

White City & Emerald Park

Community Newsletter

FEBRUARY EDITION, 2025



5 things you might not know about RRSPs

Most Canadians do not have a workplace pension. That's why the federal government created the Registered Retirement Savings Plan. If you're one of the roughly fifty per cent of Canadian wage earners who contribute to their RRSPs each year, there are a number of things you may not know about them. Here are five.

They provide a tax-deduction

One of the main benefits of contributing to your RRSPs is that you can

get a deduction on your current taxes. Simply put, every dollar you contribute to your RRSPs is deducted from your income for the year. This will reduce the amount of income you pay taxes on, and may even move you into a lower tax bracket. Your investments in the RRSP are also tax-sheltered as they grow.

There's a contribution limit

There's a maximum amount that Canadians are allowed to contribute to their RRSPs each year. Your personal

amount is based on 18 per cent of your previous year's income, up to a maximum of \$31,560 for the 2024 tax year. But, if you don't use all your contribution room, any extra can be carried over into the future. You can find your unused contribution balance on your annual Notice of Assessment you receive from the Canada Revenue Agency.

You can withdraw them before retirement

Generally, when you withdraw from your account before its time,

you will get hit with a hefty withholding tax and the money you take out will be counted as taxable income for that year. But there are exceptions. For example, you can withdraw up to \$60,000 from your RRSPs to use for a down payment if you qualify as a first-time homebuyer. Similarly, you can withdraw up to \$10,000 a year (to a \$20,000 lifetime maximum) to use for a qualifying education program. Note that in both cases you must pay back - *Continued on page 2*

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5 things you might not know about RRSPs

Continued from page 1

whatever amount you withdraw into your RRSPs within a set period to avoid penalties.

They don't last forever

Many people don't realize that you have to close your RRSP account by December 31st of the year you turn 71. At that point, you have three options: withdraw all the remaining funds, transfer them to a similar investment called a Registered Retirement Income Fund or purchase an annuity.

You can use your RRSPs to donate

Want to leave a legacy and make a big impact on a cause you care about? You

can name a charity as a beneficiary on your RRSP. Your financial institution has a simple form for you to fill out where you list all the people and/or registered charities you'd like to receive your leftover funds. Note that in Quebec, you can only name a charity as a beneficiary of your RRSPs through your will.

An added benefit? Your estate will receive a donation tax credit that could eliminate much or all of the taxes that would have to be paid on any leftover RRSPs anyway.

Learn more at willpower.ca.

www.newscanada.com



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Dr. Kelsey Ross

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ERES Community Council News

Next ERESCC mtg: March 11 via Zoom

All parents are encouraged to attend as your input & ideas are welcomed and valued!

Kindergarten Registration is Open!

Emerald Ridge Elementary School is now accepting registrations for the 2025-2026 school year. Children turning five by December 31, 2025, are eligible for Kindergarten for Fall 2025. To register, visit the ERES website

(www.emeraldridge.pvsd.ca) and complete the Online Registration Form, proof of age must be included. Alternatively, you can request a form from emeraldridgeschool@pvsd.ca

If you know of new families moving into the area, please encourage them to contact the school for a registration form or direct them to the online form. Early registrations help ERES plan for the upcoming school year.



New Members!

The ERES SCC always welcomes new members! If you're interested in helping out your school, feel free to pop into one of our meetings or send us an email

ERESCommunityCouncil@gmail.com

Important Dates:

- **February 4, 5, 6** - Moana, Drama Performance
- **February 7** - Term 1 Report Cards Issued
- **February 17-21** - No School - Winter Break
- **March 10** - No School - Teacher Prep Day
- **March 11** - ERESCC Meeting



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What does your cough mean?

If you or your family are currently battling a cough or sore throat, you're not alone. With winter in full swing, it seems everyone is feeling sick. But understanding what illness you're facing can help you take the proper steps to feel better.

Here are a few of the most common respiratory conditions going around, what signs and symptoms come with each of them, and some tips to help you recover.

Cold

The common cold is caused by rhinovirus and has milder symptoms, like a runny nose, sneezing or slight cough. Almost everyone experiences illnesses differently, but most people can function normally. Staying hydrated and

resting are key for fighting off the common cold. While there's no cure, over-the-counter medications can help manage symptoms.

Flu

The flu, which often strikes suddenly, is caused by the influenza virus and has a seasonal cycle. It's seen worldwide and leads to high fevers, coughing, body aches, fatigue and loss of appetite. Self-care for the flu is similar to the common cold, and you'll want to wait until at least 24 hours after your fever subsides before going out to avoid getting others sick.

COVID-19

COVID-19 can come with symptoms like fevers, cough, runny nose, body aches and loss of taste and smell. It's more serious because of the higher

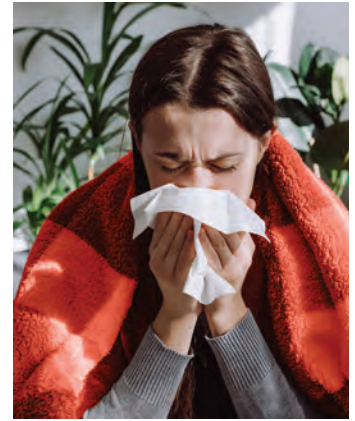
mortality rate. If you think you have COVID-19, the best thing to do is isolate and consult a doctor.

RSV

You may have heard of respiratory syncytial virus (RSV) in the news, especially targeting young children and older adults. RSV can affect the respiratory system, including the nose, throat and lungs. In most people, the virus will present like a cold, but in some it can be dangerous because it can cause severe infections like pneumonia or bronchiolitis. At home, saline nasal drops and creating a moist environment with a humidifier can help with symptoms, but seeing a doctor is important for more severe cases.

When to consult a healthcare provider

Talk to a healthcare provider if you or your child's symptoms fail to



improve after a week, or if you have any concerns about your current symptoms. If the thought of waiting in a crowded clinic sounds unappealing, try a virtual-care appointment from a service like Maple, which connects you with a Canadian-licensed doctor or nurse practitioner from the comfort of your home in minutes, any time of day or night. Learn more about virtual healthcare at getmaple.ca.

www.newscanada.com

The risks of frequent cannabis use on mental health

According to Health Canada's 2023 Canadian Cannabis Survey, 11 per cent of 20- to 24-year-olds surveyed use cannabis on a daily or near-daily basis.

Many people who use cannabis say they do so recreationally to relax or to cope with poor mental health. However, multiple scientific studies have shown that daily or near-daily cannabis use over time can increase your chances of developing disorders related to anxiety and depression. Additionally, studies show that using cannabis this frequently does not improve mental health over time and

actually contributes to poor mental health.

In severe cases, daily or near-daily use can also increase your chance of experiencing psychosis or schizophrenia. This risk is higher among people with a personal or family history of mental health disorders, particularly male teenagers and young adults.

Cutting back or stopping cannabis use can reduce or even eliminate some or all of its effects, and can help improve your long-term mental health and brain function.

Learn more at canada.ca/cannabis.

www.newscanada.com



Gardening Musical Chairs
One Night, Six Gardening Topics



Come join us at the
White City Garden Club's
Gardening Musical Chairs.

Presenters will rotate through tables, and lead conversations and the sharing of common experience with fellow gardeners on:

- Growing and Caring for Dahlias
- The Benefits of WCGC New Website
- How to Plan Garden Rotations
- Gorilla Gardening (i.e. – gardening on the Town's / RM's property, like parks and boulevards)
- How to Handle Spruce Tree Fungus
- Bee Keeping

Wed. Feb. 12th, 2025, at 7:00 pm
Ramada Emerald Park
Everyone Welcome
Visitors drop-in fee \$5.00
Info: <https://whitecitygardenclub.ca/events/>





Sweeten your Valentine's Day with a twist on tiramisu

Looking to add a touch of originality to your celebrations? Skip the usual and opt for a modern take on the beloved Italian classic.

Packed with over 20 essential vitamins and minerals, this dessert offers a more nutritious yet equally decadent version of the traditional tiramisu.

The creamy, buttery avocado perfectly complements the rich flavours of chocolate and coffee. This sophisticated and original alternative is sure to surprise your valentine—whether it's a partner, friend or just yourself.

Avocado Tiramisu

Prep time: 35 minutes (plus 4 hours of chill time)
Makes: 8 servings

Ingredients:

- 2 ripe avocados from Mexico, mashed
- 250 g (9 oz) mascarpone cheese
- ¾ cup (180 ml) heavy cream
- 1/3 cup (80 ml) powdered sugar
- 1 tsp (5 ml) vanilla extract
- 1 cup (250 ml) cooled espresso
- 200 g (7 oz) ladyfinger biscuits
- Cocoa powder (for dusting)
- 2 tbsp (30 ml) coffee liqueur (optional)
- Dark chocolate shavings (optional)

Directions:

1. Blend mashed avocados, mascarpone, powdered sugar and vanilla until smooth. In a separate bowl, whip the heavy cream until it forms soft peaks and fold it into the avocado-mascarpone mixture.
2. Mix cooled espresso with coffee liqueur, if using.
3. To assemble, dip each ladyfinger briefly in the coffee mixture and place them in a layer in a dish. Spread half the avocado-mascarpone cream over ladyfingers. Repeat with another layer of dipped ladyfingers and finish with remaining cream.
4. Refrigerate for at least four hours or overnight.
5. Dust with cocoa powder and add chocolate shavings before serving.

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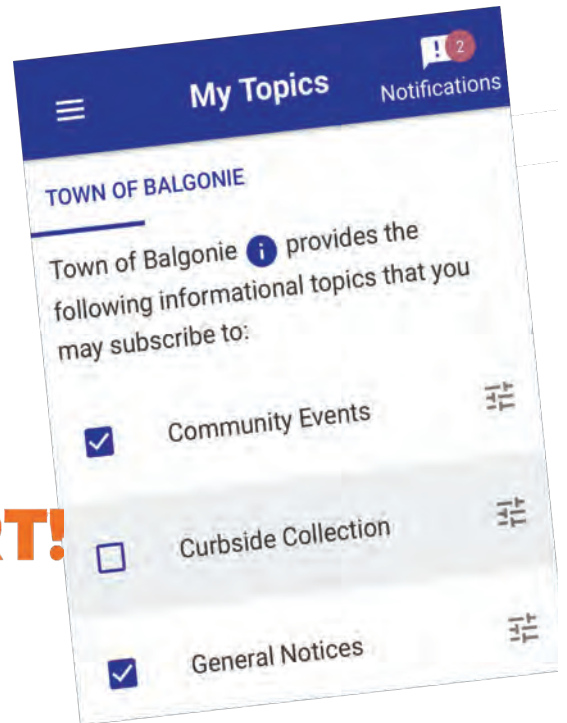
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Worry vs. Contentment

- By Gwen Randall-Young

“Worry is like a rocking chair; it gives you something to do but doesn’t get you anywhere.” ~ Glenn Turner

Most people worry some of the time. Some people worry most of the time. A little bit of worry now and again is normal, but constant worrying is not. The minds of worriers seem to be able to manufacture an infinite number of things to focus upon.

Some suffer from anxiety, and the anxiety causes them to over-worry. It can become disabling. Therapy

can be helpful, and sometimes medication brings relief. For others, worry is a habit. It is a tendency to focus on the negative, and then to dwell on it. The worrier can create a whole list of “what if?” scenarios.

The worrier may think he or she is doing something constructive by being alert to all that could go wrong, but unless some positive, preventative action is taken, the worry accomplishes nothing besides creating anxiety and distress.

Some worry too much about other people, spending time criticizing the actions or beliefs of others. They may get some satisfaction in feeling they are somehow better than those they are judging, but in the long run this does not bring peace or happiness.

It is really not so much

anything going on outside of us that determines how we feel in life, but rather it is the environment we create within our own hearts and minds. If we want to be content, we can increase our chances of creating that by taking a few simple steps: 1) Banish negative thinking. If you catch yourself having negative thoughts, stop immediately and think of positive things. 2) If a worry comes up, ask yourself if it is realistic to worry about this, if there is positive action you can take, and if it is, in fact, any of your business! 3) Adopt a live-and-let live attitude to others. We are all on our own journey and are at different places in our evolution. Sure, there will be those who are less evolved than we are, but there will also be those who are wiser and more effective

than we are. Keep your focus on how you are doing, and how you can live from your highest self.

Remember too, that most of what we worry about never happens. Immerse yourself in things you love and that bring you joy and celebrate the good things in your life. No matter what happens, we always have a choice about how to think about it. If we can’t change it or find anything positive in it, then we just have to let it go.

Gwen Randall-Young is an author and award-winning psychologist. For permission to reprint this article, or to obtain books, audio recordings or to read other articles visit www.gwen.ca. Follow Gwen on Facebook for inspiration.

5 easy tips to lift your mood this winter

With early sunsets and little sunlight even during peak daytime hours, it can be easy for anyone to feel down during the wintertime. Here are some tips to help you fight the winter blues:

Spend time outside. Daylight can help brighten your mood and ward off the winter blues as soon as you wake up, open your curtains and sit near a window. On your lunch break, bundle up and get a walk in or sit on a park bench to soak up some rays. You can also supplement natural light with a light therapy lamp at home.

Schedule exercise. When it’s cold and snowy, being a couch potato is pretty appealing. But your brain loves exercise and actually releases feel-good endorphins whenever you work out. You can find free workout videos online, join an indoor soccer league or use the buddy system at the gym to get your body moving.

Plan for some fun. Socializing and having something to look forward to are both important. Make sure you’re making time to meet up with friends, even if it’s just for a coffee date or pizza and a movie at home.

You can also start planning things to look forward to, even if some of them are months away—the idea of something exciting and new will lift your spirits.

Get enough nutrients. Eating a healthy, well-balanced diet is key for your well-being throughout the year. During the winter, soups and stews packed with veggies and lean protein are easy, one-pot meals that make for great leftovers.

Speak to someone. If you’re feeling down, don’t wait for your symptoms to get worse before talking to a healthcare provider who



can offer strategies to feel better. If you’re frustrated by a long waitlist for a mental health practitioner or would rather see someone from the comfort of your own home, virtual care platforms like Maple can offer a convenient way to connect with a mental health therapist or physician quickly and remotely.

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Adult Book Club

White City Public Library Branch

Monday, February 24th
6:30pm

We will be discussing
Home
by Marilynne Robinson

Copies available
at the front desk

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Adult Book Club

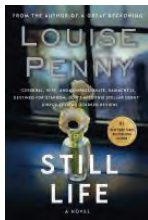
White City Public Library Branch

Thursday, February 27th
11:00am

We will be discussing
Still Life
by Louise Penny

Copies available
at the front desk

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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 Feb. 17, 2025 for Family Day

Visit us – [f](#) White City Public Library Branch [t](#) WhiteCityLib
FEBRUARY 2025 PROGRAM & EVENTS CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					February Contest: Guess how many Chocolate Kisses in the jar. Must have a library card to enter.	1 Saskatchewan Indigenous Storytelling Month Begins
2	3	4	5 EAL Language Circle for Newcomers 6:00pm	6 Makerspace kits this Month: Glow-in-the-dark Mini Golf and Button Maker	7 Preschool Storytime 10:00am Drop-in	8 Glow-in-the-dark Mini golf 10am-2pm Drop-in
9	10	11 Teen/Adult Diamond Art Painting 6:30pm Please register	12 EAL Language Circle for Newcomers 6:00pm	13	14 Preschool Storytime 10:00am Drop-in	15 Glow-in-the-dark Mini golf 10am-2pm Drop-in
16	17 Closed for Family Day	18	19 Button Maker 1:30pm Drop-in	20 Family Board Games 1:30 pm Drop-in	21 Stay & Play 10:00am LEGO Building 1:30pm	22 Glow-in-the-dark Mini golf 10am-2pm Drop-in
23 Freedom to Read Week: Feb 23-Mar 1	24 Adult Book Club 6:30pm Home by Marilynne Robinson	25	26 EAL Language Circle for Newcomers 6:00pm	27 Adult book Club 11:00am Still Life by Louise Penny	28 Preschool Storytime 10:00am Drop-in Last Day of Contest	

CHILDREN'S PROGRAMS

Preschool Storytime
Fridays @ 10:00 AM
February 7, 14, 28

A Drop-in program for children 0-5 years and their caregiver. Join Gail for stories, rhymes and crafts.

Makerspace kits this month

Button Maker and Glow-in-the-Dark Mini Golf.

Family Board Games

Thursday, Feb 20th at 1:30pm
Bring a favorite table game or enjoy one of the library games.
A drop-in program.

ADULT PROGRAMS

Adult Book Clubs
Monday, Feb 24th @ 6:30pm
Home by Marilynne Robinson
Copies available for pick up at the library
Thursday, Feb 27th @ 11:00am
Still Life by Louise Penny

Diamond Art Painting

Tuesday, Feb 11th @ 6:30pm
Come try a relaxing beautiful new hobby. Kit and all materials are provided.

This is an adult/teen program. Please register early. Space is limited.

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

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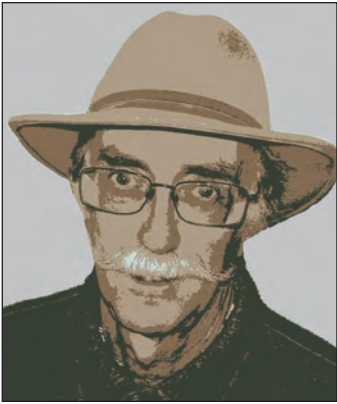
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Off the Beaten Track

- By John Panter

A couple of months ago I received a telephone call from an "investigator" who was investigating a complaint made by someone against someone else about something. I was invited down to "headquarters" (the R.M. of Edenwold offices) for an interview. Speculating that an invitation to come down to "headquarters" without legal counsel might not end well, I inquired as to the nature of the "complaint". I was assured that, whatever it was, neither the "complaint" nor the investigation was about me.

So instead, I invited the "investigator" to come to my own "headquarters" (chez Panter) where I would put on the coffee pot and see if I could help with the "investigation." Eventually, two private gumshoes arrived at my door, were invited in, and we sat down around the kitchen table.

The scope of my potential testimony was to be limited to recollections about an R.M. council meeting held on September 24th, 2024. I declined the two investigators' request to sign a non-disclosure agreement on the grounds that, if I signed an NDA just because someone asked me to sign one,

I might miss out on something interesting to write about. Instead, I retrieved my Off the Beaten Track note-book and proceeded to relate my observations of that meeting. It should be noted that there were no blood-spatter marks on that day's notes, so I concluded that the issue must be something more sedate than mayhem.

After an hour or so the two shamuses left, thanking me for my "testimony", such as it was, and leaving me in the dark as to just what the dickens was going on. So I ponied up twenty bucks, filed a Freedom of Information request, and waited for further developments.

I was soon advised that my request for information was being denied on the grounds that compliance "could interfere with a lawful investigation." I then asked if compliance with the FOI might come after the "investigation" is completed. I have been assured by the R.M.'s new CAO that it will, for which I am grateful.

Less happily, however, we learn that the "investigation" to date has cost local ratepayers \$35,000 (plus tax), and is ongoing. Money well spent? We shall see.

I sometimes jokingly say that I go to council meetings because I have no life and no friends. This isn't entirely true. I have a friend. Nevertheless, a proclivity for wanting to know what goes on in municipal councils has had me attending

council meetings over the past 30 years in approximately 40 municipalities in two provinces, from Canada's largest, Toronto, to Ontario's smallest incorporated municipality, Sturgeon Point, population 93. Trust me, I've seen it all.

Council meetings aren't supposed to be watercress sandwich and bent pinkie tea parties. They're supposed to be a forum for vigorous debate, where the interests of the ratepayers come first. I've seen them get a bit rowdy. The September 24th R.M. meeting certainly wasn't one of those. And if any proof is needed, I have a tape recording of that meeting.

BTW...an update to my January column: The "press" table has been restored to the R.M. council chamber. Tip of the hat to Reeve Trainor and new CAO Shauna Bzdel.

**Call me if you disagree.
569-2345 or emeraldcity158@gmail.com**



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Diamond Art Painting
 White City Public Library Branch
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An Adult/Teen program.

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GREENALL Update GRIFFINS

@greenallschool Greenall High School

2025

January Update

UPCOMING DATES:

- Jan.31- Non-Student Day
- Feb. 3rd-First Day Semester 2
- Feb. 4th-Report Cards are Posted
- Feb. 6th- Parent Meetings
6PM-Gr 11
7:15 PM-Gr 9/10
- Feb. 10-Course Registrations Due
- Feb. 11-Greenall Hosts Dwayne Peace (see next pg)

Parent Presentation from PVSD

Prairie Valley School Division is pleased to welcome Madison Cameron from the Centre for Trauma Informed Practices for two special presentations for parents and caregivers. All Prairie Valley families with students of any age who might use electronic devices or social media are invited. These parent/guardian-focused sessions will take place on February 10 and 11 at 7:00 p.m. The February 10 session is being offered in person and virtually at Bert Fox Community High School while the February 11 session is being offered virtually. There is no cost to attend either session. Further details will be made available through Prairie Valley schools.



Greenall Hosts 1st Annual Pink Tournament

Greenall Girls Basketball is pleased to host the first annual Pink Tournament to raise money for Cancer. The Tournament runs Jan. 17-18 with exciting basketball action as well a raffle prizes and fun “half-time” games to fundraise for this worthy cause. Please come out to cheer on Greenall and show your support.

Rethinking SOCIAL MEDIA

Date: February 10 (in person and virtual) and 11 (virtual only)
Presentation Time: 7:00 p.m.
Where: Bert Fox Community High School



A time for parents and caregivers to better understand how youth use and perceive social media and the ways you can strengthen connections with your child.

Madison Cameron
Youth Specialist
Center for Trauma Informed Practices

Greenall Parents: Check your EDSBY on Feb. 10th for the link to the presentation.

P	Mon. Jan. 27	Tues. Jan. 28	Wed. Jan. 29	Thurs. Jan. 30
1	PERIOD 1 EXAM	PERIOD 3 EXAM	PERIOD 6 EXAM	PERIOD 2 EXAM
2				
3				
4	LUNCH			
5	5th Period, classes as usual.	PERIOD 5 EXAM	Project Completion PAA	Credit Recovery Time
6	6th Period, classes as usual.		Presentation Based Assessments Credit Recovery Time	

All Gr. 9 Students will follow their regular schedule, not the exam schedule.



**Dwayne Peace presents
to Parents & caregivers to
assist youth to make
better choices.**

JOIN US:

Greenall High Library
Feb. 11th @ 7PM



Author of
**Parenting with
Eyes Wide Open**

"Don't attend this for yourself. Do it for your children and be amazed at what you did not know.

As insightful a parent I believed I was, Dwayne helped me to discover gaps in my approach.

It is a 'can't miss' opportunity for one to right the ship.

Every parent should come to this session".

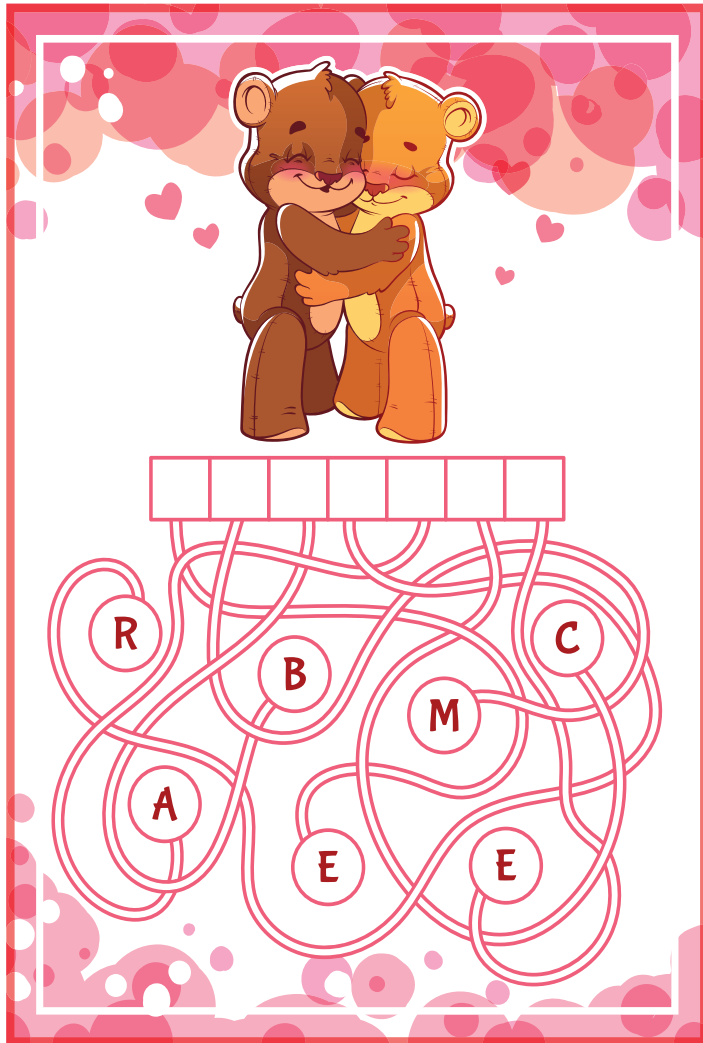
~ Parent



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Kids Corner



VALENTINE'S DAY

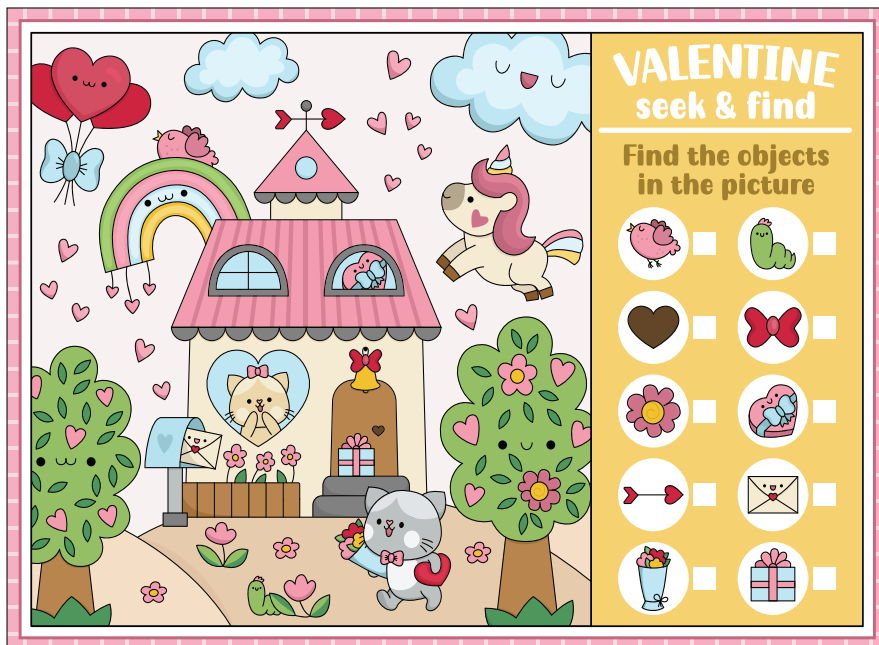
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 E F Y D H E A R T D S P D Q
 P R T X R H V J Z U S F E K

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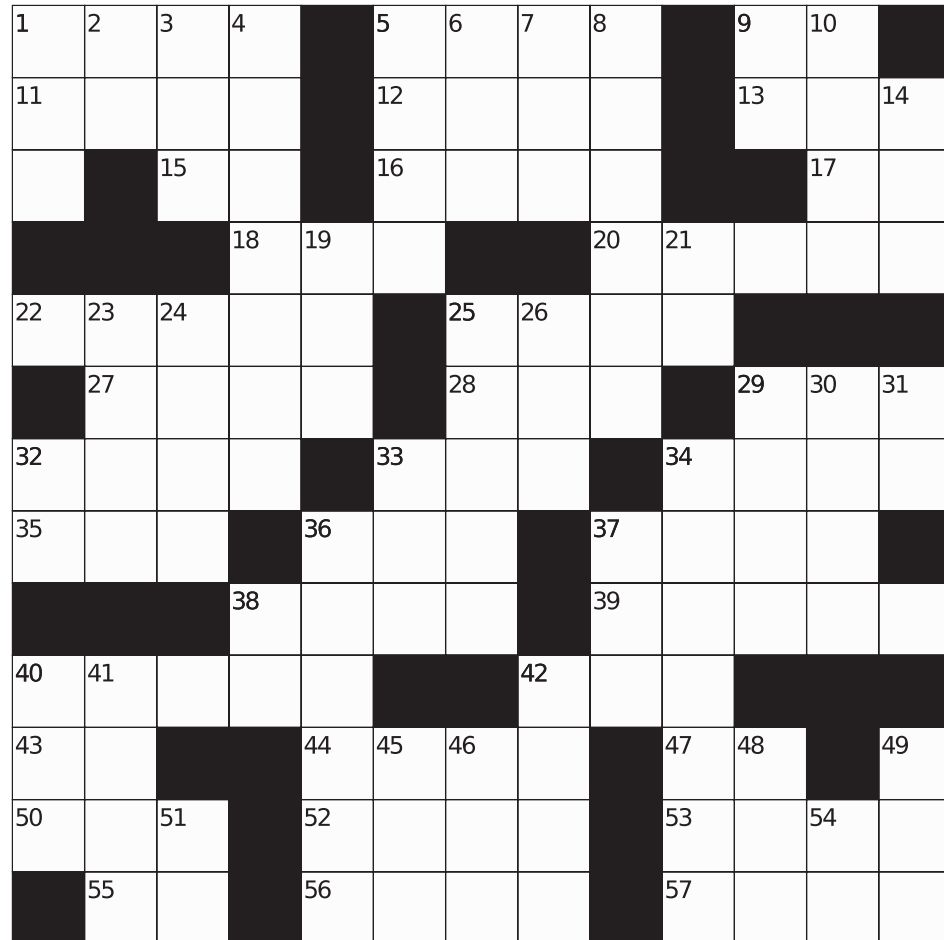
Diversions

ACROSS

1. Capital of Norway
5. University head
9. Similar to
11. Wool fibre
12. Tennis star, - Natase
13. Cattle low
15. The ratio between circumference and diameter
16. African river
17. Prefix meaning not
18. Examine thoroughly
20. Wild Asian dog
22. Skewered meat portions
25. You
27. Action word
28. Evil
29. In favour of
32. Refuse
33. Cooking implement
34. Republic in SW Asia
35. W.A. river
36. Decade
37. Amphibian
38. Blue-gray
39. Soother
40. Suspension of breathing
42. Soldiers
43. Depart
44. Ore deposit
47. Providing
50. Even (poet.)
52. Funeral notice
53. Opera solo
55. In the direction of
56. Motion picture
57. Proboscis

DOWN

1. Yoko -
2. Therefore
3. Mouth part
4. Shaped like an olive
5. Dent
6. Biblical high priest
7. Sicken
8. Required
9. Part of the verb "to be"
10. Dirt
14. Monad
19. Wane
21. Masculine pronoun
23. Always



24. Curve
25. Choice steak (1-4)
26. Headwear
29. Things in favour of something
30. Storm
31. Not off
32. Perform
33. Legume
34. Inhabitant of Iran
36. Aztec god of rain
37. A charge
38. To exist
40. Mature
41. Bard
42. Measure out
45. Japanese sash
46. Racket
48. To and -
49. Actress, - West
51. Negative
54. Part of the verb to be

SOLUTION:

O	S	L	O		D	E	A	N		A	S	
N	O	I	L		I	L	I	E		M	O	O
O		P	I		N	I	L	E			I	N
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	V	E	R	B		B	A	D		P	R	O
D	E	N	Y		P	O	T		I	R	A	N
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	T	O		C	I	N	E		N	O	S	E

FEBRUARY 2025

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

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

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

Please email: shannon@westernlitho.ca

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	EMERALD PARK Garbage WHITE CITY Recycling	EMERALD PARK Recycling	EMERALD PARK Composting Preschool Storytime 10am	8
9	10	11	EMERALD PARK & WHITE CITY Garbage		VALENTINE'S DAY Preschool Storytime 10am	15
16	17 FAMILY DAY	18	EMERALD PARK Garbage WHITE CITY Recycling	EMERALD PARK Recycling	21	22
23	24	25 WHITE CITY Composting	EMERALD PARK & WHITE CITY Garbage		Preschool Storytime 10am	28

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