

White City & Emerald Park

MARCH EDITION, 2023

Community Newsletter



The public health measure that may not occur to you

By now, most of us are probably familiar with some of the basic steps we can take to help us stay healthy. For example, singing the birthday song, twice-over, to help make sure we've washed our hands for long enough, wearing a well-fitting mask in crowded indoor places and to cover our coughs and sneezes with the crook of our arm, not our hands. And of course, to stay home if we feel sick.

But there's something else you can do that might not be top of mind, and that's improving indoor ventilation.

Good indoor ventilation

can help reduce the spread of respiratory viruses like COVID-19, RSV and the flu. These viruses spread from one infected person to others through infectious particles released into the air. Good ventilation helps to reduce the levels of potentially infectious particles in the air, by replacing indoor air with outside air, which is especially important when you're with people from outside your immediate household.

Simply put: the better ventilated a space, the less likely you are to breathe in infectious particles that can make you sick.

But what can we do to

improve ventilation at home in colder weather, when gatherings are often inside?

There are plenty of small steps that can make a surprisingly big difference:

- Open windows and doors whenever possible, even if it's cold or wet outside. A few minutes of outdoor air can help.
- Run a kitchen or bathroom exhaust fan continuously at low speed and open a window - even if it's in a different room - to provide replacement air.
- Consider using an air purifier with a high-efficiency air filter (known as a HEPA filter), that is

properly sized for the room.

- Regularly clean or replace filters in your heating, ventilation and air conditioning (HVAC) system. If your home has a heat recovery ventilator (HRV) or energy recovery ventilator (ERV), run it continuously.

These steps may seem basic but they can affect the overall air quality in your home, especially when you're hosting family and friends.

Find more information on ways to improve ventilation at canada.ca/respiratory-viruses.

www.newscanada.com

Find The White City - Emerald Park Newsletter online at the Town of White City and RM of Edenwold websites

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Group of Companies

Where to find agricultural support in one place

Some people are born into farming, and some discover it as a passion. While it can be incredibly satisfying, it's certainly not easy to manage the day in and day out stressors of agricultural life – from animal or crop care, land management, regular maintenance, and financial planning and management.

However, it's becoming easier to find services and tools to help lighten the load. The AgPal tool from Agriculture and Agri-Food Canada has been revamped as an easy to use, one-stop-shop website for information and resources on just about anything and everything agriculture-related.

You can get immediate information on everything from financing options, funding and grants, sus-

tainability practices and market intelligence, as well as resources for young or new farmers and relevant support for mental health, among other interesting areas.

The information is from various sources including federal, provincial and territorial governments as well as research from universities and colleges.

The site is kept up to date with relevant, timely content - especially helpful when it comes to financial assistance. For ease of use, you can also search with filters such as region, client type, commodity, topic, service or category.

Find more information on the updated site at agpal.ca.

www.newscanada.com



How to get a handle on agricultural finances

Farming is a tough business. Balancing the books and staying profitable can be challenging, especially during a year with bad weather, a disease outbreak or staffing shortages. Fortunately, there are support services that can help if you're a farmer who is having trouble with finances or debt.

Farm Debt Mediation Service (FDMS) is a free federal service that offers financial counselling and mediation services. The voluntary, confidential and private service is made for farmers who can't pay or stopped paying their current debt, or who couldn't cover that debt with the sale of their property.

One way the service can work is by assigning a finan-

cial consultant and a mediator to work with farmers. The consultant will meet with you to better understand your debt and help develop a recovery plan. The mediator will bring you and your creditor(s) together in a neutral space to help find an acceptable repayment agreement, which is a more affordable option than trying to settle financial disputes in court.

If you're a farmer having a difficult time with your finances, look into how this service might help you return to your regular business sooner and with more confidence. Find out more at agriculture.canada.ca/fdms.

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This is not your grandma's oatmeal



This simple treat can serve as a tasty breakfast bite or healthy snack throughout the day. It also has some cross-border flare by combining Florida Orange Juice with a Canadian staple - maple syrup. It pairs well with yogurt, fresh fruit or even more maple syrup.

Pumpkin Orange Baked Oatmeal

Prep time: 10 minutes
Cooking time: 35 minutes
Serves: 6-8

Ingredients

1 cup (250 ml) canned pumpkin puree
¼ cup (60 ml) maple syrup
1 large egg
1 tsp (5 ml) vanilla extract
2 cups (500 ml) large flake or old-fashioned oats
1 cup (250 ml) pecans (optional)
2 tsp (10 ml) pumpkin pie spice
1 tsp (5 ml) baking powder
¼ tsp (1 ml) salt
1 cup (250ml) Florida Orange Juice

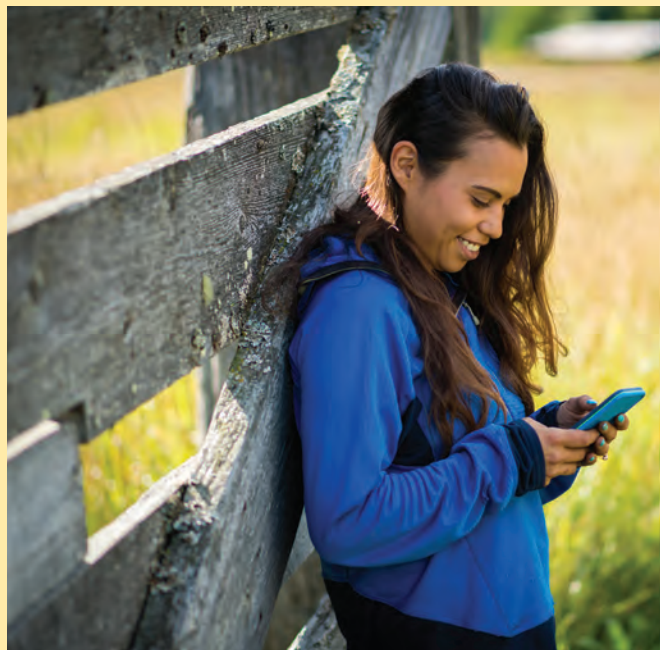
½ cup (125 ml) milk or milk alternative

Directions

1. Preheat oven to 375°F. Grease a 9-inch baking dish, or 6 individual ramekins. Set aside.
2. In a large bowl, whisk together pumpkin puree, maple syrup, egg and vanilla extract.
3. Stir in oats, pecans (if using), pumpkin pie spice, baking powder and salt.
4. Stir in orange juice and milk. Pour into prepared baking dish.
5. Bake for 30 to 35 minutes, or until a toothpick inserted into the centre comes out clean. If using individual dishes, bake for 20 to 25 minutes.
6. Serve warm or refrigerate and serve from the fridge with your favourite toppings such as milk, maple syrup, yogurt and fresh fruit.

Find more recipes at floridacitrus.ca/oj.

www.newscanada.com



Feel-good social media follows

Social media isn't just for staying on top of the latest news or trends. It can also be a place where you can learn new skills and information. Here are some new "influencers" to consider following.

For education and eye candy: Museums

Museums are full of fascinating artifacts and quirky information. Many of them share those details on their social media feeds. Follow a natural history museum to learn cool facts like how big giant sea turtles could get, an art museum to see beautiful paintings and sculptures, or a history museum to nurture a better understanding of our past.

For inspiration and self-improvement: Online teachers

Whatever your hobby, there's certainly more to discover about it online. Search the web

or your favourite social media platform with relevant-to-you keywords or phrases, whether it's hand embroidery or how to make pasta, and see what or who inspires you. Follow entertaining dancers, learn new recipes from chefs or scroll through travel images to help determine your next vacation site.

For food and science: Canadian agriculture

Everyone loves food, and while there are plenty of recipe accounts to follow, a fun twist is a new account that focusses on the food we grow in Canada and how it's made. Follow @cdn_agriculture to meet the people of agriculture, from farmers to scientists, discover science and innovation in agriculture and join conversations on sustainable agriculture and climate change.

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A delicious express recipe for weeknights

Make room for Spring at the table with this recipe full of sunshine and freshness. Quick and delicious, it will be your best ally on busy weeknights with its exotic spices and avocado from Mexico creamy sauce. Treat yourself while waiting for the return of sunshine.

Spicy rice and black bean bowl with grilled shrimp and avocado sauce

Prep time: 20 minutes
Cook time: 15 minutes
Servings: 4-6

Ingredients:

Rice and black beans

2 tbsp (30 ml) olive oil
1 onion, minced
2 garlic cloves, minced
1 tsp (5 ml) ground cumin
1 tsp (5 ml) ground coriander
1 ½ cup (375 ml) rice
2 ½ cups (625 ml) water
1 can (540 ml) black beans, rinsed and strained
3 green onions, minced
Cilantro leaves, to taste
Salt and pepper

Avocado sauce

2 avocados from Mexico, peeled and pitted
¼ cup (60 ml) sour cream
¼ cup (60 ml) cilantro leaves
3 tsp (45 ml) chive, minced
2 tsp (30 ml) olive oil
1 garlic clove, minced
½ jalapeño, seeded and minced
Zest and juice of 1 lime
½ cup (125 ml) water
Salt and pepper

Garnishes

2 avocados from Mexico, peeled, pitted and sliced
1 mango, peeled and sliced
2 beets, cooked and thinly sliced
4 radishes, thinly sliced
12 large shrimp, grilled
Lettuce or other greens, to taste



Directions:

1. In a saucepan, heat oil and sauté onion with garlic and spices. Add rice and stir. Add water, reduce heat and cover. Simmer until rice has absorbed all the liquid. Remove from heat. Add black beans, green onions and cilantro. Season to taste.
2. For the avocado sauce, using a food processor or blender, purée all the ingredients and season with salt and pepper. Add water, if necessary, until smooth.
3. Transfer the rice to serving bowls and garnish, to taste. Drizzle with the avocado sauce.

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3 online dealbreakers everyone should know



Every time you go online or use an app, you're making choices about who to do business with. While those choices may not be top-of-mind, not all businesses make your privacy a priority. As more companies ask for personal information, it can be confusing to know when it makes sense to fill something out and when

to say no. Before sharing anything personal, get a better idea of how a company might treat you and your personal information, and check for these three things:

Trust. If a company values its relationship with you, their privacy policy should be easy to find and easy to understand. Is it front

and centre, or buried at the bottom of several pages? Beyond their privacy policy, have they shared how they will handle your personal information in an ethical manner? To be trustworthy, they should also have a solid track record of social responsibility, demonstrating a commitment to social purpose. These are big clues that tell you whether a business is thinking about you, or itself.

Transparency. Companies should be clear and open about how your information will be used every time it is collected. They should earn your trust and make you feel comfortable that your information will be used responsibly.

In fact, a recent survey by Telus revealed that only 30 per cent of Canadians trust organizations to protect their personal data, but

more than half agree that organizations can increase their trust by being transparent about data use.

Third-party permissions. Laws require companies to be upfront about if and how they will share your personal information with third parties. So be sure to review the explanations provided. Does the business say it will sell your data to advertisers? Or that it will never share your information with anyone without your permission?

With sophisticated new tools for collecting personal information now available, it's more important than ever to make sure you understand how data is being used. You can check out an example of data trust practices that are leading the industry at [telus.com/privacy](https://www.telus.com/privacy).

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ERES Community Council (ERESCC)

IMPORTANT DATES

Mar. 20	Report Card Distribution
Mar. 21 & 22	Parent-Teacher-Student Conferences
Mar. 24	Day Off in Lieu of Conferences — No School
April 7	Good Friday (No School)
April 10-14	Easter Break (No School)
May 9	ERESCC AGM @ 6:30pm

BE INFORMED

All parents are members of the Council and are welcome to attend meetings. This is an excellent way to learn about the school / community, meet teachers, administrators and other parents. The Council is comprised of voluntary board members and your attendance does not imply future commitments but rather provide the opportunity to learn more about the school and community initiatives.



2023—2024

Kindergarten Registration

Emerald Ridge Elementary School is accepting registrations for the 2023-2024 school year. Any child who will be five years of age by Dec. 31, 2023 is eligible to register for Kindergarten for the Fall of 2023. The link to register your child is on the ERES webpage under **Quick Links** - Kindergarten On-line Registration Form.

If you wish, you can contact the school office at emeraldridgeschool@pvsd.ca and we will email you the registration form. Early registrations assist ERES to plan for the upcoming school year.

Happy St. Patrick's Day!



Next ERESCC Meeting
Tuesday, May 9th
6:30 pm
via Zoom

All parents are encouraged to attend as your input and ideas are welcome and valued.

Home of the THUNDERBIRDS!



Link can be found on the school website or at:
www.emeraldridgeelementaryschool.entriptyshops.com

How to help family and friends adjust to life in Canada

Moving to a new country is a major change for anyone, and coming to Canada is no exception. Here are some ideas to help any newcomers you know adjust to the big transition.

Play tour guide

There is so much to see and do in this beautiful country. Guide your friend through must-see places and best-kept secrets like your favourite neighbourhood, park or landmark. Give them advice to avoid unnecessary tourist traps too. Helping them make their own memories here and learning a sense of geography can make the place real and enjoyable even if the transition is a bit tough.

Be a sounding board

Everyone could use a good listener now and then. In a new place where everything is different, having someone who can lend an ear and help provide advice or a reality check for the goals or plans they have in mind, can be invaluable.

Be an empathetic lifeline when they need it – whether they're feeling homesick or could use some help navigating how to get their health care.

Act as temporary social coordinator

A key part of thriving in a new place is avoiding isolation and building a social network. Do your part to include the newcomers you know in your social plans and introduce them to your friends and connections. Also expose them to opportunities for joining groups or activities where they can meet new people on their own and feel a sense of independence. The library, community centre and immigration services often have low- or no-cost ideas.

Help them navigate the system

From filing taxes to health-care policy, it can be hard to understand all the rules and regulations of a new country – it can be hard for those who grew up here



too. Giving some guidance on government expectations and helping facilitate communications can help put the newcomers you know more at ease.

Get them organized financially

Understanding banking in Canada can be daunting but getting started is essential for success. Make sure your newcomer friends are aware of their options and investigate one-stop services specifically tailored for

their needs as newcomers, such as BMO's NewStart program. They can open a bank account before arriving or once they're here, transfer money overseas without fees and avoid monthly account fees too. Services available in their first language can also help them be fully informed and confident about their choices.

Find more information at bmo.com/newstart.

www.newscanada.com

Personal safety tips for when you're out and about



Whether you are settling back into campus life, returning home from the late shift or just out for a night on the town, the dark days of winter and early spring and unpredictable weather conditions make personal safety a big priority this time of year.

While it's helpful to educate yourself, you shouldn't live your life in fear. Here are some tips to help you feel more secure when you are out and about:

Remember the basics

There are some general safety best-practices everyone should know, such as

staying aware of your surroundings. Speak with your family, colleagues and loved ones about safety and talk about household safety rules you want to follow, such as locking your front door even when you're home.

Plan your route to and from home

Planning ahead is key to optimizing your safety as you go from work events to dinners or parties, and back home this season. Figure out how you are getting from A to B before you leave the house and always share your whereabouts with a friend or loved one. Rather than going alone, use ridesharing with friends and coworkers when pos-

sible. It not only ups your safety but often cuts down on transportation costs.

Consider smart tech options

While the days are getting longer, evening and early morning commutes can still be in the dark. Consider discreet wearable personal safety devices that are disguised as necklaces, bracelets and keychains such as Telus SmartWear Security. These devices can instantly text your GPS location to select contacts or help connect you with emergency services, saving valuable time.

Find more information at telus.ca.

www.newscanada.com



“Love Your Veggies”

Cooking Demonstration with Renee Kohlman



Photos from Renee Kohlman's webpage sweetsugarbean - Recipes From My Little Green Kitchen

Renée Kohlman has been cooking and baking professionally for over twenty years. Her best-selling debut cookbook *All the Sweet Things* (TouchWood Editions) won Gold at the Taste Canada Awards in 2018 for Best Single Subject Cookbook. *Vegetables: A Love Story* (TouchWood Editions), her second cookbook, was published in October 2021 and was named one of the top 100 Books of 2021 by *The Globe and Mail*. Renée can currently be found in her kitchen, baking up delicious jumbo gourmet cookies which she sells at The Saskatoon Farmers' Market every weekend, and at her desk writing articles for the Saskatoon StarPhoenix and other publications

Wed. Mar. 8th, 2023 at 7:00 pm

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The White City Public Library Branch is located in the White City Community Centre, 12 Ramme 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

Visit us – [f](https://www.facebook.com/WhiteCityPublicLibrary) White City Public Library Branch [i](https://www.instagram.com/WhiteCityLib) WhiteCityLib
MARCH 2023 PROGRAM & EVENTS CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 One Book, One Province begins: <i>Five Little Indians</i> by Michelle Good	2	3 Preschool Storytime 10:00 am	4 Richy Roy Magic 10 am to 2 pm Drop-in
5	6	7 Library AGM 7:30 pm	8	9 Craft & Chat 1:30 pm Drop-in	10 Preschool Storytime 10:00 am	11 Crazy Forts 10 am to 2 pm Drop-in
12	13 Adult Book Club 6:30 pm	14	15	16	17 Preschool Storytime 10:00 am	18 Crocheted Cup Cozy 1:00 pm Please Register
19	20	21 LEGO Club 6:30 pm Drop-in	22	23 Craft & Chat 1:30 pm Drop-in	24 Crazy Forts 10 am to 2 pm Drop-in	25 Richy Roy Magic 10 am to 2 pm Drop-in
26	27	28	29	30	31 Preschool Storytime 10:00 am	



CHILDREN'S PROGRAMS

Preschool Storytime Drop-in

Fridays @ 10:00 AM

March 3, 10, 17, 31

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

Makerspace Kits for March

Crazy Forts - Fort building toy allows you to create a multitude of possible play structures.

Richy Roy Magic - Learn about the basics of magic and sleight of hand with this month's Makerspace Kit!

Library AGM—Tuesday, March 7 @ 7:30 pm

Come and see what the White City Library is all about! Enjoy refreshments and find out what the coming year will bring. We are always looking for new ideas and folks to help out when they can.

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

WWW.SOUTHEASTLIBRARY.CA

ADULT PROGRAMS

Adult Book Club

Monday, March 13 at 6:30 PM

We will be discussing *Still Life* by Louise Penny

Crocheted Cup Cozy

Saturday, March 18 @ 1:00 PM

Teens and Adults welcome! Join us for this class and learn how to crochet a Cup Cozy. Materials supplied. Please register to attend.

Craft & Chat

Socialize while you work on your quilting, beading, knitting, scrapbooking, cross-stitch or other projects. For all skill levels. New participants always welcome!

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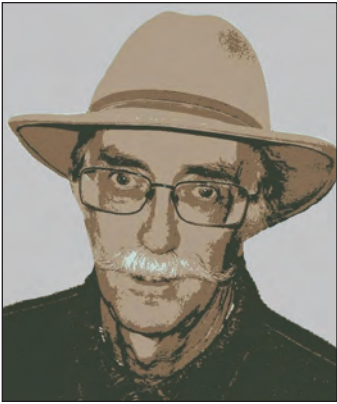
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PressReader - newspapers & magazines

TumbleBooks - interactive children's books



Off the Beaten Track

- By John Panter

A few months back White City test-drove a new procedure for delegations. Before a ratepayer was allowed to begin a pitch to Council, she/he had to endure a caution not to speak disrespectfully of His Majesty the King, the Mayor and Council, or in a loud or boisterous manner etc. etc.

White City resident Byron Buss, attending a Committee of the Whole meeting as a delegation, delivered a reasonable and measured suggestion that there might be better things to do with

slugging the King/Queen or speaking disrespectfully to anyone. Come on now. We're all adults here. If White City Council wants to develop a reputation for woke foolishness, they are off to a good start.

At a more recent meeting which I attended, a Zoom delegation did not receive the obstreperousness warning. Oversight by the meeting chairman, or wise reconsideration?

The White City Councillor Blog for 2023 focuses nicely on the proposed Multi-Use Recreation Centre (MURC) now that the Town has concluded Stage 3, the Architectural Drawings "focusing on advancing detailed design development for the two arenas, combined multi-use field house and aquatics and a core spine."

The role of a municipal council is to set policy. The role of the staff is to implement those policies and to serve as a resource to councillors to aid them in reaching the decisions that they were elected to make.

the money proposed to be spent on the Motherwell Drive Pathway.

He must have been as perplexed as I was to have to endure the preemptive scolding from the Committee chair before he was allowed to begin. In all the years I have been attending Council meetings from Rangoon to Mandalay I have never heard a delegate

Designed to be part of the proposed White City Town Centre, it "would create a community hub for sports, recreation and culture," according to the blog.

The optimistic portrayal of the MURC outlined in the Councillor Blog doesn't quite reflect the mood of the councillors when stage three was presented at a recent Committee of the Whole. The big elephant

in the room (not pink elephants either; this was a sober and sombre council meeting) was the price tag: \$157 million. For now, the MURC is way up on the shelf.

I have argued in this column for a number of years that the R.M. of Edenwold has reached a level of maturity that required its council to focus on policy-making, leaving the nuts and bolts of day-to-day operations to the hired staff. Gone are the days when the council felt that it was a reasonable use of its time to debate how to change the muffler on an '85 GM truck.

The role of a municipal council is to set policy. The role of the staff is to implement those policies and to serve as a resource to councillors to aid them in reaching the decisions that they were elected to make.

Both branches of a municipal government should stay in their own lanes. Council shouldn't tell the staff how to do their jobs and the staff should stay out of policy-making. Which is why a recent debate over a by-law requiring the registration of snowmobiles was disturbing.

Councillor Trainor was, as he put it, "100 percent opposed to this by-law." Fair enough. He made his case and presented his arguments convincingly. But here was where Chief Operations Officer Sameh Nashed not only crossed it, he pole-vaulted across the line between the responsibilities of staff and elected officials.

Mr. Nashed stressed the need for safety. Councillor Trainor asked, reasonably, how a license would make a snowmobile safer and, besides, where was the data on snowmobile accidents. Since the R.M. has no such data, Mr. Nashed shifted gears and argued, again without evidence, that "harassment" of the citizenry by snowmobilers could constitute a safety concern if snowmobiles were not licensed. He also cited unspecified "complaints" about snowmobilers although the R.M.'s public consultation process established that opposition to the proposed by-law was about two to one against.

This was a spirited a debate as I have witnessed in the council chamber in a long time. The problem is, this was a debate, not between councillors where it would have been appropriate, but instead between a councillor and the most senior staffer. It was obvious that Mr. Nashed wanted this by-law to be passed and was prepared to wander out of his lane to make it happen.

If R.M. staff are going to become policy-pushers it's only a matter of time before councillors go back to being truck mechanics.

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Anger is a Form of Attack

- By Gwen Randall-Young

shock or fear, as you suddenly had to brake to prevent an accident.

That is a normal reaction. Chasing after the driver, passing to cut him off, or riding his bumper shows the anger has turned to vengeance.

We must try to ascertain if our anger is appropriate to the situation. If we are angry because our teen would rather spend time with friends than with us, that is inappropriate anger. Sure, you might feel hurt by their choice, but getting angry lays a guilt trip and

iors of others are a stimulus, to be sure, but we, and only we, are responsible for how we respond to that stimulus. When we choose anger, we are attacking the other.

This is not helpful for a few reasons: 1) the person most likely did not intentionally set out to upset us, 2) we may have misinterpreted their intentions or motivations, 3) anger causes the other to distance from us, 4) anger generates defensiveness from the other, or a counterattack, 5) anger diminishes the level of trust between individuals.

An angry response usually

means that the individual does not have more sophisticated skills for dealing with the situation. There are plenty of resources in the library, bookstores, and on the internet with strategies for communicating more effectively. If anger is your default program, its time for an upgrade.

Gwen Randall-Young is an author and award-winning psychologist. For permission to reprint this article, or to obtain books, CDs or MP3s, visit www.gwen.ca. Follow Gwen on Facebook for inspiration.

Anger is an emotion characterized by antagonism toward someone or something you feel has deliberately done you wrong. Anger is like a red light flashing on the dashboard. It indicates that something has upset you, hurt you or pushed a button. It is normal to feel

“Anger is a poison. It eats us inside. We think when we hate someone, we hurt them, but hatred is a curved blade, and the harm we do to others we also do to ourselves.”
Mitch Albom

angry sometimes. It alerts you to action that should perhaps be taken, however venting anger is a whole other thing.

If the red light is flashing on the dash, it indicates something needs attention. Most try to diagnose the problem, and consider which steps need to be taken,

Anger is a secondary emotion. The primary emotions behind it are hurt or fear. If someone cuts you off in traffic, you may feel angry, but that feeling was likely preceded by a sense of

creates more tension in the relationship.

Venting anger is like hearing a smoke alarm and making it louder and louder. It does nothing to fix the problem. Venting anger or raging is an aggressive act. Often the individual expressing anger thinks he or she is simply reacting to a real or perceived injustice. They may blame the one at whom they are venting, assigning to that person's actions the justification for the outburst.

No one can “make us” get angry. The events or behav-

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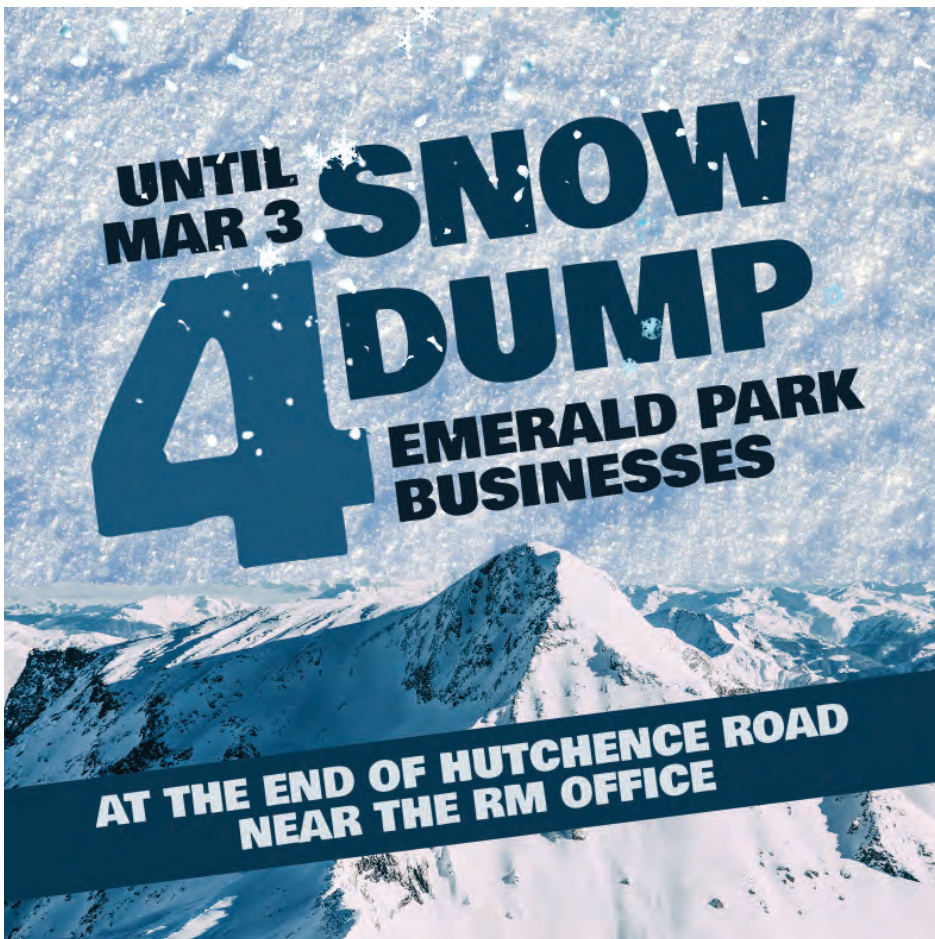
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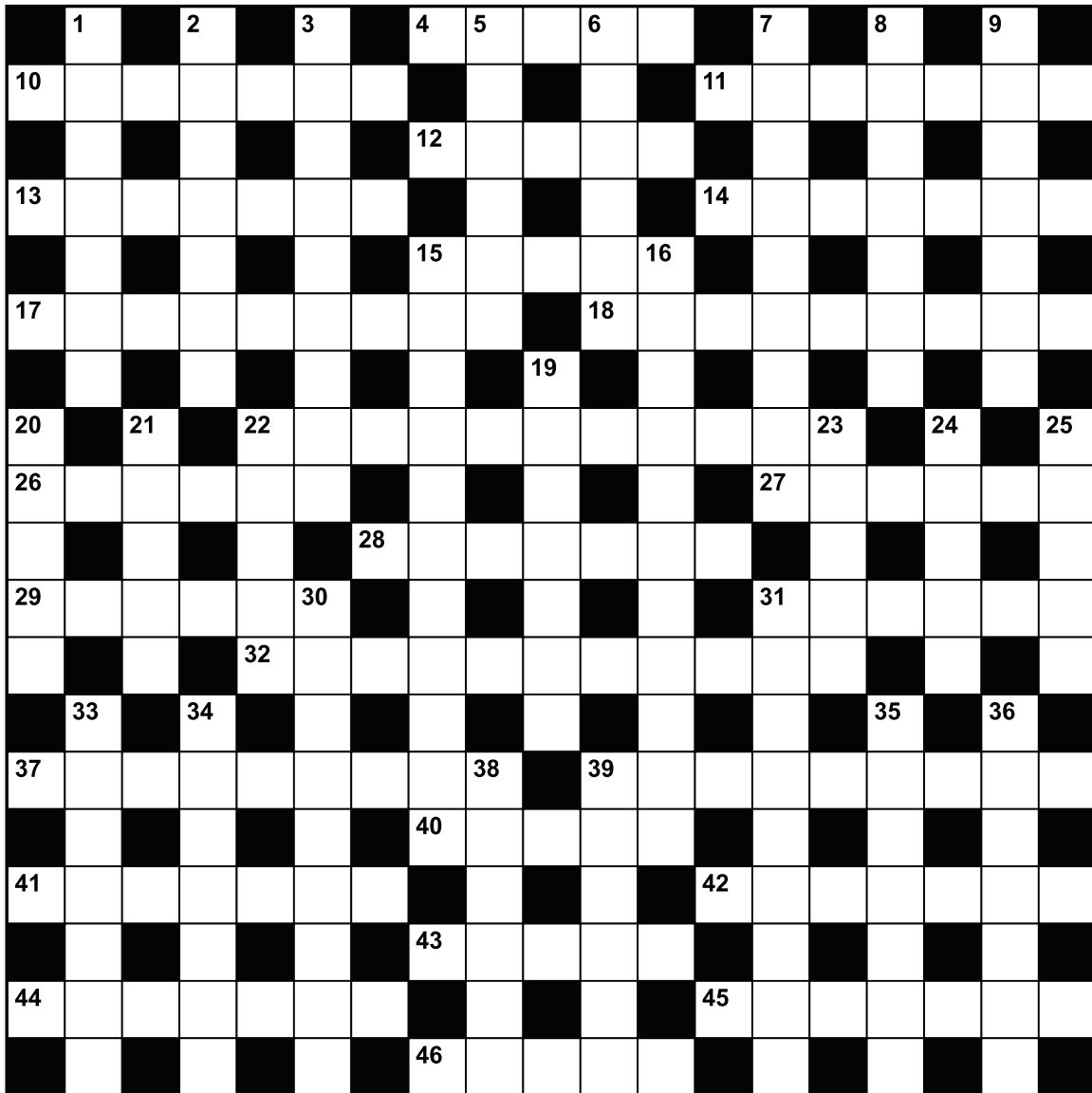
The White City Garden Club invites applications for their Joyce Bruce Memorial Bursary. This bursary supports students enrolled in a full or part-time program in the fields of Agriculture, Horticulture or Environmental Sciences. The bursary application and information is available on the White City Garden Club website: <https://whitcitygardenclub.weebly.com>.

Please note that completed application forms must be received by April 30, 2023 to be considered.

If you require more information, please contact the White City Garden Club Bursary Committee at wgcg.communications@gmail.com. Thank you.

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LOCATE
TAILOR
7 letters
AGENDAS
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SCHOOLS

STANDBY
TRAPEZE
9 letters
ASTRONAUT
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INVENTION

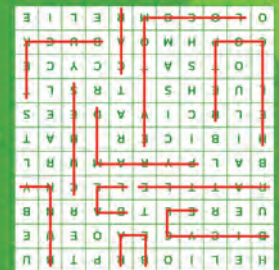
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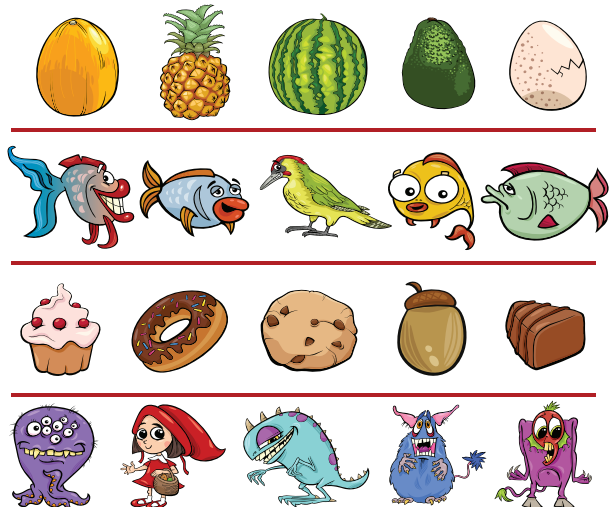
Kids Corner

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



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In the past year, Canadians have lost millions of dollars to fraud and scams. When it comes to debit and credit

card fraud, scammers are finding new ways to steal personal and financial information, so it's important

Protect yourself from debit and credit card fraud

to know your rights and responsibilities, and how to protect yourself.

Card issuers such as Visa, Mastercard, American Express and Interac are bound to help protect you against financial loss if someone uses your credit or debit card without your permission. However, you also have responsibilities when it comes to protecting yourself against fraud.

For example, it's your responsibility to keep your account information and PIN safe. You must also notify your card issuer right away if you notice unau-

thorized transactions on your account, and, if you lost money, they'll usually reimburse you in full.

Generally, these conditions are similar across all card issuers. Contact your card company or check your credit or debit card agreement to verify the terms and conditions. Banks must always fully investigate a transaction that you dispute.

How to protect yourself

Here are a few smart steps to keep in mind:

- When shopping online, look for websites with addresses starting with "https" or ones that have a padlock image on the address bar.
- Never share your debit or credit card or your PIN with another person, not even a family member or partner.
- Choose a PIN that is difficult to guess and change it often.
- Keep a list of cards you carry in a safe place along with the phone numbers to call if any of your cards are lost or stolen.

If you think you were a victim of fraud, you should report it to the Canadian Anti-Fraud Centre. You should also contact your local police, your bank and the two credit reporting agencies, Equifax and TransUnion, to put a fraud alert on your credit report.

Learn more at canada.ca/money.

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2023 March

Upcoming Events & Meetings

Committee of the Whole Meetings

March 6 - 4PM

March 20 - 7PM

Regular Council Meeting

March 6 - 7PM

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



White City Walks

White City Community Centre

Tuesdays & Thursdays

9 AM - 12 PM



Forever in Motion

White City Community Centre

Thursdays

10 AM - 11AM



White City

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CHILLFEST

Saturday March 4, 2023

1 PM - 4 PM

Activities at Double K Outdoor Rink:

Bonfire

BBQ

Hot Cocoa

Marshmallows

Skating

Snowshoeing &

Music by DJ Dusty

Activities at White City Community Centre:

Inflatables

Sleigh Rides

Candy Floss

Interactive Games

Hoop Dancing by Terrance Littlelent (2-3PM) &
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White City Futbol Club Sponsorship Opportunities

WCFC is an excellent opportunity to gain exposure and sales through supporting our year-round, not-for-profit soccer club. We provide soccer to a growing population, currently 400 players annually. These players use the Emerald Park field during the summer season, and Ecole White City School during the winter season. Our club works to provide quality equipment, and a great recreational experience for all of our players and their families at an affordable cost. Our sponsors are greatly valued as they allow us to continue to provide this level of experience to our community. We have 2 packaged sponsorship opportunities, and are happy to accommodate different sponsorship options as possible.

Community Partner Jersey Sponsorship Package (2 years - \$500 for both)

This package offers complete year-round association with our club promotional opportunities. Your logo will go on one set of jerseys (each set costs about \$500) and will be used year round for 4 years. Current sponsors are Emerald Dental Clinic, Emerald Physiotherapy, and Western Litho Printers. You will get a photo of team wearing your jersey, and a host of other marketing and advertising benefits and opportunities such as:

- Your company name/logo permanently listed as sponsor on our website homepage, other pages except field pages.
- One set of jerseys with your logo in play year round, and one team

name including your business name

- Inclusion in all WCFC sponsor communication (newsletter, website, etc)
- Opportunity to place your banner at our outdoor season tourney in June (every 2 years)
- Direct to home sponsor communication with our player / coach emails
- Opportunity to provide service / product at tournament concession area, with approval from board

Billboard/Net Sponsor Sign (\$350/\$450)

This package offers tournament-focussed exposure for sponsors who can directly benefit from either a 2 X 3 or 4 X 3 foot double sided sign on Emerald Field year

round, except for the 8 weeks of our season, when the net frames are being used. The signs are visible to traffic both on Great Plains Road locally and generally to #1 hwy traffic.

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- Your company logo and name on our field condition webpage which receives 1000's of visits each season from people in White City, Emerald Park, Pilot Butte, Balgonie and neighbouring communities.
- Onsite sign during year end tournament. Approx 700 kids and families in June every 2nd year.

We welcome any interest or inquiries – please contact

Adam Slinn
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president.wcfc@gmail.com

You can check out our website as well at
www.whitecityfutbol.com
Thank you for your consideration.

The next issue of the
Community Newsletter
will be distributed the
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All copy **MUST** be submitted
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MARCH 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
		CASA ROSA/JAMESON ESTATES Garbage pick up every Tuesday Recycling pick up every Thursday	EMERALD PARK & WHITE CITY Garbage	2	EMERALD PARK Composting Library Storytime at White City Public Library 10:00am	3	4	
5	Committee of the Whole - 4PM Regular Council Meeting - 7PM	6	WHITE CITY Composting	EMERALD PARK Garbage WHITE CITY Recycling	EMERALD PARK Recycling	9	10	11
12		13	14	EMERALD PARK & WHITE CITY Garbage	16	17	18	
19	Committee of the Whole - 4PM	20	21	EMERALD PARK Garbage WHITE CITY Recycling	EMERALD PARK Recycling	23	24	25
26		27	28	EMERALD PARK & WHITE CITY Garbage	30	31	Library Storytime at White City Public Library 10:00am	

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