

White City & Emerald Park

DECEMBER EDITION, 2023

Community Newsletter



National Music Centre
Music Therapy Initiative

National Music Centre Expands Music Therapy Initiative to Transform Lives Across the Prairies

Emerging national initiative made possible with support from Jim Pattison Foundation

(Calgary, AB — November 21, 2023) National Music Centre (NMC) is thrilled to announce the expansion of its Music Therapy Initiative, thanks to the generous support of Jim Pattison. After making an impact in Alberta, this emerging national initiative will now bring the healing power of music therapy to individuals and families across Sas-

katchewan, starting with a partnership with Ranch Ehrlo Society in Regina. "We appreciate the opportunity to support this Music Therapy Initiative to people in the Prairies in Alberta and Saskatchewan," said Jim Pattison, founder of the Jim Pattison Foundation. Music therapy, a specialized practice that uses music as its primary inter-

vention, has been at the forefront of transformative healthcare for years. NMC, in collaboration with JB Music Therapy, has been a trailblazer in advancing music therapy programs, harnessing the therapeutic potential of music to empower individuals facing various physical and mental health challenges. Since 2018, NMC has part-

nered with JB Music Therapy and Calgary Health Trust to support the music therapy programs at Foothills Medical Centre and South Health Campus and, in 2023, expanded to include Peter Lougheed Centre and Rockyview General Hospital. These programs have improved care for a range of patients in Calgary, including those in inten-

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National Music Centre Expands Music Therapy Initiative to Transform Lives Across the Prairies

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sive care, palliative care, as well as stroke, brain injury, Parkinson's disease, and dementia patients receiving neurorehabilitation. NMC has also offered on-site music therapy programs at Studio Bell to bring the power of music therapy out of a clinical setting and into the community.

Earlier this year, NMC announced another new partnership with the 'Naskawahamâtowin - Let's all share in the music' project, a collaboration between

Kehewin Native Dance Theatre and non-profit Make Music Matter to offer innovative mental health support for Indigenous youth in Central Alberta.

To help build NMC's Music Therapy Initiative nationally, the Jim Pattison Foundation has generously pledged to match every dollar raised. This matching agreement will not only increase the impact of music therapy in Saskatchewan, but also create opportunities for music

therapists. NMC is actively seeking more partnerships with healthcare providers, community organizations, and educational institutions in Saskatchewan, and across the Prairies.

"This is another example of how National Music Centre is growing beyond the walls of Studio Bell and bringing the healing power of music to more people," said Andrew Mosker, President & CEO of National Music Centre. "NMC believes in the power of music to transform lives and help alleviate many of the challenges of modern life. Our national expansion is a testament to our commitment to making music therapy accessible to all, and we are deeply grateful to the Jim Pattison Foundation for its generous support in making this vision a reality, and Ranch Ehrlo Society for partnering with us to further music therapy accessibility."

"Music Therapists bring a specialized expertise that ensures individuals within organizations connect with, understand, and benefit from the therapeutic nuances of music," said Jennifer Buchanan, Founder of JB Music Therapy. "When words are not enough, let music start the conversation."

Ranch Ehrlo Society, a leading provider of child and family programs, will be the first site to launch this transformative program. "We are honoured to partner with NMC and JB Music Therapy to expand our music therapy programs," said David Rivers, vice-president of clinical and family services. "This will make a profound difference in the lives of the young people and families

we serve.

NMC's Music Therapy Initiative aims to increase accessibility to music therapy, create job opportunities for music therapists, forge strong partnerships with healthcare providers and communities, and elevate awareness of the therapeutic potential of music.

As part of this expansion, NMC plans to extend its music therapy services to additional sites in Saskatchewan and other parts of Canada in the coming years, ensuring that even more individuals have access to the healing power of music.

Individuals and organizations interested in supporting this initiative can get involved by donating or spreading the word about the profound impact of music therapy. For more information on NMC's Music Therapy Initiative, please visit studiobell.ca/nmc-music-therapy-initiative.

About National Music Centre | Centre National de Musique

The National Music Centre (NMC) has a mission to amplify the love, sharing, and understanding of music. It is preserving and celebrating Canada's music story inside its home at Studio Bell in the heart of the East Village in Mohkinstis (Calgary) on Treaty 7 territory. NMC is the home to four Canadian music halls of fame, including the Canadian Music Hall of Fame, the Canadian Country Music Hall of Fame, the Canadian Songwriters Hall of Fame, and Quebec's ADISQ Hall of Fame. Featuring musical instruments, artifacts, recording equipment, and memorabilia, the NMC Collection spans

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Why winter may be the perfect time to give back



While many of us look forward to holiday parties, festive meals and time with family, for some, the cold, dark days can be a little depressing, especially for Canadians experiencing food insecurity. Giving back to those in need can help beat those winter blues.

With the increased cost of living, giving back may look a bit different this year. A no-cost option is to volunteer your time. You can help sort supplies at a local food bank, dish out meals at a soup kitchen, organize a clothing drive or spend time at a retirement home.

With rising inflation and interest rates, food insecurity is a growing concern for many Canadians. In fact, in 2021, nearly six million of us lived in a food-insecure home. Winter is especially hard because gardens are

buried under snow, and much of the fresh produce we consume at this time of year is pricey imports.

The situation is even more severe in many Indigenous communities. Almost a third of Indigenous people who live off-reservation and nearly half who live on-reservation do not have access to affordable, healthy food.

But there are organizations like Canadian Feed The Children who provide food support, as well as income and educational opportunities, for families in five different countries including 30 Indigenous communities across Canada.

Learn more about how you can help feed children and give back to families worldwide at canadian-feedthechildren.ca.

www.newscanada.com



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!

Do you have extra bottles and cans taking up space in your garage?

Learn how you can help us fundraise!

The funds from your donation at SARCAN will be used for our school's Learning Improvement Plan initiatives. Check out the ERES Facebook page for more details:

www.facebook.com/EMRidge

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: RESCommunityCouncil@gmail.com

Important Dates:

- **Dec 13** – ERES / EWCS band concert @ 7pm @ ERES
- **Dec 19** – K-4 Winter Celebration Concert; 1pm and 7pm
- **Dec 21** – Last day before Winter Break
- **Jan 4** – Classes resume



2-in-1 holiday dinner: Easy to make and anti-inflammatory

Want a simple, tasty recipe? Look no further than this protein-packed, flaxseed-crusting salmon.

Flaxseeds and salmon are two of the most nutrient-dense foods out there. Both contain an abundance of omega-3 fatty acids, which can help decrease inflammation if you live with a chronic condition like arthritis.

Enjoy this recipe with a side of your favourite veggies for a nutritious and delicious holiday meal.

Flaxseed-Crusted Salmon

Prep time: 10 minutes

Cook Time: 12-15 min

Makes: 4 servings

Ingredients:

4 tbsp (60 ml) soy-sauce substitute (such as tamari sauce or liquid aminos)

1½ tbsp (2-3ml) garlic paste

1 lemon, juiced

1 tbsp (15 ml) Dijon mustard

2 tbsp (30 ml) extra virgin olive oil

Salt and black pepper to taste

4 salmon fillets, about 4 oz each

Flaxseed crust

¼ cup (60 ml) quinoa flakes

¼ cup (60 ml) whole flaxseeds

1 tbsp (15 ml) parsley, dried

1 tbsp (15 ml) oregano, dried

Directions:

1. In a medium bowl, combine soy-sauce substitute, garlic paste, lemon juice, mustard, olive oil, salt and pepper. Place salmon in the bowl and coat well with the mix. Cover with plastic wrap and refrigerate for up to 1 hour.
2. In a shallow bowl, mix the quinoa flakes, flaxseeds, parsley and oregano.
3. Preheat oven to 425°F (220°C). Prepare a baking sheet with non-stick foil.
4. Transfer the salmon fillet to the dry mixture. Gently press the salmon on all sides over the crumbs, so it sticks well.
5. Arrange salmon fillets on the baking tray. Bake for about 12-15 minutes, or until the fish flakes easily with a fork.
6. If you want a crispier crust, use the oven's broiler on high for 1-2 minutes to crisp the top slightly.
7. Serve with a salad and garnish with lemon wedges.

Find more anti-inflammatory recipes at arthritis.ca.

www.newscanada.com



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Downsizing Tips When Your Ageing Loved Ones Are Giving You Push Back



In the later stages of life, seniors often find themselves facing the daunting task of downsizing, a process that can be emotionally charged and challenging. Recognizing the difficulty of this transition, I offer practical tips and compassionate guidance for families supporting their seniors through this journey. Downsizing is a terrifying transition for most seniors, but it doesn't have to be if you approach it with compassion and empathy. Sometimes the thought of moving is too much to handle and the conversation just stops in a fight or flight response. Try doing little steps before to help ease the move.

□ Decluttering a house that someone has lived in for 30+ years can take a full year. Take small steps, lots of breaks, and let your loved one make the decisions. Downsizing is more than just sorting through possessions; it's a process of parting with memories and attachments. Approach decluttering with empathy, encouraging your loved one to share stories associated with items and helping them decide what truly matters. Your job is to do the heavy lifting, keep on them on task, sort, and edit.

□ Staying independent could be a safety issue, so do a walk-through of the home and discuss what can be done to retrofit the layout so they can safely be mobile. Helping them keep up the house is also crucial so they don't start to lose equity in their property. Simple changes like adding grab bars, ramps, or handrails can significantly enhance safety and comfort. Another common change is to get the laundry room upstairs so they don't have to navigate the basement.

□ As we age, maintaining a home can become physically demanding. Help your senior loved one stay ahead of maintenance tasks, ensuring that their living space

remains a safe and comfortable haven. You want to ensure that all the equity that has been built into that property is kept through regular maintenance and spending on upgrades to the big three: windows, shingles, and furnace.

□ Do the research of what options are out there, what the costs will be, and what timelines are like to take off the brunt of the load. Thoroughly investigate housing options that align with your loved one's needs and preferences. From independent living communities to assisted care facilities, understanding the available choices will empower both you and your senior family member to make informed decisions. This is usually the biggest objection that I hear about because there is so much involved in finding out what they can afford and sifting through the options is incredibly overwhelming.

□ Automate as much as possible like bills, cleaning, driving service, outdoor snow removal, lighting, security, home care, etc. Anywhere you can alleviate stress, the better!

□ Creating a plan that isn't rushed can put your loved one at ease so when the time comes (whether they are ready or not) they will feel confident in what is happening with their belongings and home. Ensure their wills are also updated, executors of their estate are selected, and their final wishes are clearly communicated well before the time comes.

Recognize that the downsizing process can be overwhelming, and seniors may resist change. Be the driving force behind the logistics, researching potential new homes, and handling the necessary paperwork. This proactive approach can alleviate stress and facilitate a smoother transition.

Give me a follow on Instagram as dedicated resource for families facing the challenges of downsizing, offers a supportive hand throughout this journey @jessicadunnyqr. I specialize in helping seniors and their families navigate the emotional and practical aspects of moving to a more suitable living situation. Jessica and her team are committed to making the downsizing process as seamless and stress-free as possible for seniors and their loved ones.

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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Regina, SK. | S4L 0A9
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How to create a holiday budget you will stick to



The holidays are supposed to be the most wonderful time of the year. But worrying about your finances can put a damper on the joy, particularly if you're stressing out about looming bill payments that will be due early in the New Year. Here are six ways to create a holiday budget you'll stick to.

Create individual spending plans

The only way to effectively stay on track with your budget is to create one in the first place. Start by making a list of everyone you'd like to buy a gift for. Then, think about any other holiday-related expenses, such as cocktail parties and travel. Figure out how much you can actually afford to spend and pare back as necessary.

Propose a gifting group

Rather than buying individual gifts for all your friends, colleagues and family members, why not encourage each group to hold a Secret Santa gift exchange? That way you cut down on the number of gifts everyone needs to buy – and the stress of finding the perfect item for everyone on your list.

Plan a potluck

Going out for dinner and/or drinks with multiple different groups of people can quickly break the bank. Cut back on costs by hosting a potluck and asking everyone to bring their favourite dish and beverage. Ideally, you can make this an annual tradition with hosting duties rotating through the group.

Take advantage of sales

You don't have to wait until Boxing Day to get the best deals. Today, most retailers offer steep discounts on purchases well before the holidays actually roll around. There are also two big sales events that have become mini celebrations of their own: Black Friday and Cyber Monday.

Get crafty

Whether your hobby is knitting, baking or arranging flowers, a homemade gift is one that comes from the heart. It can also save you some money over store-bought gifts.

Consider creating gifts that tie into the season, such as decorations that can be used year after year, or some tasty holiday cookies.

Book early

If you're going to be travelling for the holidays, it's best to book any flights or accommodations as soon as you can. Not only will you avoid missing out, prices for flights and hotels generally rise the closer to the date of departure.

Learn more about how to create and stick to a budget, year-round, at abcmoneymatters.ca.

www.newscanada.com

3 items your family and friends won't want to re-gift

Even when re-gifting is something many people do - whether they admit it or not - it can hurt to think your gift wasn't wanted by the recipient and was instead passed along to someone else. But you don't have to worry with these three strategies for outstanding gift giving every time.

The perfectly practical

With budgets tight and the cost of living high, there's nothing like getting a break on practical purchases that take a regular chunk out of your wallet. Ask your family and friends what they need this year and tell them you're good for it. Think about their lifestyle and what makes a difference. If they have a draining commute to work or school, a gas card will be appreciated. If they work outdoors, give them a nice pair of warm socks. Treat coffee lovers to a break at their local café.

The enticing activity

Perfect for a minimalist who despises clutter or an adventurer looking for something new, turning any gift into an activity or event is a great way to treat the recipient to something fun

and spend some quality time together – plus it can't be re-gifted. There's everything from tickets to a concert or sporting event to activities like rock climbing. Learning together in a cooking class can be fun too. You can also think further outside the box – and maybe closer in line with a budget – and create your own experience for them by offering to cook their favourite meal.

The kind causes

Donating to a worthy cause on behalf of someone else is always a meaningful gift, and it won't require the recipient to do anything or store anything at home. A source like the World Vision gift catalogue is filled with various options that can give them the warm fuzzies of knowing their gift goes to help the world's most vulnerable children. Many of these gifts will be multiplied by governments and corporations to total up to seven times the amount of your gift. No re-gifting in sight.

More information about the catalogue is available at worldvision.ca/gift.

www.newscanada.com

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over 450 years of music history and innovation. A registered charity with programs that include exhibitions, artist development, performance, and education, NMC is inspiring a new generation of music lovers. For more information about NMC's onsite activities, please visit studiobell.ca. To check out the NMC experience online, including video-on-demand performances, made-in-Canada stories, and highly entertaining educational content, visit amplify.nmc.ca.

About JB Music Therapy

JB Music Therapy is a music therapy consulting company and private practice founded in Calgary, Alberta. For over three decades, JB Music Therapy has helped thousands of people through the power of music. Their dedicated team of certified music therapists provides clinical, evidence-based music therapy services. For more information, visit jbmusictherapy.com.

About Ranch Ehrlo Society

Ranch Ehrlo Society, a non-profit, was founded by the late Dr. Geoff Pawson in 1966. It started as a single home for six boys with significant complex needs and grew to a multi-service agency delivering a wide range of accredited mental health and developmental services delivered in southern Saskatchewan and in and around Saskatoon and Prince Albert. Its services include assessment and psychotherapy for members of the broader community, family treatment and reunification, early learning, counselling, emergency receiving, specialized foster care, affordable housing, group care treatment and education for children and youth with mental health, behavioural, and addictions needs, and group care and vocational services for older adolescents and adults with pervasive and complex developmental disorders, and community recreation and sports programs for at-risk youth. For more information, visit ehrlo.com.



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 December 24 to January 2, 2024

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DECEMBER 2023 PROGRAM & EVENTS CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1 	2 	3 	4 	5 	6 Preschool Storytime 10:00AM	7 Brick Stories 10AM-3PM	
8 Brick Stories 10AM-3PM	9 Teen/Adult Paper Quilling Snowflakes 6:30PM	10	11	12 Light Therapy available for morning use	13 Preschool Storytime 10:00AM	14 Cubelets 10am-2pm Drop-in	
15	16 LEGO Club 5:30 PM	17	18 Light Therapy available for morning use	19 Preschool Storytime 10:00AM	20 Cubelets 10am-2pm Drop-in	21	
22	23	24	25	26	27	28	
29	30	Closed Dec 24 to Jan 2 (incl). Open Jan 3rd.					LAST OPEN DAY



CHILDREN'S PROGRAMS

Preschool Storytime Drop-in

Fridays @ 10:00 AM
 December 1, 8, 15
 For children 0-5years and their caregiver.
 Join Gail for stories, rhymes and crafts.
 December 15th will be our Christmas party. Parents are welcome to bring snacks.

Makerspace kits this Month

Cubelets and Light Therapy. Please note program times. These kits are also available for drop-in use until December 20th.
 Light therapy is recommended for morning use.

ADULT PROGRAMS

Paper Quilling—Snowflakes

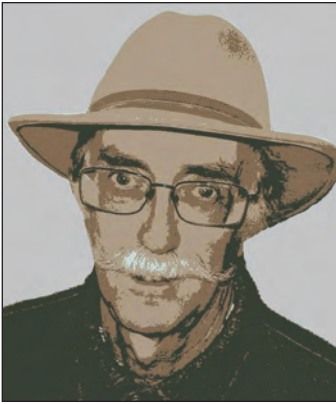
Monday, December 4th @ 6:30 PM
 Suitable for Teens/Adults
 Please register to attend.

Family Programs

Brick Stories with Saskatchewan LEGO Users Group (SLUG)
 December 2 & 3 10:00AM to 3:00PM
 Join us for some creative story telling with the magic of "The Brick"! Admission by donation. Prizes to be won. LEGO for sale on site.

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

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Off the Beaten Track

- By John Panter

The RM of Edenwold has a new Reeve, Al Trainor, formerly the councillor for Division Three. A total of 773 ballots (four spoiled) were cast in the recent election, about 17 percent of eligible voters, not great, but a marked improvement from the last time there was a contested election for Reeve. That time, voter turn-out was low (7 percent) because, on election day, electors were off on the annual Fall buffalo hunt.

If anything made a difference in voter turn-out this time around it was that the two candidates engaged in what would, in other municipalities, be called an Election Campaign, complete with signs, campaign fliers, door-knocking etc. In other words actually trying to get elected. Before now an election campaign started and ended with filing nomination papers at the RM office.

So, while the turn-out at the polls still wasn't great, it's trending in the right direction. And looking on the bright side, the right to complain about Council decisions is now the sole prerogative of those of us who did vote.

Mr. Trainor's first challenge will be to resolve the composting facility issue which doesn't have much (or any)

support from within the community, and rumour has it that Pilot Butte, the facility's closest neighbour, has litigation lawyers on speed-dial.

The proposed operator of the composting facility, EverGen Infrastructure Corp., had made an application for a "Permit to Construct" a commercial composting facility. That permit, according to minutes of the council meeting, "is to be considered and processed as a discretionary use under (existing zoning)". Let's hope that EverGen doesn't interpret that language as a commitment to grant the discretionary use and "Permit to Construct".

According to municipal staff, at the time of filing this Off the Beaten Track column (November 20th), the "Permit to Construct" has not been issued and Council has not granted a discretionary use authorization. I suspect that they will be unlikely to do so given the mood of local residents. As unsolicited advice to the new Reeve: wait until you have a full council after the December 6th by-election to deal with the issue.

A Freedom of Information application for a copy of the "Permit to Construct" has been denied on the grounds that such a permit does not exist, confirming what the new Reeve and municipal staff have said. That's good news for all of us who thought that the proposal for this composting facility, and its location over two sensitive aquifers, was nuts. Incidentally,

Freedom of Information isn't free. Every application comes with a requirement for a \$20 down payment. But in this case it's money well spent.

"If there is no human ear to hear it, does a tree falling in the forest make a sound?" Remember when we used to debate that old chestnut back in grade nine? In a similar vein if there is no member of the public present at a White City council meeting to hear the traditional aboriginal land acknowledgment, is it still recited? I'm assuming yes, but I guess we'll never know.

Proving conclusively that I can out-woke anyone, I'll go for broke here and propose a new avenue for virtue signaling: gender identity at the start of council meetings. None of us know the

preferred gender pronouns of members of Council. Are they Mr, Mrs, Mizz or Mix? He, She, Ze or Zir? Come on guys, gals and gixes. Identify yourselves so we won't make a mis-gendering faux pas. That out of the way, you can get on to the less important Council business.

*Call me if you disagree.
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GREENALL Update GRIFFINS



@greenallschool



Greenall High School

December Update

Provincial Honour Band and Choir

Seven Griffins were selected and participated in the provincial honour band and choir in early November. Congratulations to the participants.



Musical "Freaky Friday"

Please join us for the production. 65 students and over 20 volunteers have worked tirelessly on the performance. We look forward to seeing their hard work pay off on the stage.



Law 30

Law 30 students travelled to Regina to tour the Legislative Building and attend the first day of session after the throne speech. They watched Law in action and enjoyed watching both political parties welcome guests into the assembly, and banter back and forth with one another during the question period. They met with our local MLA, Don McMorris, who is also joining us in class to discuss current issues next week!



UPCOMING DATES:

- Sr. Girls Basketball Home Tournament Dec. 15-16
- Teacher vs. Student Hockey Game Dec. 21
- Dec. 22-Jan. 3 Winter Break

Bussing Reminder

As we enter into the winter months a reminder that bus cancellation information can be found on the PVSD website at 6:15 AM and via messenger. Please check the EDSBY stream for the Inclement weather procedure. Attendance is encouraged on inclement weather days, when it is safe for students to travel. The school remains open.



That's a Wrap on Fall Sports! Congratulations on your seasons and thank you to all of our coaches.

Cross-Country Running- Mrs. King & Mr. Knoll

Golf- Mr. Vollman, Mr. Brule

Football - 5A City Champions- Mr. Lechner, Mr. Sache, Mr. Birns, Mr. Osborne, Mr. Pfeifer, Mr. Langford, Mr. Harden, Mr. Decelles, and Mr. Schick

Sr. Girls Volleyball- home Tournament Champs Mr. Fuhro, Mr. Procyshyn, Mr. Schmiedge

Sr. Girls B Volleyball- Robert Southey Tournament Champs Mr. St. Onge & Ms. Johnson

Sr. Boys Volleyball- Mr. Comfort, Ms. Kaspick, Mrs. Oswald, & Mrs. Folk

Jr. Girls Volleyball- Mr. Schimnosky & Ms. Hart

Jr. Boys Volleyball- Mr. Harvey & Mr. Gurr

3 ways to improve your well-being this winter



With shorter days and colder temperatures, winter can be tough on our mental and physical health. Here are three simple things that can help you ward off the winter blues this season.

Get outside

Even if you'd rather hibernate under a warm blanket once the weather turns frosty, there's plenty of beauty and enjoyment to be found outdoors in winter. Take a walk in the park or slide downhill in a toboggan; getting some fresh air and physical activity should help boost your mood and overall health. As the saying goes, there's no bad weather, simply bad clothing – dress according to the forecast and you'll be able to handle whatever the season throws at you.

Protect your skin

Many of us think of applying sunscreen as a key step to take in summer, but skin-damaging ultraviolet rays don't take a winter vacation. In fact, the sun's reflection off of snow on the ground can lead to sunburn pretty quickly. Even if you don't burn easily, you should still wear sunscreen daily to protect your skin against cancer. It will also help prevent signs of aging due to sun damage.

Ask for help

Taboos around the need for health support are slowly but surely falling away. Speaking with a professional healthcare provider can be liberating, help you build healthier habits and feel better about yourself. You don't need to be struggling with mental health to benefit from support. Other reasons you might ask for help include feeling stuck, navigating big life transitions and quitting smoking.

When it comes to quitting smoking, remember it's never too late. It's the best thing you can do for your health. There are many tools and supports that can make the process easier, some you likely know about and others you may not be aware of. From nicotine replacement therapy – like gums or patches – and natural health products like cytosine to social supports like coaching or counselling, some combinations can nearly triple your chances of success.

Find more information and ideas about what could work for you at canada.ca/quit-smoking.

www.newscanada.com

4 types of indoor exercises to get you moving this winter

Being inside during the winter does not have to mean being less active. Staying active is crucial for your health, improving strength, independence, energy levels, sleep, mood and reducing stress.

Here are four types of low-impact and joint-friendly exercises you can try this winter to stay active:

Endurance exercises

These are also referred to as aerobic or cardiovascular exercises. They work to increase your breathing and heart rate, resulting in improved heart and lung health, lowered blood pressure and improved overall fitness. Examples include brisk walking, stationary biking or swimming.

Strength exercises

Also known as resistance training, these movements improve muscular strength. There are many body weight strengthening exercises you can do indoors, like Pilates, yoga and tai chi. If you struggle with mobility, keeping your muscles strong can help you stay independent and make daily activities like getting in and out of bed, getting on and off the toilet, climbing stairs and grocery shopping easier.

Balance exercises

These help to prevent falls by improving stability and may involve activities that contract with how you normally walk, such as heel-to-toe walking, side stepping and single-legged standing. Balance exercises can also include exercises that focus on lower extremity strengthening such as sit-to-stand exercises. Tai chi is a gentle yet effective exercise

that helps people with arthritis improve balance.

Flexibility exercises

Also known as stretching, these exercises improve joint flexibility, allowing for a wider range of motion. This can make it easier to do daily activities like reaching down to tie your shoelaces or turning your head to check the blind spot when driving.

Joints stiffen up during the night when they're not being used. Start with gentle stretches while still lying on your back in bed (such as drawing one knee towards your chest and holding for a few seconds, then try drawing both knees towards your chest and holding for an additional few seconds) and then continue stretching while sitting on your bed (such as performing clockwise and counter-clockwise circles with your ankles and wrists) before you take your first step out of bed every morning.

With winter upon us, it's more challenging to stay active. Using indoor spaces, such as gyms, indoor swimming pools or even your living room, will help you stay active and boost your overall health and wellness.

Not all exercises are suitable for everyone. If you have arthritis or any other health concerns, consult a healthcare professional to find an exercise routine that works for you.

Looking for more information on how to begin an exercise plan and to keep going? Find Arthritis Society Canada's accessible exercise and yoga videos at arthritis.ca.

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CRISS-CROSS



Fill in the blanks with the words. To help you get started one letter is already in place.

3 letter words

- NOD
- SET

4 letter words

- AUNT
- WAVE

5 letter words

- ASSET
- AUDIO
- AWFUL
- CHEEK
- ELFIN
- NOISE
- NORMA
- PASTE
- SKEIN
- TABLA
- TOOTH
- TREND

6 letter words

- AFRICA
- AUTEUR
- BIG SUR
- EFFORT
- GANDHI
- IRIDIC
- ISLAND
- PRAGUE
- RELIEF

- SAKEEN
- SPIRAL
- WINDOW

7 letter words

- AQUIFER
- ELIXIER
- EQUINOX

1		2		3		4		5		6		7		8		9		10
11												12						
				13														
14												15						
				16														
17												18	19		20		21	
				22						23	24							
25	26		27					28										
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						35						36						
37												38			39		40	41
										42								
43		44		45		46		47						48				
						49												
50														51				
						52												
53														54				
						55												

EVENING

TRAFFIC

PASTRAMI

9 letter words

10 letter words

FULFILL

WOLF-DOG

PINE TREE

EXISTENCE

BLUEBONNET

HAWK-OWL

RESTROOM

FURNITURE

CORDONBLEU

NARRATE

8 letter words

SPIN-OFFS

HIBERNATE

11 letter words

RANKINE

ADORABLE

TOMAHAWK

INSTALLER

MOCKINGBIRD

ROBUSTA

ELEPHANT

MAULSTICK

MOUNTAINTOP

TORRENT

MAGNETIC

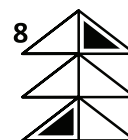
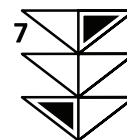
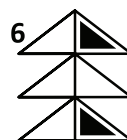
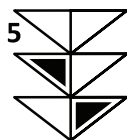
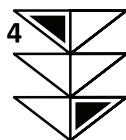
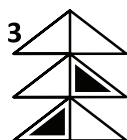
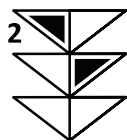
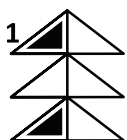
TUBEROSES



VISUAL PUZZLE



Spot the two identical graphic elements (rotation allowed).



Kids Corner

CHRISTMAS

word search puzzle

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

Words may be horizontal, vertical and diagonal.

ELF
STOCKING
WREATH
FIREPLACE

SNOW
GARLAND
EVE
TREE

HOLLY
BELL
LIGHTS
SLEIGH

CARD
CHRISTMAS
STAR
SANTA

FIND 7 DIFFERENCES



ANSWER:

Math Game

= 8
 = 2
 = 6
 = 4

+ + =

+ - =

- + =



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YOUR OPINION MATTERS TO US

I was very disappointed in the Article published in the last months issue by Anna Lippman.

Anna Lippman might have spent some time in Israel, but she has very little understanding of the history of the area and what is really going on.

In 1948 the world gave the Palestinian people a chunk of sand and gave the Jewish people a chunk of sand. The Jewish people developed a high end country on their own with out billions of dollars of aid from the world.

They were also completely surrounded by Arab countries who all hated the Jews so they had to develop major protection for themselves, which they did. They have made a country that has everything, like Canada.

They do things and invent things to help the world, they send teams of people to all parts of the world to help other countries during a disaster.

Meanwhile the Gaza Strip has made different decisions and they have chosen to spend all their money and the billions the world gives them every year on hate, they buy guns, bullets,

rockets and have made 250 miles of underground tunnels to support their hate. And their leaders steal most of the money for themselves which leaves the people with almost nothing. That is why the area has been a disaster from day one...After 75 years they have no utilities, Israel has to supply them with electricity. The currency they use is Israels, so their economy also depends on Israel.

They have chosen bad leaders and in 2005 they overwhelmingly chose Hamas Terrorists to lead their country and in a recent survey they still support what Hammas did to the Jews and still want them as their leaders. They teach their young from 2 years old to hate and kill Jews and it's even written in their text books and taught in their schools.

When you grow up with this your whole life and are taught this daily then you are going to have a hard life. Hamas wants all Jews dead and wants their land, period. The Palestinians have been offered Statehood 4 times and each time they said no. If their

Terrorist Leaders commit brutal acts that cause a war, then they will have to deal with that. That is the choice they made. You can't blame anyone else. Yes war is a horrible thing and causes huge trauma and loss of life and is a last resort.

Think about this...If Cuba shot rockets everyday into Florida killing people and having people run for their lives everyday and damaging property and then invaded Florida and murdered and tortured 1200 people and captured over 240 hostages. United States would not drop pamphlets over Cuba instructing them where to go to be safer as a war is starting. United States would drop one bomb and Cuba would cease to exist, and the world would say very little.

Written by Lindsay Brooksy.

This opinion piece does not necessarily reflect the views of Western Litho Printers nor the RM's of White City nor Emerald Park. If you disagree with this opinion, please contact him at maven@sasktel.net

2023 DECEMBER

Upcoming Events & Meetings

Committee of the Whole Meeting
December 11 - 4PM

Regular Council Meeting
December 11 - 7PM

Special Council Meeting
December 4 - 7PM

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

The Town Office
will be CLOSED for
the holidays from
Friday, December 22
at Noon until
Tuesday, January 2, 2024.



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WINTER RECREATION PROGRAMS



FREE TO BE

- Ages 10-14
- Wednesdays until Dec 13
- 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!

TWINKLE TOUR

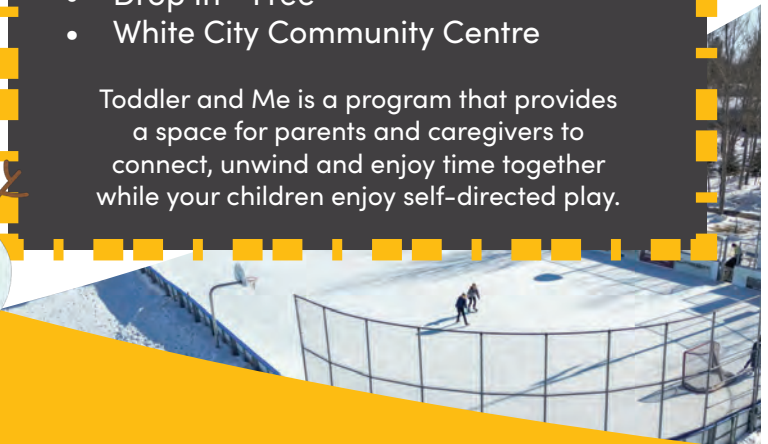
- Thursday, December 14
- 6:00 - 9:00 PM
- Free - Check our social media for more information!

The Twinkle Tour is a guided tour through White City's most festive streets! Enjoy treats, holiday lights and vote on your favourite display after the fun!

TODDLER AND ME

- Wednesdays 9:00 - 11:00 AM
- November 1 - December 20
- Drop In - Free
- White City Community Centre

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How to stick to your new year's resolution this year

Seeing any New Year's resolution through to completion is tough for many of us, but it's a good way to push yourself towards important goals.

Whatever your resolution is this year, here are a few tips to help you stay on track:

Make a plan

Creating a realistic step-by-step action plan makes it easier to pursue your goal when the going gets tough. If you're quitting smoking, for example, decide on the date of your last cigarette and choose tools and

methods to manage cravings. Include your reasons for quitting to come back to for motivation. Plan out how you'll avoid situations that will make you want to smoke again and come up with ideas of what you'll do instead of reaching for a cigarette – maybe brushing your teeth or going for a brisk walk – so you don't have to come up with an alternative action on the spot.

Ask for accountability and support

Tell someone about your goal and how you plan to achieve it. If you want to work out more often, you can enlist a gym buddy or send them a photo of every session you complete. If you're quitting cigarettes, you can ask someone to remind you why you're stopping or to help distract

you from cravings.

Having someone to cheer you on and be proud of your accomplishments can go a long way to help you move any goal along. This support might look different for everyone. It could come from a friend, family member or a health professional like a counsellor or quit coach.

Try multiple methods

There probably isn't one right way to achieve your goal, so why not try a few strategies at once? A combination of tools and support is actually proven to increase the chances of quitting smoking for good. Health Canada says quit aids like nicotine replacement gum and/or prescription medication alongside counselling can double your chances of triumph.

Know that every step is

a success

If you're like most people, you may not be able to stick to your resolution without a few hiccups the first time you try. But every step you take towards your goal is more experience under your belt and something worth being proud of. Learn from your slip ups to plan your next attempt.

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 in communities across the country. You can find more information and advice from real people and their success stories at canada.ca/quit-smoking.

www.newscanada.com

DECEMBER 2023

The next issue of the
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will be distributed the
first week of January.

All copy **MUST** be submitted
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Everyone is welcome to put
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			CASA ROSA/JAMESON ESTATES Garbage pick up every Tuesday Recycling pick up every Thursday		EMERALD PARK Composting Preschool Storytime 10:00am 1	2
	3 Special Council Meeting - 7 PM	4 WHITE CITY Composting	5 EMERALD PARK & WHITE CITY Garbage		7 Preschool Storytime 10:00am	8 9
	10 Committee of the Whole Meeting - 4 PM Regular Council Meeting - 7 PM	11	12 EMERALD PARK Garbage WHITE CITY Recycling	14 EMERALD PARK Recycling Twinkle Tour - 6pm	15 Preschool Storytime 10:00am	16
	17	18	19 EMERALD PARK & WHITE CITY Garbage	21	22	23
24 NEW YEAR'S EVE	25 CHRISTMAS DAY	26 BOXING DAY	27 EMERALD PARK Garbage WHITE CITY Recycling	28 EMERALD PARK Recycling	29	30
31						

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