

The Greystone

Fall 2022



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ANNUAL GENERAL MEETING & BINGO!

The GCA's Annual General Meeting and BINGO night is scheduled for:

FRIDAY, OCTOBER 14th, 2022 @ 7 pm
Greystone Heights School Gym
Doors to open at 6:30 pm
BINGO to follow AGM

*GCA Memberships will available for purchase for \$10/family at this event OR purchase your membership online at: thegreystone.ca

A valid GCA Membership is required to vote during the meeting.
Children under 13 must be accompanied by an adult.
The event is FREE! Snacks are available for purchase.

Prizes



Snacks

thegreystone.ca

GCA



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NORTH 49° PHYSICAL THERAPY

Still trying to figure out how to deal with your ongoing:

- Headaches and/or neck pain
- Back pain
- Rotator cuff strain
- Tennis elbow
- Hip and knee pain
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- or Dizziness?

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*Volunteers do not necessarily have the time;
they just have the heart - Elizabeth Andrews*

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Advertise with us!

The GCA offers affordable advertising in the Greystone Heights community.

Email newsletter@thegreystone.ca by December 4th to place an advertisement in our Winter 2023 newsletter.




Sarina Gersher
Ward 8 City Councillor

HELLO
Greystone Heights!

- 306-975-3678
- @SarinaGersherYXE
- @SarinaGersher
- sarina.gersher@saskatoon.ca

wardeight.ca



Jennifer Bowes

People First

Your NDP MLA for Saskatoon University
saskatoonuniversity@ndpcaucus.sk.ca | 306-956-0224

FALL PROGRAMS

Registration opens September 1 @ thegreystone.ca

A valid Community Association Membership is required to register for GCA programming. Greystone Community Association Memberships are available for \$10/family.

Registration will be ONLINE ONLY @ thegreystone.ca

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

Program	Day of Week	Dates	Time	# of weeks	Ages	Fee
Adult Pickleball	Mondays	Sept. 26 - Nov. 28	6:30 - 8:00 pm	8	16+	\$40.00
Vinyasa Flow Yoga	Tuesdays	Sept. 27 - Nov. 15	6:30 - 8:00 pm	8	16+	\$80.00
Youth Art Class	Thursdays	Sept. 29 - Nov. 17	6:00 - 7:00 pm	8	6 - 12	\$80.00
Karate	Thursdays	Sept. 29 - Nov. 17	7:00 - 8:00 pm	8	6 - 12	\$65.00
STEAM Club	Mondays	Sept. 26 - Nov. 21	6:00 - 7:30 pm	6	10 - 12	\$30.00
Tai Chi	Thursdays	Sept. 29 - Nov. 17	8:00 - 9:00 pm	8	16+	\$40.00
Child Learn To Skate	Sundays	Nov. 20 - Dec. 11	12:00 - 12:30 pm	4	3 - 7	\$25.00
Youth Learn To Skate	Sundays	Nov. 20 - Dec. 11	2:30 - 1:00 pm	4	8 - 15	\$25.00

FINANCIAL SUPPORT

In an effort to ensure that everyone who wants to participate is able to, Cost-as-a-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. Please apply early (especially for KidSport).

WHY PURCHASE A GCA MEMBERSHIP?

GCA memberships are only \$10/family per year and your \$10 helps us plan events in our community for all families. The membership fees support our volunteer rink, events such as Trunk or Treat, Winter Fun Day, Bingo Night, & other programming. Thank you for supporting our community and purchasing a membership. We hope to bring more events to Greystone Heights with your continued support.

If you would like to purchase a membership, visit us online at thegreystone.ca. To learn more about our community please contact us at info@thegreystone.ca and one of our hard-working board members will be in touch with you!

Discover how rewarding volunteering can be!

VOLUNTEER WITH GCA

Looking to make a difference in your community? Do you love helping others? Wanting to meet new people in your neighbourhood? We have many ways for you to be involved with Greystone Community Association! The many events hosted by the GCA (Trunk or Treat, Winter Fun Day, Community Clean Up), our fantastic outdoor rink, and diverse programs are all made possible by our volunteers. Come meet with us and learn how you can give back to our wonderful community! Please contact info@thegreystone.ca to discuss how you can be involved! We have mentors available to help assist new volunteers learn their roles.

We are seeking volunteers to fill the following board positions. Please contact us regarding your interest and we will present nominees at our **Annual General Meeting on Friday, October 14th @ 7pm** (Greystone Heights School).

President (Glue of the Organization)

- Set and Chair monthly meetings
- Complete annual return
- Provide communication on behalf of the GCA
- Prepare and submit grant applications

Treasurer — For Fall 2023 (Loves Numbers)

- Maintains financial records for the organization (records expenses, income)
- Completes monthly account reconciliations
- Manages Registration portal and Office 365 platforms
- Prepares budget with input from Coordinators
- Prepares year-end report and arranges financial review
- Current treasurer is willing to train incoming treasurer during the 2022 year

Event Coordinator (Party Planner)

- Organize events such as Winter Fun Day, Trunk or Treat, Community Clean up
- Prepare and submit grant applications
- Form committees to help assist with event planning

Program Assistant (Behind the scenes Tech Help)

- Post GCA programs to the online registration portal
- Detail oriented!!
- Work closely with the program coordinator and treasurer
- Assist program coordinator as needed

Member-at-Large (Help as you are able)

- Attend monthly board meetings
- Support and assist board members as needed

Soccer Coordinator (Sport guru #1)

- Work closely with Saskatoon Youth Soccer to implement youth soccer teams in Greystone Heights
- Arrange team supports (coaches, managers, etc.) and necessary equipment
- GCA has traditionally offered outdoor Spring Soccer – the active work for this position starts in Nov/Dec (planning phase) with most work being done through Jan-Mar

Basketball Coordinator (Sport guru #2)

- Work closely with Saskatoon Minor Basketball Association to implement basketball programming in Greystone Heights
- Arrange team supports (coaches, managers, etc.) and necessary equipment
- Basketball programming would begin in 2023 (planning for 2022 is well underway)
- Basketball programs run over the fall/winter months and active work would begin in June for the upcoming season

Rink Crew (Get out your shovel)

- Clear/flood the rink as needed during the winter months
- Assist with rink maintenance (see more: Rink Report)

Newsletter Delivery Coordinator (Gets things done)

- Bundle and deliver newsletters to delivery volunteers
- Arrange Canada Post delivery of newsletters for certain routes
- Newsletters are delivered 2-3x per year
- Manage delivery volunteers

Newsletter Delivery (Exercise while you help out!)

- Sign up for a newsletter route and help deliver our seasonal newsletters (2-3x per year)



The Salvation Army in Saskatoon presents

FALL CARNIVAL

September 10th | 11am- 2pm
38 Bateman Crescent



**FREE
ENTRY**

PRIZES

**LIVE
MUSIC**

RINK NEWS

Summer greetings from the rink crew,

Very hard to think about the rink while August ends with sunny and hot summer weather. But as November approaches we will begin preparations for the outdoor rink.

Thanks, as always, to the volunteer rink crew that make it happen. We have 10-11 neighbourhood volunteers and we can always use new members. If you're interested in helping out this fall and winter, please call or text Trevor at 306-380-7011.

Public Skating times remain unchanged and are listed below:

Sundays: 1 pm - 3 pm
Tuesdays/Thursdays: 6 pm - 8 pm

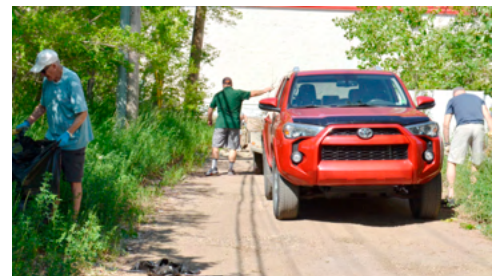
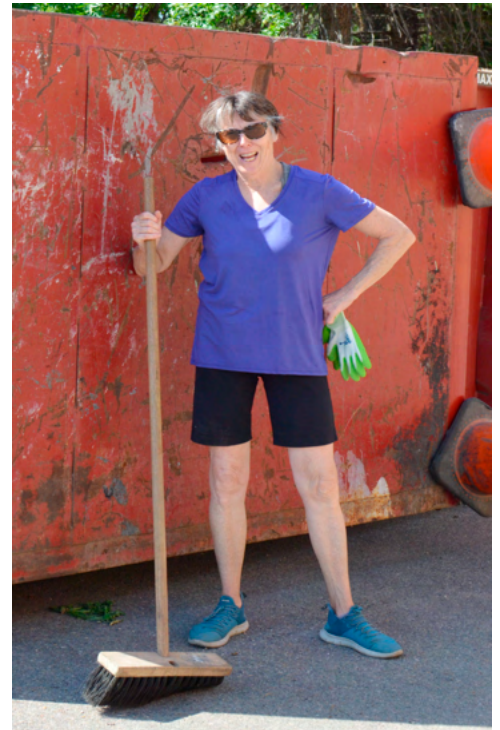
The GCA also hopes to offer learn to skate programming throughout the winter. If you are a good skater, have taught skating, we're looking for a leader to teach the younger ages. You can contact Trevor at 306-380-7011 if you are interested.

GCA COMMUNITY CLEAN-UP

Greystone Community Association held our Annual Community Clean Up on June 18th, 2022. This year, we partnered with Eco-Retrievers, who brought snacks, maps, and several enthusiastic volunteers! We collected 1310 kilograms of waste and diverted a small amount of electronics and metal from the landfill. We wish to thank the following volunteers and organizations for their help in making this a successful event:

City of Saskatoon
Eco-Retrievers
Salvation Army
Loraas Disposal
Electronic Recycling
Association
Salvation Army
Karen Bacuhe
Tyler Studer
The Calvez Family
Drew Wudrick
Oghenemaro Greg
Amaihwelsraa Hamish

Jannatuul Ferdous
Obeida Hamish
Maryam Wajahat
Shefali Jain
Don & Eileen Mansfield
Fizza Ali
Don Wilson (Thank you for
bringing your truck and
trailer)
Trevor Grabowski
Tracy Riffel
The Olver Family
Sam Rashid
Sherrie & Ruby Dennis



Suspect Hearing Loss?

Wearing hearing aids help reduces the risk of **cognitive decline** associated with hearing loss.



Benefits of wearing hearing devices may include:

- ✓ Improved memory, attention & focus¹
- ✓ Improved communication skills¹
- ✓ Improved social relationships¹
- ✓ Improved mood & feelings of well being¹
- ✓ Decreased risk of developing dementia²

SOURCE: 1. betterhearing.org 2. Johns Hopkins Medicine 2011

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Proudly supporting
Alzheimer Society
S A S K A T C H E W A N



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



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

WARD 8 CITY COUNCILLOR UPDATE

Hello Neighbours,

I hope you have been enjoying your summer. With school kicking off soon, those with students who attend high school and elementary school will notice the changes in school zones and playground zones. Just a reminder that as of September 1, 2022, school and new playground zones with maximum 30 km/h signs will change to 7:00AM to 7:00PM, 7 days a week. Some school and playground signs do not include a posted speed limit, such as around high schools and certain play areas. Drivers should treat the sign as a caution and pay close attention through this area. More information is available at saskatoon.ca/speedlimit.

Typically, in September the City of Saskatoon puts a call out to the public to apply for our advisory committees and controlled corporations. Advisory committees range from accessibility, art, environment, heritage and diversity and inclusion, to controlled corporations such as the Remail Modern. Check out the City website to learn more about the skills sought for these committees and make sure to apply.

Don't forget to check out wardeight.ca for our monthly newsletter updates and Coffee with your Councillor dates.

Keep in touch,

Sincerely,
Sarina Gersher



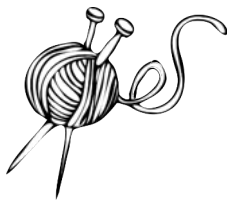
Greystone Community Association acknowledges that we are on Treaty 6 Territory and the Homeland of the Métis.

Share Your Ideas With Us!

Do you have a talent that you would like to share with the community? Or maybe you are a certified instructor and have some extra time available during evenings or weekends? The GCA is open to your ideas! We offer weekly programming as well as 1- or 2-day courses.

The GCA is reaching out to community member to see if anyone is interested in offering some new (or old!) programs.

If you are interested, please reach out to Tracy at jtriffel@shaw.ca.



TIRED OF PLAYING CARDS? COME SEE US!

We've got hundreds of unique games and we
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IT'S A HAVEN FOR THE IMAGINATION!



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955.3826 OR VISIT WWW.DRAGONSDENGAMES.COM

WINTER FUN DAY

The GCA held our annual Winter Fun Day on Sunday, March 6. Many Greystone Heights families joined us and tried out the snow shoes and backcountry skis from Escape Sports! It was a wonderful day to see our neighbours and enjoy using some fun winter gear.



TRUNK OR TREAT



It's Back!!!! GCA's 3rd Annual Trunk-or-Treat!!!!

If you are interested in donating to support Trunk-or-Treat, decorating your vehicle trunk, handing out treats, or helping out in any other way, please contact Rebecca Erker at secretary@thegreystone.ca.

GCA Members will have **priority registration** that opens on October 1st. To register your child(ren) visit thegreystone.ca. If you have any questions, please contact Rebecca Erker. Check our website and facebook page for more details regarding this event!

GCA MEETINGS

GCA Members are welcome to attend regularly scheduled GCA meetings. Attending GCA meetings is a great way to meet others in your neighbourhood and to learn about what events are being planned for our community. Our board is made up of a diverse group of community members who share in wanting to make Greystone Heights a vibrant place to live, work, and play!

The GCA meets year round (with the exception of July and August) on the Second Tuesday of the month @ 8 pm at the Salvation Army Temple. Please email Rebecca at secretary@thegreystone.ca if you would like to attend and to provide your contact information in the event of changes.



STAY INFORMED

Visit thegreystone.ca for up-to-date information about GCA events. You can create a FREE account and subscribe to GCA notices. This is the best way to hear about the latest events and happenings in our community.

Also visit our Facebook page @ [facebook/greystoneheights](https://www.facebook.com/greystoneheights) for more information.

DATES TO REMEMBER

Fall 2022 Program Registration Opens (online)
Annual General Meeting & BINGO (GH School)
Trunk or Treat
GCA Monthly Meetings (Salvation Army Temple)
Winter 2023 Newsletter Submissions

Thursday, September 1st
Friday, October 14th @ 7 pm
TBD
2nd Tues. of the month @ 8 pm
Sunday, December 4th



We, the Eco-Retrievers, are a group of young high school students living in different parts of Saskatoon with a passion of maintaining a healthy environment through our everyday choices; empowering our community to make smart decisions regarding their household waste to sustain and conserve our shared environment. Our team currently consists of 3 young individuals: Fizza Ali, Israa Hamish, and Oghenemaro Greg Amahwe; all with a vision of a clean, sustainable, and healthy environment. Our vision starts with our own city, Saskatoon.

Our team encourages you to start/maintain some sustainable habits like:

- Using reusable water bottles
- Shortening showers times to save water
- Closing the tap when brushing your teeth
- Walking, Biking, or taking the Transit as a means of transportation as much as possible
- Switching off lights when leaving a room
- Using reusable grocery bags
- Disposing waste correctly (composting etc.)

Here are some resources to guide you in making sustainable choices:

Lorass Canada

Waste Reduction Hub

Saskatoon Waste Wizard

If you have any questions or would like to arrange composting and recycling workshops with us, please text/call Fizza Ali at (639) 994-7235 or email at fizzaali437@gmail.com.

Instagram: [@eco_retrievers](https://www.instagram.com/eco_retrievers)

Coloring
fun



Share your coloring with us @
[facebook/greystoneheights](https://www.facebook.com/greystoneheights)

Thank you to Michael Remando for providing the coloring page artwork for our newsletter. You can check out Michaels' art at: [@pineapplesforprimeminister](https://www.instagram.com/pineapplesforprimeminister)