to remain locked for the season to ensure participants' safety.

As mentioned in the President's Note above, the community league is purchasing a new tractor to maintain the ice (pictured right). This purchase was made possible using funds raised from previous casino fundraisers and community league membership dues, and additional fundraisers are planned in the near future!

If you enjoy the amenities the community league provides (such as the ice rink), you can help us to continue offering these services by:

- Purchasing a community league membership
- Contributing or donating to any upcoming community league fundraisers (stay tuned for more details)
- Volunteering to help with future community league fundraisers, such as casinos



Meet a Greenfield Resident

John Aspden

My name is John Aspden and I've been a Greenfield resident for more than 28 years since moving here from England. With my wife, Cath Ozubko, we raised three boys who have now left home, but one of them lives in Greenfield with his wife and daughter.

When the boys were much younger we were involved in the community - Cath did the design and layout of the Greenfield Gazette for a few years, and I coached Greenfield soccer teams.

As the children grew up, we became less involved with the community, but a recent encounter with a "lost" cat, together with our attempts to find its owner, led me to join the Greenfield Community Facebook group.

In response to some comments about the "little forest" (WE Werner Park) I decided to share some of the wildlife photos I had taken there over the last few years whilst walking with my three-legged dog Lucy, and they have been extremely well received.



Most of my non-personal photography is as a volunteer for various organizations, such as a portrait series for the 2019 Sage Awards, events for the Neurosurgery Kids Fund, and for the local dog rescue hart (Humane Animal Rescue Team).



Meet a Greenfield Board Member

Corey Wren, Webmaster



Greenfield Resident Since:

November 21, 2007

Greenfield Board Member
Since:

2019

What duties does your board role involve?

- Update and maintain the website
- Engage in community awareness about our website
- Keep the soccer coordinator in line

Interesting facts:

- I love food so much I went to school for it and I have both an inter-provincial Red Seal and a Business Acumen Blue Seal from Alberta Trades as a cook.
- In 2019, I enrolled at Athabasca University for a Degree in Business Management with a major in Marketing, as well as courses in Web management.
- I have a passion for Scouting and am very involved in group leadership and mentoring both youth and other leaders.
- As a youth I attended Louis St. Laurent JR/SR. high and used to hang out in Petrolia Mall when Safeway was still open. We'd go to the convenience store and play video games, and eat at the diner which I think was actually a Chinese food restaurant that also served western food.
- I also write a weekly column for Athabasca University's magazine, The Voice.
- My wife and I have 3 kids, twins aged 11 and a 6 year old that attend Greenfield School, we also have a dog named Mocha. You may have seen her walking with us to school.

Greenfield Hall Programs

Rhythm, Rhyme & Storytime

RRST is back with a new time slot!

This music program combines singing with a wide variety of musical instruments to share and explore as well as learning finger plays, rhythm movement, and dancing with props! 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 child! (ages 9 mo-6 yrs)

You can register for one or two days a week

Mondays: 4:30 – 5:15 pm /or

Thursdays: 4:30 – 5:15 pm

Fall Session: (6 weeks) November 2—December 7
or November 5—December 10 **\$70/6 weeks**

Winter session – TBA

Spring session - TBA

For more information or to register please visit:

www.edmonton-preschool-music.com

Hatha Yoga Classes



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.

Tuesdays: 9:00—10:00 am

Wednesdays: 7:00—8:00 pm

Fall Session: November 3 - December 9

Winter session: TBA

Instructor: Patricia MacTavish RYT 200

To register or for more information email

pattimact@hotmail.com

Essentrics Fitness Classes (eOne Fitness)



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

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.

Tuesdays: Age Reversing Essentrics – 6:00 – 6:50 pm

This is an age reversing workout that will restore movement in your joints, improve flexibility and strength in your muscles, relieve pain and stimulate your cells to increase energy, vibrancy and your immune system.

Tuesdays: Total Fitness for Active Aged – 7:15 – 8:15 pm

Maintain your health and cardiovascular fitness in this whole body class suitable for all levels. Have fun and move to music in a 60 minute class that will enhance cardiovascular health, increase strength, mobility, flexibility and balance. Using an interval style format the hour includes a variety of low impact cardio exercises combined with strength building resistance intervals using hand held weights.

Fall session: (2 x 7 week sessions) September 15 – December 15

Winter session: TBA

Spring session: TBA

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.

Karate Classes



Traditional. Authentic. Realistic.

Program taught by our Chief Instructor (6th degree black belt with a Shihan Master Title from Japan), who being a former police officer, brings an advanced depth of knowledge, experience, psychology and situation readiness for maximum benefit of all our students, rare to any martial arts program or club.

Mondays: 6:15 - 8:45 pm

Saturdays: 1:30 - 3:00 pm

Fall Session: November 2 – 30 or November 7 – 28

To register or for more information visit:

www.mmk-karate.com or www.mmk-kids.com

Strength & Serenity

Come out and experience a core focused, full body fitness class followed by a meditative stretch and relaxation. This 60 minute class focuses on using our most versatile piece of exercise equipment...our own bodies!

Incorporating many styles of exercise we will pursue increased strength, mobility, flexibility and balance, and work to bring focus and attention to our physical and mental health. Participants will be required to bring their own yoga mats, hand weights and optional equipment. Registered students only.

Thursdays: 9:00 - 10:00 am

Fall Session: November 5 - December 17

Winter Session: TBA

Instructor: Nichole Aytenfis, AFLCA Certified Group Fitness Leader. To register or for more information email nichole.r@gmail.com



Programs Currently On Hold:

The following programs that have been suspended, and will be re-evaluated for potential January 2021 sessions:

- Inner Song Music Wendy - wendygregson@shaw.ca
- The Roving ChessNuts Bruce - (780) 474-2318 or rovingchessnuts@shaw.ca
- Tai Chi Paul - (780) 433-6279 or pauldbromley@gmail.com
- Petrolia Seniors Luncheon Betty - (780) 434-0711 or Joyce (780) 435-6388
- Better Body Bootcamps Jane - (780) 920-9137

If you are interested in registering for one of the above programs, please contact using the information above.

The following programs have been cancelled and do not planning on returning to Greenfield Community Hall:

- Strong 30
- B Fit for Life Yoga

Greenfield Hall Snow Removal Needed!

If you are looking for some extra paid work, Greenfield Hall is looking for part time snow removal.

Job Requirements: Remove snow from sidewalks and patio surrounding community hall facility.

Time Commitment: A few hours per week, depending on occurrence of snowfall.

If you are interested, please contact Wendy by phone at (780) 242-7748 or email at:

Hallmanager@greenfieldcommunityleague.com



Community League Events

Upcoming Events (November & December 2020)

- **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, November 10 (7:00 - 9:00 pm)

Tuesday, December 8 (7:00 - 9:00 pm)



Past Events (September and October 2020)

- **Community League Day—September 19, 2020**

A very special thank you to all of the vendors that participated in this year's Community League Day!

We had a variety of different services offered, such as:

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|---|--------------------|---|
| • For Mosa Solution Services (Medical Supplies) | Jeango | jeango1029@gmail.com |
| • Greenfield Community Church/Enjoy Life Church | Kristin Gitzel | kristin@greenfieldchurch.ca |
| • Registered Massage Therapist | Christine Huget | christinehuget@icloud.com |
| • Medicine Shoppe Pharmacy | Sam | (780) 468-1557 |
| • Sew Small Designs | Lisa Nowlan | sewsmalldesigns@gmail.com |
| • Yoga Instructor | Patricia MacTavish | shamusmact@hotmail.com |
| • Allora Hair Boutique | Lexie Switzer | lexie.switzer15@gmail.com |
| • Kids Custom Crayons | Kirsten Kinsella | klkinsel@ualberta.ca |
| • Sterling HR Consultant | Tina Young | marnieyoung@interbaun.com |
| • Jeff Mann – Mortgage Specialist | Jeff Mann | jeffm@onest.ca |
| • Josh Hao – Real Estate Agent | Josh Hao | josh.jin@exprealty.com |
| • Custom-made Rubiks Cubes | Trevor Prentice | https://www.thenerdyparent.com/ |
| • Private Piano Lessons | Richard | rivano@xplornet.ca |

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.

Petrolia Seniors Group

Although some programming has started at the Community League Hall, unfortunately Petrolia Seniors' luncheon meetings have not. We have heard from many seniors who say they are missing our delicious buffet lunches, our interesting educational and/or entertaining programs and just plain missing being together with each other to visit and laugh. Unfortunately there are several reasons why at the moment, and most likely for a few, or possibly many, months to come, it is not safe for us to meet. Several factors are not in our favour. Number one is the fact that we are serving food at a buffet and secondly that between 70 -85 seniors normally attend. which makes proper distancing impossible. The executive has met and considered various ways we might adjust our expectations so that we could start up even on a scaled down basis but the logistics just make it impossible. We are excited about the wonderful programs we have planned for you to enjoy when we do meet again. In the meantime we hope that those of you on our phoning list have appreciated the calls you have received, and those with email addresses I know have enjoyed the newsletter which are sent monthly.

On behalf of the executive I send you our warm wishes for a safe, healthy, and happy time. We look forward to seeing you again, as soon as possible. Keep your chin up, As the saying goes "this too shall pass".

Betty Mullen

Canadian Blood Services






Blood and blood products are a critical part of everyday medical care. Blood donations help patients undergo major surgeries, routine medical procedures, cancer treatments and much more. Canadian Blood Services has reached out to us asking for donors!

Everything they do to help patients in Canada depends on donors. Blood donors are essential to Canada's Lifeline. The need for blood is constant. Each year, over 100,000 new blood donors are needed to ensure patients have a secure and reliable access to lifesaving blood, where and when they need it.

If you are in good health, book now at blood.ca, on the GiveBlood app or call 1 888 2 DONATE (1.888.236.6283).

- Every 60 seconds, someone in Canada needs blood.
- Half of all Canadians will need blood or know someone who will.
- Every year in Canada, over 100,000 new blood donors are needed to ensure patients have safe and reliable access to blood and blood products where and when they need them.
- Approximately half of all Canadians are eligible to donate blood and yet only 4% of those who can donate sustain Canada's national blood system.
- Every blood donation makes a lifesaving difference.
- One blood donation from a single donor equals one unit of blood. It often takes more than one generous donor to help treat a patient.

How blood donors save lives

Cancer treatment [Up to 5 donors]	
Leukemia [Up to 8 donors/week]	
Brain surgery [Up to 2 donors]	
Blood disorder [Up to 4 donors/month]	
Crash victim [Up to 50 donors]	 x 10

Neighbourhood Care Program

Three churches in your neighbourhood have partnered together & acquired a provincial grant to assist with the effects of the COVID-19 pandemic. It is called the **Neighbourhood Care Network**

There are 3 possible opportunities available:

Recipients – if you need assistance with grocery shopping or other errands due to self-isolation we can help out. Or if you'd just like a little visit during this time of social isolation, we are available and happy to do so.

Recipients – if you or someone you know could use some financial assistance to access groceries we can assist you.

Volunteers – if you have time & interest in volunteering during this unprecedented time, we have been baking muffins for the Mustard Seed in the inner-city of Edmonton. This takes place at a variety of times at Greenfield Community Church.

Email ncn@greenfieldchurch.ca to schedule a time.

Changes to our Advertising Policy

The Greenfield Community League board is currently discussing the potential for paid advertising in the Greenfield Gazette printed newsletter and emails.

The goal would be to promote local business while creating a new revenue source that would potentially cover the cost of the Greenfield Gazette printed newsletter.

Next door neighbour ads (shown in the right hand column) would continue to be offered for free to community league members as a benefit of membership.

This policy change is anticipated to be implemented by January 2021, so stay tuned for more details!

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**

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 accepting registration for the 2020 summer and fall school year . Please email roxanneplischke@gmail.com.

♦ **Professional Resume Writing 5-Star Reviews!** - Need Help With Your Resume? I've Been Serving Clients For Over 10 years! FIXMYRESUME.CA

♦ **Tree Ninja: Tree Removal & Pruning** - We are ISA Certified Arborists and have the best reviews in Edmonton. Call (780) 394-4024 treeninjaedmonton.com

♦ **Modern Touch Painting** - For all you interior and exterior painting needs. Call Jennifer @ 780-938-3844 or moderntouchpaintingedm@gmail.com

♦ **Josh Jin - Your Realtor Next Door** - When selling your home, no one can do a better job than someone who lives in the neighbourhood. How much your home can be sold for? How much did your neighbour sell their home for? What is the market is like? Call (780) 655-9156 or email josh.jin@exprealty.com

♦ **Good Worm Gardens** - Registered social worker turned urban agriculturalist excited to live in the Greenfield community providing garden services: planting, coaching and maintenance. Visit www.goodworm.org or contact Nicola Gunter at (778) 584-4619 or by email at goodwormgardens@gmail.com

♦ **Norwex Ind. Sales Consult** - Enviro! Contact Nancy at (780) 915-2546 or by email at microfiberlady2020@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.

