

White City & Emerald Park

JANUARY EDITION, 2024

Community Newsletter



Dreaming may have evolved as a strategy for co-operative survival

Have you ever woken from a dream, emotionally laden with anxiety, fear or a sense of unpreparedness? Typically, these kinds of dreams are associated with content like losing one's voice, teeth falling out or being chased by a threatening being.

But one question I've always been interested in is whether or not these kinds of dreams are experienced globally across many cultures. And if some features

of dreaming are universal, could they have enhanced the likelihood of our ancestors surviving the evolutionary game of life?

My research focuses on the distinctive characteristics that make humans the most successful species on Earth. I've explored the question of human uniqueness by comparing *Homo sapiens* with various animals, including chimpanzees, gorillas, orangutans,

lemurs, wolves and dogs. Recently, I've been part of a team of collaborators that has focused our energies on working with small-scale societies known as hunter-gatherers.

We wanted to explore how the content and emotional function of dreams might vary across different cultural contexts. By comparing dreams from forager communities in Africa to those from western societies, we

wanted to understand how cultural and environmental factors shape the way people dream.

Comparative dream research

As part of this research, published in *Nature Scientific Reports*, my colleagues and I worked closely for several months with the BaYaka in the Democratic Republic of Congo and the Hadza in Tanzania to record

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Dreaming may have evolved as a strategy for co-operative survival - Continued from page 1



The Hadza are an Indigenous community in Tanzania, and one of the last hunter-gatherer societies remaining.

their dreams. For western dreamers, we recorded dream journals and detailed dream accounts, collected between 2014 and 2022, from people living in Switzerland, Belgium and Canada.

The Hadza of Tanzania and the BaYaka of Congo fill a crucial, underexplored gap for dream research due to their distinct lifestyle. Their egalitarian culture, emphasizing equality and co-oper-

ation, is vital for survival, social cohesion and well-being. These forager communities rely heavily on supportive relationships and communal sharing of resources.

Higher mortality rates due to disease, intergroup conflict, and challenging physical environments in these communities (without the kind of social safety nets common to post-industrial societies in the West)

means they rely on face-to-face relationships for survival in a way that is a distinct feature of forager life.

Dreaming across cultures

While studying these dreams, we began to notice a common theme. We've discovered that dreams play out much differently across different socio-cultural environments. We used a new software tool to map dream content that connects important psychosocial constructs and theories with words, phrases, and other linguistic constructions. That gave us an understanding about the kinds of dreams people were having. And we could model these statistically, to test scientific hypotheses as to the nature of dreams.

The dreams of the BaYaka and Hadza were rich in community-oriented content, reflecting the strong social bonds inherent in their societies. This was in stark contrast to the themes prevalent in dreams from western societies, where negative emotions and anxiety were more common.

Interestingly, while dreams from these forager communities often began with threats reflecting the real dangers they face daily, they frequently concluded with resolutions involving social support. This pattern suggests that dreams might play a crucial role in emotional regulation, transforming threats into manageable situations and reducing anxiety.

Here is an example of a Hadza dream laden with emotionally threatening content:

"I dreamt I fell into a well that is near the Hukumako area by the Dtoga people. I

was with two others and one of my friends helped me get out of the well."

Notice that the resolution to the dream challenges incorporated a social solution as an answer to the problem. Now contrast this to the nightmare disorder-diagnosed dreamers from Europe. They had scarier, open-ended narratives with less positive dream resolutions. Specifically, we found they had higher levels of dream content with negative emotions compared to the "normal" controls. Conversely, the Hadza exhibited significantly fewer negative emotions in their dreams. These are the kind of nightmares reported:

"My mom would call me on my phone and ask me to put it on speakerphone so my sister and cousin could hear. Crying she announced to us that my little brother was dead. I was screaming in sadness and crying in pain."

"I was with my boyfriend, our relationship was perfect and I felt completely fulfilled. Then he decided to abandon me, which awoke in me a deep feeling of despair and anguish."

The functional role of dreams

Dreams are wonderfully varied. But what if one of the keys to humanity's success as a species rests in our dreams? What if something was happening in our dreams that improved the survival and reproductive efforts of our Paleolithic ancestors?

A curious note from my comparative work, of all the primates alive, humans sleep the least, but we have the most REM. Why was REM — the state most often associated with dreams —

- Continued on page 17



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How to help girls in your community make change

The World Economic Forum estimates it will take 131 years to achieve gender equality. That means at our current rate of progress, it will take five generations before we can close the gender gap in health, education and political and economic participation. Supporting girls to innovate, advocate and take action can give the next generation more opportunities to succeed, sooner.

Here are actions Canadians can take to help make gender inequality a thing of the past.

Embrace ideas: Support initiatives in your community created by girls. That might be a small business, a fundraising event or voices advocating for change in your neighbourhood. Listen to their ideas and provide

support for their projects.

Support girl power: The next time you are looking to buy a gift for someone you care about, consider giving girl power through a respectable cause. Plan International Canada has a \$50 "Girl Power" gift that provides nourishment, education and protection for girls around the world. It helps create safe schools and helps ensure that girls are not forced into early marriages.

Offer mentorship: Act as a mentor to girls in your community through coaching programs, work-

shops or simply being a role model to demonstrate the impact their leadership and action can have on the future and show them they are supported.

For more information on how you can support girls in making change, visit plangifts.ca.

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Try this mouth-watering noodle recipe



This flavourful and fragrant dish is an easy-to-make side to serve along with your favourite veggies or protein.

Ginger Scallion Noodles

Prep time: 20 minutes

Cook Time: 10 min

Makes: 4 servings

Ingredients:

2 cups (500 ml) scallions (green onions), roots trimmed, thinly sliced (about 2 bunches)

½ cup (125 ml) fresh ginger, peeled and minced

1 tbsp (15 ml) vegetable oil

1 tbsp (15 ml) lower-sodium soy sauce

1 tsp (5 ml) rice vinegar

1 package (2 cups/454 g) uncooked brown rice noodles

Directions:

1. In a large bowl, combine scallions, ginger, oil, soy sauce and vinegar. Let bowl rest at room temperature for 20 minutes, stirring occasionally.
2. While sauce rests, cook noodles in boiling water according to package directions, or until tender. Drain noodles and place in a large bowl.
3. Pour half the sauce over noodles and toss gently to coat well.
4. Serve noodles and top with remaining sauce as desired.

Tips:

- Invite your kids into the kitchen to get involved in planning the meal. Ask them to pick a protein and a vegetable to serve with this dish.
- If don't have brown rice noodles, try using brown rice. Simply spoon the ginger scallion sauce from step 1 over the rice.
- Remember, a little salt goes a long way. Taste the food before adding any.

Find more recipes on Canada's food guide kitchen:
food-guide.canada.ca.

www.newscanada.com



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How Do You Know When It's Time To Downsize?



As a REALTOR® and Decluttering Specialist, I have come across many people facing down the barrel of downsizing. Unfortunately, they act on it too late in many cases, leaving an overwhelming stress load on themselves and the entire family. Downsizing is one of the most challenging transitions a person will ever have to go through, so it's important that it's tackled early, on your timeline, and have your say on how you will live your life. But how do you know when it's time to downsize? It's not a specific age but rather a time in your life when you want to change your lifestyle to improve your quality of life. You could be 35, 65, or 80... the number is trivial, but these are the most common red flags that are vital signs that you should consider downsizing.

Five Signals That It's Time To Downsize

- 1. It's difficult to safely get around your property:** If you are dealing with mobility issues to safely navigate your stairs, bathrooms, and getting down to the basement, this may be a sign that you should be looking to either make adaptations to your existing home or consider finding something easier to independently live on your own. Safety is your number one priority, and if you are limited to only certain places in your home, then things need to change for your quality of life.
- 2. Maintenance is overwhelming:** This is a crucial sign at any age that if you can't keep up with yard work, daily cleaning, and general house maintenance, both physically and financially, downsizing may be easier on the wallet and your back! Downsizing isn't just about

letting go; it's about making space for the things that truly matter.

- 3. You'd rather be traveling:** Perhaps you have more important priorities than paying and maintaining for a permanent address and would like to travel more. Or you may have other dreams like starting a small business, living more minimally, or your family wants you to be closer. There are other things in life more important than up-keeping an oversized home that is taking up your mind space, and the key may be to downsize to make these bucket list items a reality.
- 4. The Expanding Empty Nest:** Have the kids flown the coop, and you're left with rooms echoing with silence? While the memories linger, it might be time to consider a cozier nest that suits your current lifestyle. If you have rooms or even entire floors that are rarely being used, this may be your signal to make a move. Downsizing can turn an empty nest into a vibrant, low-maintenance haven where you can fully embrace this new chapter of your life.
- 5. Your income can't sustain this lifestyle:** The cost of living has spiked over the last few years, and you may have realized that keeping up this mortgage is not sustainable, and you would much rather live in a more modest home than fall into significant debt. You may be an emergency away from living pay check to pay check, stressing you out daily. Being financially tapped is a massive sign that living with less may be a savvy financial play, improving your quality of life and overall mental health.

How Do Begin?

As your dedicated REALTOR®, I'm here to guide you through every step, ensuring a smooth transition with your downsize. Remember, downsizing isn't just about space; it's about making the most of your investment—both in your home and your life. Let's embark on this downsizing journey together, creating a space that reflects the vibrant, joyful life you deserve. Ready to declutter and downsize with a sprinkle of joy? Reach out to me, and let's turn your downsizing dreams into reality!

Jessica Dunn is a REALTOR® with JC Realty Regina and has resided in White City since 2009. She specializes in marketing and listing preparation but has also recently been helping people outside of real estate too with decluttering and home organization.

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New year, new you: Smart tips to kickstart your year

Every year when the calendar flips over, many of us find ourselves re-evaluating various aspects of our lives and vowing to make positive changes. While that might feel easier said than done, we've got you covered with tips on how to stay true to your resolutions and live your best life this year.

If your New Year's resolution is to...

...take your mental health seriously

Routine, a good sleep, regular exercise and a healthy diet are natural stress-busters, but sometimes we aren't able to sort things out on our own and need more support. If feelings of stress or worry are long-lasting and are having a negative impact on your daily life, know there is help. You can access free mental health support at anytime from anywhere through Health Canada's mental health webpage.

canada.ca/mental-health

...embrace exercise this winter

Staying active is important for our health, but it can be tough to begin and to keep it up – especially when it's cold or snowy outside. Speak with a health-care professional for the right advice if you have a health condition like arthritis, and consider low-impact and joint-friendly exercises that improve endurance, strength, balance and flexibility. Indoor options can include swimming, using a stationary bike or doing yoga. Find more tips through Arthritis Society Canada's accessible videos.

arthritis.ca/living-well

...find your dream job

It's no easy feat to find the job that is right for you. So, dig in deep and consider your ideal work-life balance, what you find meaning in and what benefits you want and need. For instance, if you cherish hav-

ing evenings free, a nine-to-five job might be right for you. But, if you prefer a rotating schedule that involves helping others and building meaningful relationships, you might consider a career like nursing. Indigenous Services Canada is hiring nurses right now.

canada.ca/nursesforfirstnations

...finally quit smoking

When it comes to smoking, it's common to need a few tries to quit. And that's okay. It's continuing to try that will get you there in the end. If your resolution is to quit smoking, know that it's possible and that there are plenty of free quit-support services available to you. There is more information and advice from real people and their success stories online.

canada.ca/quit-smoking

...stick with a beauty routine

Go back to basics and make your skin routine right for the season. Limiting hot showers, drinking enough water and using a moisturizer according to your skin type – thicker for drier skin and lighter for oily skin – will help keep your skin healthy and glowing all winter long. You can find up-to-date information on many health-related topics from established Canadian health experts at online resource Care to Know.

caretoknow.ca

... upgrade your skills

One of the best ways to learn something new is to go through mentors, support groups and trusted sources. If, for example, you want to learn how to use new digital tools at the office or become more tech-savvy around the home, non-profit organizations like ABC Life Literacy Canada offer free resources and workshops that cover a wide range of digital topics.?

abconnectforlearning.ca

www.newscanada.com

How to make good on your New Year's resolutions

The start of a new year brings together many annual traditions: gathering with friends and family for a year-end party, counting down the clock to midnight and making New Year's resolutions. Unfortunately, many of us end up breaking our resolutions within days or weeks of turning the page on a new calendar. Here are four steps to set you on the right path to stick to your resolutions.

Plan ahead

To have success with any life-changing goal, you have to plan for it. While you're enjoying a celebratory drink at a New Year's party is not the right time to decide you're going to have a sober January. You'll want to stock up on non-alcoholic beverages in advance and, if you're worried about breaking your fast, you might want to clear out or store away the temptations in your fridge or liquor cabinet.

Be reasonable

If your resolution is to lose weight or exercise more, don't set a goal that's overly ambitious. If you do, you'll quickly get frustrated and give up. Rather than trying to jog three times a week – when you've never been a runner before – commit to going on a long walk every other day. Instead of trying to convert from carnivore to vegan overnight, maybe choose a day or two a week that you only eat vegetarian food. Once you've adjusted to your new normal, you can start pushing yourself to the next level.

Make it a group effort

Whatever your goal is, talk about it with your friends and family first. That way you'll have a support network if you're tempted to give up, and you might even gain a partner to join you on the journey.

Seek outside support

Sometimes we just can't do it alone. And that's fine. Whether your resolutions are health and fitness based or more focused on improving your personal finances or digital literacy, there are mentors and support groups that can help you achieve them. If, for example, you wanted to learn how to use new digital tools at the office or become more tech savvy around the home, non-profit organizations like ABC Life Literacy Canada offer free resources and workshops that cover a wide range of topics.

Learn more about improving your digital literacy at abconnectforlearning.ca.

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Are you:

- INTERESTED IN HERITAGE, CULTURE AND ECOLOGY OF THE WHITE BUTTE AREA?
- LOOKING FOR AN OPPORTUNITY TO DEVELOP LEARNING OPPORTUNITIES FOR PEOPLE OF ALL AGES?
- COMMUNITY MINDED?

Do you:

- WANT TO ADD NON-PROFIT KNOWLEDGE TO YOUR RESUME?
- WANT TO ENHANCE YOUR LINKEDIN PROFILE WITH BOARD DIRECTOR EXPERIENCE?
- HAVE SKILLS IN THE AREAS OF CULTURE, HERITAGE AND ECOLOGY YOU WOULD LIKE TO SHARE?

The WCM is a non-profit organization, serving the White Butte Area and communities of Emerald Park, White City, Balgonie, Pilot Butte and surrounding area.

We are currently accepting applications for four board director roles for the upcoming year.

To learn more about the museum or to express interest in a director position please email whitecitymuseum.sk@gmail.com or visit our website: whitecitymuseum.com



The annual general meeting of the White City Museum will be held on

Tuesday, January 23rd, 7:30 p.m.

At the White City Town Offices

All current members and prospective members are invited to attend.

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Deadline for ad copy is the 20th of each month.

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The White City Public Library Branch is located in the White City Community Centre, 12 Ramm Avenue East. Online at www.southeastlibrary.ca. Drop by or give us a call 781-2118.

LIBRARY HOURS:

Monday - Wednesday 12:30-4:30 & 5:00-8:00 pm
Thursday - Friday 9:30 am-12:30 & 1:00-5:00 pm
Saturday 9:30 am-12:30 & 1:00-3:00 pm

We will be closed January 1, 2024 & January 2, 2024

Visit us – [f White City Public Library Branch](#) [WhiteCityLib](#)
DECEMBER 2023 PROGRAM & EVENTS CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 	2 Closed for the Holidays	3	4 Library reopens	5	6 Preschool Storytime 10:00 AM	7 Crazy Forts Available 10am-2pm
8	9 Library Board Meeting 8:00pm	10 Adult Crafting 2-3pm	11	12 Preschool Storytime 10:00 AM	13 Winter Outdoor kit available 10am-2pm	
14	15	16	17 6:30 PM Spain Virtual Travel Talk with Dave Wentworth of Destination Whatever	18	19 Preschool Storytime 10:00 AM	20 Winter Outdoor kit available 10am-2pm
21	22 Adult Book Club 6:30PM	23	24 Adult Crafting 2-3pm	25	26 Preschool Storytime 10:00 AM	27 Family Literacy Day Crazy Forts available 10am-2pm
28	29	30	31 LEGO Time 2:00 PM			



CHILDREN'S PROGRAMS

Preschool Storytime Drop-in

Fridays @ 10:00 AM
January 5, 12, 19, 26

For children 0-5 years and their caregiver.
Join Gail for stories, rhymes and crafts.

Makerspace kits this Month

Winter Outdoor kit: Snowshoes, Snow Saws and Crazy Carpets.

Crazy Forts: Build a unique structure.

These kits are available for Drop-in use until January 29th.

ADULT PROGRAMS

Adult Book Club

Monday, January 22nd at 6:30pm.
We will be discussing Every Little Piece of Me by Amy Jones. Books available through SILS. New members welcome!

Travel Talk - Please Register

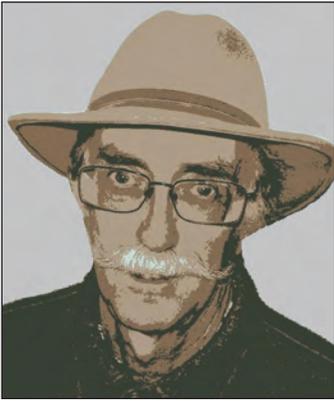
Spain Virtual Travel Talk with Dave Wentworth of Destination Whatever
January 17th at 6:30pm. On Zoom.

Adult Crafting

Wednesdays Jan 10 & 24th at 2:00pm
Create and have fun with other crafters
Bring any project to work on or find inspiration at the library. All crafters Welcome!

To register for programs, please call 306-781-2118.

WWW.SOUTHEASTLIBRARY.CA



Off the Beaten Track

- By John Panter

The RCMP have advised municipalities that they are no longer in the business of laying charges against owners of "dogs at large". Until recently a dog running at large and threatening the two-legged among us could be apprehended and the owner ticketed, prosecuted and fined. No longer.

The R.M. of Edenwold's Community Safety Officers (CSOs) broke this news at a recent R.M. Council meeting. They seem willing to take on these responsibilities themselves but, as was noted at the council meeting, they don't have adequate training in this role.

For now, at least, residents out for a stroll who encounter a threatening, unleashed canine are on their own. Perhaps we should take to heart the words of America's favourite president, (okay, favourite president who could ride a horse) Teddy Roosevelt, who advised (admittedly in different circumstances) to "Speak softly and carry a big stick."

Over the years a custom has grown up at the RM of Edenwold that Council decisions should be unanimous. Supposedly this was an indication that all councillors were pulling together. But as Margaret Thatcher

described this approach to government decision-making, it requires elected officials to compromise their principles in the interest of getting along until they have nothing left to compromise and a consensus is said to have been reached. This custom seems to be coming to an end and councillors are being challenged to break out of group-think mode.

The RM of Edenwold council is tentatively feeling their way through new meeting procedures, asking councillors to state their own motions prior to debate of those motions. Until now, it was often left to staff to interpret, after the fact, what the councillor had in mind. This practice will restore the Council's rightful place as policy makers.

Over at White City an administration report advised Council not to get involved in any resolution supporting Israel's right to exist, but if Council insisted on debating a motion of support, a watered-down motion was provided by senior staff to guide Council's deliberations.

Councillor Hal Zorn was having none of it and reclaimed the right of a councillor to propose his own motion for debate, suggesting to the Town Manager that he should, in effect, stay in his own lane. In the end, three councilors, Zorn, Andrew Boschman and Rebecca Otitoju, voted in favour of a motion urging "all governments in Canada to denounce the unpro-

voked attack on Israel and innocent civilians by terror group Hamas, and affirming Israel's right to respond and defend itself."

Three were opposed to the motion (Brian Ferguson, Kris Moen, Bill Krzysik.) Councillor Scott Moskal voted to abstain, "knowing full well that it is a vote in opposition." (C'mon now. If you can work up the energy to take part in the debate, can't you work up the energy to vote, yea or nay, at the end of it?)

By not wanting to get involved with an issue that extends beyond the borders of White City the council has now set a precedent that, in future, an issue, regardless of how righteous, that doesn't involve pot-holes, garbage pick-up and snow removal within town limits, is off-limits for Council consideration.

Or, as mayor Brian Ferguson put it somewhat flippantly, reading from a lengthy prepared speech in a vigorous denunciation of Israel's response to the October 7th Hamas butchery, "Not my circus; not my monkeys." And so taken with this witticism was he that he repeated it. "Not my circus; not my monkeys." Good grief!

*Call me if you disagree.
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GREENALL

Update

GRIFFINS

@greenallschool Greenall High School



January Update

UPCOMING DATES:

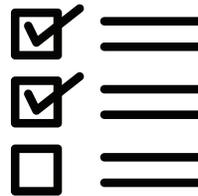
- January 10 Band Concert 7PM
- EXAM Week Jan. 25-30
- Feb. 1- First Day of Semester 2.
- Parent Mtg. for Course Selection Feb. 1 (Gr. 10/11) 6PM & (Gr 9) 7 PM

Final Exam Week

Final Exam Week is scheduled Jan. 25-Jan. 30th. Please see the website or EDSBY for details about the exams. Grade 9's will continue with their regular scheduled classes.

Course Registration for 2024-2025

Families are invited to attend an informational meeting regarding course selection for next year. These meetings will be held Thursday Feb. 1st. Current Grade 10s and 11s will attend at 6PM and current Grade 9s at 7PM. We know this information will be valuable in helping determine which classes will meet your child's post secondary needs.



EVERY DAY COUNTS
Missing a day of school here and there may not seem like much but . . .

**MISSING JUST 2 DAYS
A MONTH MEANS MISSING
1 MONTH**
of the school year

**ABSENCES
ADD + UP!!**

Congratulations Rita Selzer

Rita Selzer has been a friendly face at the Greenall High School Canteen for the last 29 years! We wish Rita all the best in her retirement. Her Banana Chocolate Chip Muffins were legendary and her smile always brightened her customers day. All the best in the future Rita!



Congratulations Freddie Comfort

Congratulations to Freddie Comfort, chosen for the 2023-2024 Youth Council. The Youth Council consists of 12 students in Grade 10-12 from different Saskatchewan school divisions. The Youth Council members have an important role in providing advice and insights that contribute to the delivery of education in Saskatchewan.



Griffin Drama

Griffin Drama presented "Freaky Friday" to our communities on Nov. 30-Dec. 2. We transformed the gym into a theatre space that allowed for all kinds of special effects and theatre magic to take place.



Is it time to change jobs? Here are 3 signs it's time for a switch



It's important to find a job where you feel valued and satisfied, as it can have a large impact on your quality of life. If you find yourself dreading your current job or curious about what else is out there – it could mean you're ready for a change. Here are three signs that you are ready to make a switch:

You don't feel challenged

Challenging yourself in the workplace can help you grow professionally and personally, develop new skills and present further learning opportunities. Challenging work can be a great motivator, as it may keep you more engaged and interested in your role. It can also give workers a sense of accomplishment and boosts self-confidence.

You have lost your passion

Feeling passionate and excited about the job you do can help you find more self-fulfillment and can contribute to overall happiness. Doing work you love is energizing and can fuel productivity. Enthusiastic feelings about work can also spread to the people around you, creating a more positive workplace.

You want more financial stability

Although it's not always the most important thing to look for when finding the right job, money certainly helps. Becoming more financially stable and being able to provide for one's family is a goal for a lot of us and can help lower stress levels.

If you're looking for a change, there are plenty of ways to refresh your career without changing direction entirely. For example, if you're a nurse looking for a change, working with Indigenous Services Canada allows you to fully immerse yourself in a First Nations community. Make a difference, build meaningful, long-term relationships and grow as a nurse.

Find out more at canada.ca/nursesforfirstnations.
www.newscanada.com

The benefits of choosing a career in health care

The health-care system is a crucial industry that affects how our country works and how our community functions. The COVID-19 pandemic has showcased the urgent need for health-care workers – making jobs in health care among the most in-demand. These jobs include registered nurses and nurse practitioners.

A lot of young people gravitate towards nursing opportunities because it's rewarding and offers job security, among many other reasons. Here are some highlights of why health-care jobs are a top career choice for young professionals.

Build meaningful relationships

Health-care careers provide the opportunity every day to make meaningful connections in the workplace that not only make the job more enjoyable, but also builds trust between you and your colleagues and patients. Building meaningful relationships can also lead to mutual appreciation and lifelong friendships.

Make a difference

Health-care workers have the ability to make a difference in each patient's life and can positively impact the community they serve. They provide patients with education, advocate for them, provide emotional support and increase a patient's comfort and care. Making a difference in someone's life can lead to higher job satisfaction and can contribute to overall self-fulfillment and happiness.

Enjoy the benefits

Not only can health-care workers make a big difference in the lives of their patients, but they also get to enjoy great benefits offered by their workplace.

Being a nurse for Indigenous Services Canada means making a difference in a First Nations community, while enjoying competitive wages and benefits such as growth opportunities, health-care coverage and, potentially, living allowances and student-loan forgiveness.

Learn more by visiting
canada.ca/nursesforfirstnations.
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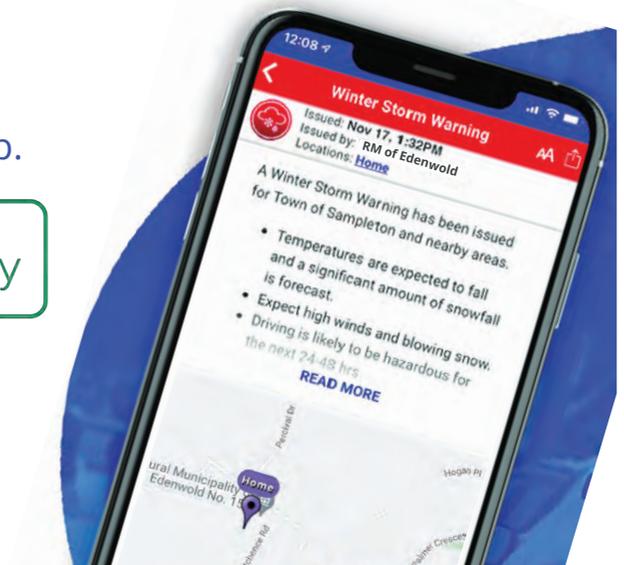
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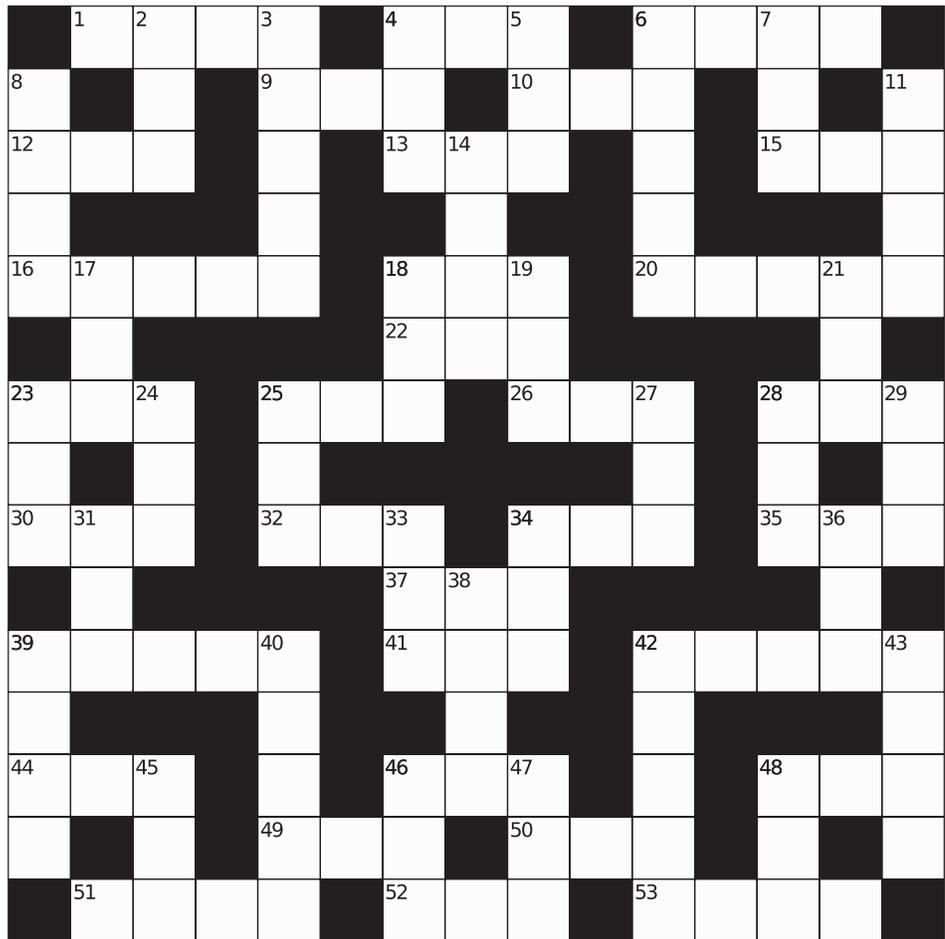
Diversions

ACROSS

- 1. Heave
- 4. Avail of
- 6. Chooses
- 9. Beldam
- 10. Pen point
- 12. Tibetan ox
- 13. Possessed
- 15. Shady tree
- 16. Skill
- 18. Brown-capped boletus mushroom
- 20. Christmas foliage
- 22. Highest mountain in Crete
- 23. Little devil
- 25. Spread out for drying
- 26. Domestic pet
- 28. Not at home
- 30. Russian secret police
- 32. Zero
- 34. Lubricant
- 35. Optic organ
- 37. Japanese currency
- 39. Hit
- 41. Supplement existence
- 42. Shoos
- 44. New Guinea seaport
- 46. Pressure symbol
- 48. Black bird
- 49. Small truck
- 50. Yoko -
- 51. Female relative
- 52. Grain beard
- 53. Arouse

DOWN

- 2. Moose
- 3. Stealing
- 4. Expression of disgust
- 5. Finish
- 6. Belief involving sorcery
- 7. Definite article
- 8. Synchronize
- 11. U.S. TV award
- 14. Overwhelmed
- 17. Gipsy lad
- 18. Spanish hero
- 19. Cushion
- 21. Monetary unit of Romania
- 23. Writing fluid
- 24. Hotel
- 25. Metal can
- 27. Congeal
- 28. Crude mineral



- 29. Bind
- 31. Jewel
- 33. Soap ingredient
- 34. Monad
- 36. To date
- 38. Supplements
- 39. Window ledge
- 40. Russian scourge
- 42. Royal house of Italy
- 43. Narrow aperture
- 45. Australian bird
- 46. Legume
- 47. Charged particle
- 48. Atmosphere

SOLUTION:





Dr. Deryl Dangstorp



Dr. Kelsey Ross



Dr. Kyla Tzupa

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Flower Arranging
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Candace Laczko owns and operates Rose and Vine Florals, a full-service floral boutique located in the heart of downtown Regina, which specializes in truly special products and offering a mix of both vintage and modern designs in floral arrangements. Bouquets and flower arrangements are inspired by nature and curated with love. The use of mason jars, vases, hand tied bouquets along with an endless number of other creative possibilities are used to provide exciting offers. Candace's enthusiasm for beautiful things, love of design and colour is evident in the florals and décor that adorn her shop.

Join us to get tips on how to make your next garden flower arrangement extra special.

Wed. Jan. 10th, 2024, at 7:00 pm
Virtual & Ramada Emerald Park
Everyone Welcome

Zoom link will be shared the afternoon of Jan. 10th
Visitors drop-in fee \$5.00 or for virtual meeting send email address to and then e-transfer \$5.00/person to wgcg.communications@gmail.com by Jan. 08th

Info: <https://whitecitygardenclub.ca/events/>



Dreaming may have evolved as a strategy for co-operative survival.

Continued from page 1

so protected while evolution was whittling away our sleep? Perhaps something embedded in dreaming itself was prophylactic for our species?

Our research supports previous notions that dreams are not just random firings of a sleeping brain but may play a functional role in our emotional well-being and social cognition. They reflect the challenges and values of our waking life, offering insights into how we process emotions and threats. In forager societies, dreams often conclude with resolutions involving social support, suggesting that dreams might serve as a psychological mechanism for reinforcing social bonds and community values.

Why dream?

The ultimate purpose of

dreaming is still a subject of ongoing research and debate. Yet these themes seem to harbour within them universals that hint at some crucial survival function.

Some theories suggest that dreaming acts like a kind of virtual reality that serves to simulate threatening or social situations, helping individuals prepare for real-life challenges.

If this is indeed the case, then it's possible that the dreams of our ancestors, who roamed the world in the distant Paleolithic era, played a crucial role in enhancing the co-operation that contributed to their survival.

David Samson

Associate Professor, Anthropology, University of Toronto

THE CONVERSATION

2024 JANUARY

Upcoming Events & Meetings

Committee of the Whole Meeting

January 8 - 4PM
January 22 - 7PM

Regular Council Meeting

January 8 - 7PM

Meetings are open to public
and held at:
White City Council Chambers
14 Ramm Avenue E

CPR / FIRST AID COURSE

January 13-14, 2024
White City Community Centre

Comprehensive two-day course offering first aid and cardiopulmonary resuscitation (CPR) skills for those who need training due to work requirements or who want more knowledge to respond to emergencies at home.

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WINTER RECREATION PROGRAMS



FREE TO BE

- Ages 10-14
- Wednesdays starting January 17
- 6:30 - 8:30 PM
- Drop In - Free
- White City Community Centre

Free to Be is designed to create fun group activities for youth of all abilities through recreation, sport, art and game!

SENIOR SOCIAL CLUB

- Wednesdays starting January 10
- 1:30 - 3:30 PM
- Drop In - Free
- White City Community Centre

Senior Social Club is a space where seniors can socialize with peers, have coffee and play board games.

TODDLER AND ME

- Wednesdays 9:00 - 11:00 AM
- January 17 - March 27
- Drop In - Free
- White City Community Centre

Toddler and Me is a program that provides a space for parents and caregivers to connect, unwind and enjoy time together while your children enjoy self-directed play.



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ERES Community Council News

Next ERESCC mtg: Jan 9 @ 6:30pm, via zoom
 All parents are encouraged to attend as your input & ideas are welcomed and valued!



Save the Date!
 Empowered Resilience with Trina Markusson
 Author, Speaker and Mindfulness Teacher Trina Markusson will be visiting ERES on February 5&6. She will be sharing tools and strategies to help manage stressful thoughts and emotions with our students and staff.
 Trina will also provide a parent presentation at 7:00pm on Tuesday, February 6.

The ERES SCC is in need of a Treasurer! If you are someone or you know of someone who can help out the council with this crucial role, please email: ERESCommunityCouncil@gmail.com

Important Dates:

- **Jan 4-** return from break
- **Jan 31** - no school for students / Teacher Prep Day



JANUARY 2024

The next issue of the
Community Newsletter
will be distributed the
first week of February

All copy **MUST** be submitted
on or before **January 20th.**

Everyone is welcome to put
meeting dates, birthdays,
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on the calendar, free of charge.

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	Committee of the Whole Meeting - 4PM Regular Council Meeting - 7PM		EMERALD PARK Garbage  WHITE CITY Recycling 	EMERALD PARK Recycling 		CPR/First Aid Course - 8AM-5PM
			EMERALD PARK & WHITE CITY Garbage 			
			EMERALD PARK Garbage  WHITE CITY Recycling 	EMERALD PARK Recycling 		
			EMERALD PARK & WHITE CITY Garbage 	CASA ROSA/JAMESON ESTATES Garbage pick up every Tuesday Recycling pick up every Thursday		

WC/EP RECREATION INFORMATION/REGISTRATION CONTACTS:

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