



Online Registration Open Now!

thegreystone.ca

Spring Programs

We are excited to offer online programming for kids and adults this Spring. All programs will be offered online to safely follow the latest COVID-19 Guidelines. Look in this newsletter for details and visit our website thegreystone.ca to register.

Upcoming Workshops

This spring we are offering two new workshops:

Babysitting Workshop and **Gardening & Mindfulness**

Spring Clean-Up

We have scheduled our annual Spring Clean-Up on
Sunday June 5th, 9 am - 1 pm

Details on all of the above programs and events can be found inside this newsletter!

thegreystone.ca

GCA

Find us on



The Greystone Community Association acknowledges that we are on Treaty 6 Territory and the Homeland of the Métis.



QUICK HEARING SELF CHECK

Simply answer YES or NO to each question:

Are you experiencing any of these symptoms?

Y N

- You've noticed a change in your ability to remember
- People seem to mumble in noise or groups
- You have difficulty hearing the TV
- You need others to repeat what they are saying
- You strain to hear soft voices such as women and children
- You remain quiet in conversations for fear of responding improperly

If you answered **YES** to any one of these,
it's time to get your hearing checked.

New Patients Welcome | No Referral Required | Adults & Children



CASSANDRA GRABOWSKI
B.Sc., M.Sc., Aud (C)
REGISTERED AUDIOLOGIST | OWNER



VALERIE LIZÉE
B.A., M.HSC., Aud (C)
REGISTERED AUDIOLOGIST | BILINGUAL



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Spring Programs

Register online today at thegreystone.ca

Greystone Community Association (GCA) is pleased to offer a variety of online programs and workshops this spring! All programs require a Greystone Community Association Membership for \$10/family. Registration will be online. There will be no in-person registration.

Register online today: www.thegreystone.ca

Program	Age	Day of week	Time	Price
Shokotan Karate	6 - 12	Wednesday May 5 - Jun 23	6:00 - 7:00 pm	\$40
Gentle Yoga	16 +	Tuesday May 4 - Jun 22	6:30 - 7:30 pm	\$60

The Greystone Community Association is pleased to offer the following workshops this spring:

Program	Age	Date	Time	Price
Babysitting Workshop presented by Little Einsteins Babysitting and Nanny Services. Certificates will be presented at the end of this workshop.	12+	Saturday & Sunday May 1 & 2	9:00 am - 2:00 pm	\$70
Gardening program offered by the Saskatoon Horticultural Society: Sowing the Seeds of Mindfulness	16 +	Saturday June 5	3:00 - 5:00 pm	\$10

Programs may change. For the most current information, please visit our website, consult facebook.com/greystoneheights or contact Tracy at jtriffel@shaw.ca

In addition to the online programs listed above, the GCA pursued several new ideas for in person spring programs. We had arranged for Basketball Skills and Fitness, Soccer Skills and Fitness, Games in the Park for young children and a Learn to Run program. We had enthusiastic instructors prepared to run these programs. Unfortunately, for the safety of our neighbourhood, the GCA made the difficult decision to only offer online programs due to COVID-19. We would like to acknowledge and thank the following instructors: Matt D, William M, Zef, Leah, Michelle and Susan.

Opportunities for Financial Support

The GCA is committed to ensuring that everyone who wants to participate is able to. Cost-as-barrier (financed by the GCA) or KidSport applications are available for anyone facing financial hardships. All inquiries are kept confidential. Please contact Tracy at jtriffel@shaw.ca or visit www.kidsportcanada.ca.



The Greystone Community Association gratefully acknowledges the City of Saskatoon and Wintercity YXE grant that provided funding to pay a Rink Supervisor during our Public Skate sessions over the winter. The supervisor ensured that skaters followed health and safety guidelines.



Kitchen Conversations: Facts About RESPs

Join us for an information session and learn:

- Benefits of opening an RESP
- What government grants are available for you
- What you need to open an RESP

Workshop dates (register for ONE of the following):

Thursday, March 25, 2021 from 12:00 - 1:00 pm

Thursday, April 29, 2021 from 12:00 - 1:00 pm

Thursday, May 20, 2021 from 12:00 - 1:00 pm

Location: Online Zoom Webinar

Register on our website at www.READsaskatoon.com/events

or email info@READsaskatoon.com



Spring Clean-Up

It's that time again!! The annual GCA spring clean-up is scheduled for June 5th from 9am - 1pm. We invite members of the community to join us and pick up as much trash as we can to help keep our community clean.

Due to the COVID-19 pandemic, all volunteers will be required to wear a mask and maintain social distancing. We will be providing garbage bags, gloves and other equipment as needed.

Why not get some exercise in the fresh air, meet neighbors and help beautify some of the areas which make Greystone special. All ages are welcome.

We will also be holding a raffle draw!! You can enter to win a Saskatchewan Rough Rider Jersey, Lego and games. So don't forget to bring some cash to enter to win some great prizes.



Sarina Gersher
Councillor – Ward 8

City of Saskatoon | 222 3rd Avenue North | Saskatoon, SK S7K 0J5

tel 306.250.9256 or 306.975.2783

Twitter: @sarinagersher | Facebook: SarinaGersherYXE

sarina.gersher@saskatoon.ca

www.wardeight.ca | www.saskatoon.ca

Jennifer Bowes
People First



Your NDP MLA for Saskatoon University

saskatoonuniversity@ndpcaucus.sk.ca | 306-956-0224

Why buy a GCA Membership?

Are you wondering what your membership fees go towards?

GCA family memberships are only \$10 per year. Your \$10 helps us plan free events in our community for all families to enjoy.

The membership fees support our volunteer rink, events such as the Trunk or Treat, Winter Fun Day, Summer Theatre, Bingo Night & other programming. Our volunteers are the backbone of this community. None of these events or programming would be possible without their support.

Thank you for supporting our community and purchasing a membership. We hope to continue to host more events with your support.

If you would like to purchase a membership or learn about our community, please contact Sam Rashid at greystonevolunteercoordinator@gmail.com

Gardening Tips – No-Till, Mulch, and Water Conservation

Nancy Hanson, President, Saskatoon Horticultural Society

To till or not to till, that is the question... There are many articles about no till gardening. It has many benefits: decreased cost, less watering, less weeds, less labour, healthier soils, less erosion. But since I'd been digging or tilling my vegetable patch each year for the last 30+ years, it just seemed wrong just to rake the soil and plant the seeds.

In 2019, I tried the no till method in half of my vegetable garden and much to my delight, the side of the garden that I used the no-till method on had barely any weeds. Last year, my entire vegetable garden was converted to no till gardening. I raked the soil to even it out and marked my rows, planted my seeds and transplants.

I mulch my transplants immediately but wait for the seeds to sprout before mulching. My mulch is free, provided by my ginormous elm tree – bountiful leaves that are collected in the fall by my leaf mulcher/vacuum. All I need to do is collect the leaves and bag them for use in the spring. By the end of summer, there are almost no leaves left on the soil – a sure sign that the soil is healthy and breaking down the mulch.

To help conserve water, I made homemade olla pots (see the SHS's May 2020 newsletter, available online) and used them in my tomato patch. To experiment, I planted some tomatoes with ollas and some without. The ollas provide moisture at ground level and the plants that were near the olla are a little larger than the plants without ollas.

This article also appears in the Saskatoon Horticultural Society's March 2020 newsletter, along with a wide variety of other tips and inspiration for indoor and outdoor gardening! Please check it out on our website at www.saskatoonhortsociety.ca, and consider becoming an SHS member! A \$15 annual membership gets you access to our newsletters, special events and volunteer opportunities (COVID-pending), as well as great discounts from local horticultural businesses.

Upcoming Workshop:

Sowing the Seeds of Mindfulness

June 5, 2021, 3-5 PM CST

Visit thegreystone.ca to register

Facilitated by Kim West, Master Gardener & Trained Mindfulness Based Stress Reduction Facilitator

Mindfulness is about paying attention, on purpose, in the present moment. Anyone can be mindful when they delight in their senses and when they connect with the pleasure and bounty of nature as it surrounds them. In this virtual workshop, participants will be guided through a mindfulness practice inspired by gardening and the four seasons: planting and sprouting in Spring, growing and flowering in Summer, harvesting and practicing gratitude in Fall, and resting and restoring in Winter.

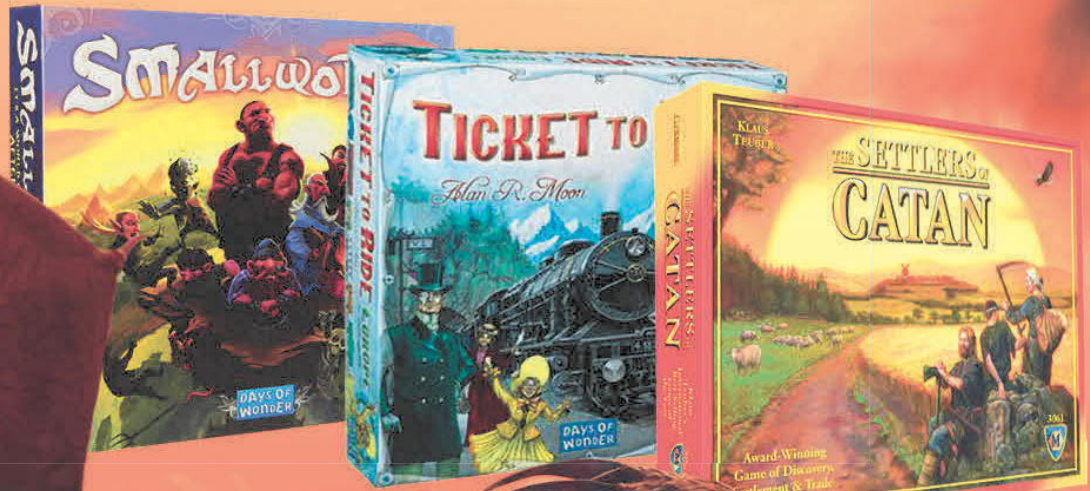


Are you interested in sharing your Greystone Heights history or story? Please email newsletter@thegreystone.ca to be included in a future issue of this newsletter!

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955.3826 OR VISIT WWW.DRAGONSDENGAMES.COM

Word Search - Streets in Greystone Heights

S Q Y I G S A Y R B A Q D B P
X U L Q K I R K G M A I N R M
O A L R W R G M T K Z O L M Z
R N M L E L Y L U C S F I L I
P C I T I D L Y V P F R N G T
D E T M R V E L M P X A D A D
E U C A M S A I O R M S S R P
R P H C C T S N R E L E A G P
Y O E D R G Z G T S G R Y D O
D Y L O D J O A O T N A D A N
R O L N M I B I N O L A X O P
I E M A S O L G X N P N G S T
C G Z L G T T O N Q L R C T K
D L X D I I M R B L N S R Y G
A R L I N G T O N I R M L P R

ARGYLE ARLINGTON BATEMAN FRASER HARDY KIRK LINDSAY
LING MACDONALD MAIN MITCHELL MORTON MOXON PRESTON
QUANCE RUTTER SIMPSON SULLIVAN WEIR

Albert Milne Park Community Garden and New Playground



Did you know that the City of Saskatoon recently upgraded the playground in Albert Milne Park? Young or old, if you are exploring all of the hidden parks in Greystone Heights (We have 5 parks in total!), pop by this little gem of a park and check out the new playground equipment and community garden.

Gardening season is upon us! Our Community Garden has some plots available to adopt on a first come, first served basis. If you are interested in getting a plot, please contact Tina Zimonick at: zandtzimonick@gmail.com or call (306) 281-3873

www.chep.org/program/community-gardens/

Sarina Gersher, Ward 8 City Councillor

With spring underway, I know we are all enjoying the warmer weather.

As always, it is a busy time at City Hall. I wanted to share with you a few updates:

The Residential Speed Limit Review is underway. The City of Saskatoon is considering lower posted speed limits in residential neighbourhoods. Speed limits in school and playground zones and areas with a high number of seniors are also being reviewed. We have launched a survey from March 2 – April 30, 2021 and want to get your feedback. More information about the review and survey are available at www.saskatoon.ca/engage/speed-limit-review.

The City of Saskatoon will be launching a Home Energy Loan Program (HELP) this fall. The program will provide loans to home owners for home energy and retrofit initiatives. This is an exciting opportunity that helps home owners lower utility costs, and helps support jobs in the construction and energy sectors while lowering our greenhouse gas emissions. Learn more at www.wardeight.ca/updates.

Keep up to date with other decisions of City Council by visiting www.wardeight.ca. Everyone month I post summaries of City Council meetings.

Furthermore, stay in touch by attending a virtual Coffee with your Councillor event:

- Wednesday, April 21, 2021 from 6:00 PM - 7:30 PM
- Wednesday, May 26, 2021 from 11:30 AM – 1:00 PM

Zoom login details will be posted at www.wardeight.ca/calendar.

Sincerely,

Sarina

sarina.gersher@saskatoon.ca



Varsity Dental Group

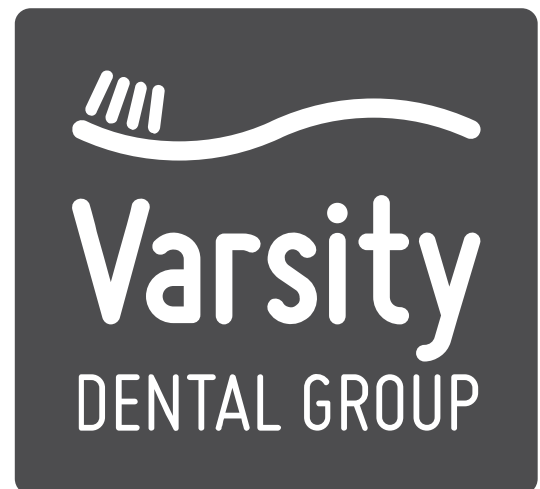
General Dentistry

Dr. R. Bhargava | Dr. A. Gallagher | Dr. K. Gallagher
Dr. M. Gavelis | Dr. K. McCann | Dr. E. Bull
Dr. J. Marshall | Dr. J. Bourgault

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Friday 7-5pm | Saturday 7-1pm

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(306) 665-2400

New and Emergency
Patients Welcome

Volunteer With Us!

The Greystone Community Association is urgently looking for volunteers for the following board positions:

President

Our President Lori is retiring from this role. Create agendas and run monthly board meetings. Lori will be staying on as Past President to provide mentorship to our next President.

Basketball and Soccer Coordinators

We will need coordinators for the upcoming Basketball and Indoor/Outdoor Soccer seasons. Both Soccer and Basketball are great programs that the GCA cannot offer without leadership.

Communications Coordinator

We are looking for someone who is tech-savvy to help us keep our website and social media up-to-date!

A little nervous to volunteer? Don't worry! We have former board members on our team that can provide mentorship for any of these positions!

Volunteering is a great way to get involved with your community, meet and get to know your neighbours!

The Greystone Community Association engages dozens of volunteers to help out with various events and programs throughout the year. If you are interested in getting involved, call Sam @ 306-261-7052 or email greystonevolunteercoordinator@gmail.com. Include a summary of your interests, any skills you want to offer, and availability.

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www.north49therapy.ca

Are you affected by someone's mental health and/or substance use?

The Adult Family Program provides education groups and counselling for those affected by another adult's mental health and/or substance use.

The spirit of our program acknowledges that family members may require support.

The stress that family members experience can have an impact on their day-to-day living, health, social and family relations, careers, housing, legal, and financial situation. Family members who care for relatives with mental health and/or substance use problems may be involved in a variety of roles.*

*Caring Together – Families as Partners in the Mental Health & Addiction System Canadian Mental Health Association

To Access Services Contact:

Mental Health & Addiction Services, Adult Family Program
Main Reception: 306-655-4100



Healthy People, Healthy Saskatchewan

The Saskatchewan Health Authority works in the spirit of truth and reconciliation, acknowledging Saskatchewan as the traditional territory of First Nations and Métis People.



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GCA 2020/2021 Volunteer Appreciation

This will be the last newsletter for the 2020/2021 year! The GCA Board would like to give a huge thanks to all of our volunteers during this complicated year. This past year we planned several events that did not run due to COVID-19 restrictions, but we have kept a list of all our ideas and hope to be able to offer our great community many of these events in the upcoming year. Thanks to everyone who volunteered and helped make the programs that we were able to host be so successful! We hope to see you next year!

Community Programs and Events

Virtual AGM
Front Door Photoshoot

Learn-to-Skate
Trunk-or-Treat

The Skating Rink
Community Garden

Newsletter Delivery

Gary and Amy Wobeser
Nadeem Jamali
Kandice Heinrichs
Judi Foster
Sherrie and Aaron Dennis

Kirsten Bergen
Geoff Koehler
Lavina Carter
Joan Hoerdts - Lukar
Lucille Johnson

Karen Bauche
Corrin Remando
John and Tracy Riffel
Char Wilson
Sam Zariwala

Event Volunteers

Eric Beal

Jessica Olver

Kandice Heinrichs

Rink Volunteers

Darren Frey
Brendan O'Reilly
Trevor Blum
Gary Koop

Conal Hancherow
Newell Hedstrom
Archie Gillies
Dr. Mark Wahba

Trevor Grabowski
James Anderson
Dr. Dylan Olver
Trae Mohl

Community Garden Volunteers

Jake and Shirley Rempel

GCA Board Members

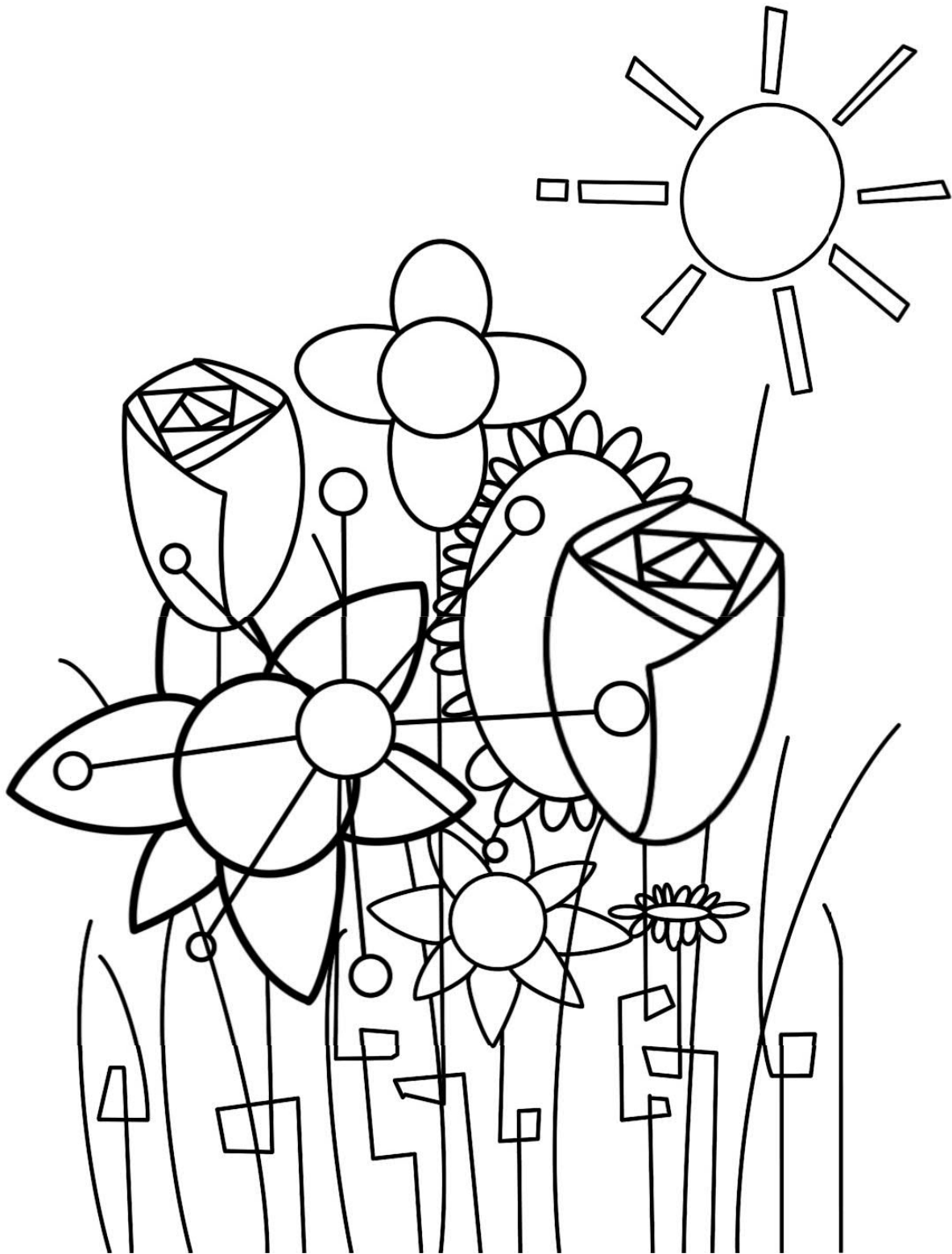
Lori Weiler-Thiessen, President
Sherrie Dennis, Treasurer
Rebecca Erker, Secretary
Shelly Panko Schultz, Community
Consultant

Tracy Riffel, Indoor Coordinator
Sam Zariwala, Membership and
Volunteer Coordinator
Trevor Grabowski, Rink
Coordinator
Sarina Gersher, Ward 8 City
Councillor

Kirsten Bergan, Newsletter Editor
Lina Nie, Newsletter Delivery
Coordinator
Conal Hancherow, Member -at-
Large
Judi Foster, Member-at-Large

Are you interested in getting involved with the GCA next year? We have board positions available and welcome volunteers. For more information, please contact Sam at membership@greystone.ca.

Colouring Contest!



Colouring Contest Details

Submit your completed coloring page to saskatoonbabysitters@gmail.com and 3 lucky winners will receive a special gift from Little Einsteins Babysitting and Nanny services. The deadline for entries is May 30.

Thanks to Michael Remando for contributing original artwork for our coloring page. You can check out his artwork at pineapplesforprimeminister.com.