



2023

White City & Emerald Park

Community Newsletter

JANUARY EDITION, 2023



How to make achievable New Year's resolutions

It's that time of year where many of us think about setting a goal or resolution for the year ahead. It will come as no surprise that keeping a New Year's resolution can be tricky for most people.

Fortunately, there are scientifically proven strategies that can be used to help people better realize their goals. Here are some simple, evidence-based tips to help you stay on track:

Nudges

These are gentle reminders that work to influence

the choices available to a person at the point of decision-making, so as to make it easier to comply with the desired behaviour. Try connecting with a friend or family member, telling each other your goals and committing to giving each other nudges to stick to them.

E-messages

Electronic messages such as emails, texts and phone notifications will provide you with a series of prompts or reminders until the completed task is

done. Set these up to get you started on your goal, and if it's something ongoing like exercising twice a week, make sure these reminders occur regularly to prompt you.

With COVID-19 still circulating and a bad flu season upon us, a great goal to set is developing a plan for if you develop a serious illness. Plan Well Guide is a free online tool that focuses on helping people make an advance medical care plan and uses these

evidence-based practices to help people realize their goals.

The benefits of making your medical care plan in advance are that you are more likely to get the medical care that is right for you if you develop a serious illness, like COVID-19 or pneumonia, and you and your family will have greater peace of mind. Find more information at planwellguide.com.

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

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Having fun with fewer germs and bugs

With another winter accompanied by COVID-19 and other respiratory illnesses like the flu, many of us want to cozy up under a blanket and snooze until spring is in full swing. While taking steps to stay safe is important, there are plenty of ways to have fun without risking your health.

Embracing the outdoors

Whether it's a scenic winter walk or a downhill skiing adventure, getting outside is great for your physical and mental wellbeing. Plus, it's one of the safer places to be when it comes to the risk of getting sick. Because outdoor air circulates freely, it cuts down on the buildup of respiratory particles, so there's less risk of spreading viruses like COVID-19 and the flu, compared to being inside.

Try snowshoeing, making snow angels, skating or visiting ice sculptures. Just be sure to dress appropriately for the weather, clean your hands often and continue masking in crowded indoor spots, like the skate rental shop.

Staying warm inside

While an indoor event may have added risk for COVID-19 compared to the outdoors, you can still have a good time and help keep

yourself and others safe by following a few simple steps.

If possible, keep the guest list relatively small, and opt for a larger space. Try to improve indoor airflow before, during, and after your get-together, you'll have a lower risk of spreading infection. You can do this by opening windows and exterior doors – even for a just a few minutes, running bathroom and kitchen fans on low speed, or turning on the fan in your heating cooling and air conditioning (HVAC) system.

As always, individual public health measures continue to be useful:

Stay up to date on your COVID-19 and flu vaccinations to prevent serious illness and complications;

Practice basic hygiene, like washing your hands often and coughing into the bend of your arm instead of your hand;

Stay home and away from others if you're not feeling well or have any symptoms such as a sore throat, cough or runny nose, even if mild.

Find more information about how to stay safe at canada.ca/coronavirus.

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Home design trends for the new year

Style trends often draw inspiration from the world around us, whether that means embracing something positive or offering a retreat from the negative. The year 2023 is no exception, with designers taking a cue from exotic travel destinations, gathering together again and our desire to always be comfortable.

Here are some top trends to keep in mind for your next home design:

Escapist décor. More and more people want to be transported to their favourite vacation spot as wanderlust enters our minds again. Think rustic terracotta earthenware and warm natural wood to suggest an Italian villa, or blue-and-white Mediterranean tiles and billowy linen textiles reminiscent of a Greek island.

The new “it” decade. While fashion is deep in its 90s and 2000s throwback phase, home décor is focused on an entirely different time period—the 70s. Incorporate the best of this decade in your home with warm paints and fabrics, low-slung furniture and leather accents. Instead of buying something new at a pricey store, scour online listings and flea markets for vintage finds you can

breathe new life into.

Easy-going entertaining. Hosting is officially back, and that means furnishings and layouts that encourage conversation and mingling. Indoors, the armchair is making a strong comeback, and an overstuffed sofa can help your guests feel comfy. Meanwhile, you can upgrade your outdoor living situation with pieces inspired by the “coastal grandmother aesthetic,” like Muskoka chairs in seaside colours, rattan side tables and decorative poofs in beachy prints.

Blended exteriors. For a sophisticated statement, designers and architects are mixing materials on exterior walls. Look to balance timeless, natural surfaces of stone alongside wood, or add visual and textural interest to traditional siding by pairing it with sections of stone. For a new exterior, stone veneer is an affordable, durable option that makes an impact and ties in well with other design choices like a metal roof. Look for a no-maintenance, sustainably made option, like Canadian company Shouldice Designer Stone, which also carries a lifetime warranty.

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The cheesiest chips ever for movie night!



Craving chips but not a fan of the processed ingredients on the label? This homemade, spicy chips recipe comes together in a snap. It's perfect for a keto diet and has all the goodness of an avocado from Mexico and all the deliciousness of parmesan! All that's left to do is catch up on your favourite tv show while it cooks.

Cheesy Avocado Spicy Chips

Prep time: 20 minutes
Cook time: 15 minutes
Serves: 4

Ingredients:

- 1 large ripe avocado from Mexico
- 1 tbsp (15 ml) lemon juice
- ¼ tsp (1 ml) garlic salt
- ¼ tsp (1 ml) smoked paprika
- 1 pinch of cayenne, to taste
- ¾ cup (175 ml) freshly grated parmesan cheese

Directions:

1. Preheat oven to 325°F. Line a baking sheet with

parchment paper.

2. In a bowl, mash the avocado with the lemon juice until well pureed. There can be some small lumps, this will add nice colour to the chips. Add the spices and cheese until well incorporated.
3. Place dollops of roughly 1 tbsp onto the baking sheet spaced two to three inches apart.
4. Using a second sheet of parchment paper, cover the dollops and flatten them with the back of a spoon or your palm in order to make circles approximately three inches wide.
5. Bake in the oven for about 15 minutes before gently flipping and cooking another 2 to 3 minutes. Remove onto a cooling rack to let dry completely and crisp up. You can do this in two batches or cook on two baking sheets at the same time.

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Homemade snacks for your winter adventures

Canadians know how to have fun in the snow, whether it's a day on the ski slopes or a making a snowman in the yard. If you also want to have fun in the kitchen, consider some homemade snacks to chow down on next time you return from an outdoor adventure.

Crunchy on the outside, soft on the inside rice "croutons" are the perfect snack and great as a topper on soup or salad. They use up leftover rice and accommodate any flavours. Start with the basic recipe below and get creative with the last step.

Easy Rice Crouton Bites

Ingredients:

- 1 cup (250 ml) U.S. long-grain or short-grain white or brown rice
- Vegetable oil or cooking spray to sauté (estimated 2 tbsp)
- Seasonings of choice

Instructions:

1. Cook rice using water as per package directions, or use hot, reheated leftover rice instead of cooking fresh.
2. Place half of the hot cooked rice in a large measuring cup and purée into a smooth sticky paste with a hand blender or in the small bowl of a food processor; stir in remaining rice until combined.
3. Wrap mixture in plas-



tic wrap and smooth into an approximate 8x8 inch square. You can also press the rice mixture into ice cube trays or moulds instead of a square. Freeze for 1 hour or until firm enough to slice (or easily release from moulds).

4. Unwrap square of rice and cut with a knife or mini cookie cutters into desired shapes. Croutons can be kept frozen in an air-tight container for up to three months.
5. When ready to eat, sauté rice croutons with oil in 3 to 4 batches in a large non-stick skillet over medium high heat until golden brown and crisp. Coat croutons with seasonings of choice.

Tip: Get creative with flavour combinations, such as parmesan and fresh herbs, teriyaki or buffalo sauce, Montreal steak spice, Za'atar, everything bagel spice...the list goes on. You can also make them sweet with cinnamon sugar or apple pie spices.

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Tasty winter brunch recipes for the whole family

Brunch is a favourite meal for many, but an old standard like bacon and eggs can have you in a rut.



Whether you opt for a satisfying, any-time twist on a Canadian favourite or a deliciously savoury breakfast treat, here are two recipes that are sure to please your tastebuds this season.

Canadian "Butter Tart" Bagels

Prep time: 30 minutes Cook time: 20 minutes
Servings: 4

Ingredients:

- 4 Dempster's brioche bagels
- 2 sticks (250 ml) unsalted butter
- 1 cup (250 ml) packed brown sugar
- 1/2 cup (125 ml) plump raisins
- 2 cups (500 ml) heavy cream
- 1/2 tsp (2.5 ml) vanilla
- 1 cup (250 ml) whole walnuts
- 1/4 cup (75 ml) icing sugar

Directions:

1. In a saucepan over medium-high heat, melt one stick of butter, then add the brown sugar and stir until all the sugar has dissolved and turns golden. Add in raisins and walnuts.
2. Bring to a boil and when bubbling slowly, stir in 1 cup of cream and allow to gently thicken. Pour into a bowl, set aside and allow to cool.
3. Whip the remaining 1 cup of cream until thick.
4. In a heavy skillet or frying pan over medium-high heat, melt the remaining stick of butter. Then, cook each side of a Dempster's brioche bagel until golden brown, crispy and toasty. Repeat with each bagel.
5. Set out plates and place bottom halves of the bagels on individual plates. Then, evenly divide the whipped cream into portions and spread it on the bagels. Pour the caramel mix evenly over each and add the top half of the bagel.
6. Dust with icing sugar and serve.

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Tips to boost your mental health

Alongside physical health, mental health is an essential part of our overall well-being. Being mentally healthy can help you enjoy life, while coping with its challenges.

Many factors can affect it, and they aren't all within our control. But we can take some actions to care for ourselves and help protect our mental health overall. Here are some ideas to help you boost your mental health on a day-to-day and longer-term basis.

Get some regular exercise: Whether it's playing a team sport, going for a walk or doing yoga, and whether it lasts 5 minutes or 50 minutes, getting your body moving can have a positive impact on your mental health

Reach out to others: Feel-

ing lonely and socially isolated can harm anyone's mental health. Connect with family and friends or join activities like recreational sports or a choir where you can meet new people. Even if it feels intimidating to reach out, positive social connections are a crucial part of well-being.

Find what's meaningful to you: We all need something fulfilling in our life to help give it meaning. Experiment to see what activities or practices bring you joy or satisfaction and make them part of your routine. Re-evaluating your goals can be an important part of this process too.

Learn to recognize your patterns: Do you binge on junk food when you're stressed and then feel guilty about it? Or forget to eat

when you're overwhelmed? Maybe you tend to get snappy when you're feeling tired. Once you recognize common patterns in your own thoughts or behaviours you can try to plan ahead to prevent them, like stocking up on healthy meals ahead of a busy season at work or doing your best to get enough sleep.

Remember what you can and can't control: Taking a few moments to be mindful, thinking about the big picture, and recognizing the things you can and cannot change can be valuable ways to shift perspective and get you thinking more positively.

Consider working with a professional: If you feel like you're struggling with your mental health, there is help available. Seeking out

extra support can help you get through whatever challenges you're facing in the moment.

While we all struggle from time to time, if you find you're experiencing long-lasting sadness, worry, loneliness or anger, or if these feelings are interfering with your daily routines, consider reaching out for help.

There are free and credible resources available online, including self-guided therapy, one-on-one counselling with qualified health professionals and moderated peer-to-peer support.

There are also culturally safe mental health resources for Indigenous Peoples available.

Find more information at canada.ca/mental-health.

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ERES Community Council (ERESCC)

Next ERESCC Meeting

Tuesday, March 14th
6:30 pm
via Zoom

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

THANK YOU!

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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.

UPCOMING EVENTS

Jan. 30	Staff Meeting/Teacher Prep (Non-Student Day)
Feb. 20	Family Day—No School
Feb. 21-24	Winter Break—No School
Mar. 6	Teacher Prep (Non-Student Day)
Mar. 14	ERESCC Meeting
Mar. 20	Report Cards Distribution (3:15pm)
Mar. 24	Parent-Teacher-Student Conference Day-in-Lieu (No School)



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



GREENALL Update GRIFFINS

@greenallschool

Greenall High School

MUSICAL: THE SISTER ACT

With over 70 kids involved, Sister Act ran three successful shows to over 790 ticket holders. Thanks for supporting Griffin Drama. Virtual auditions for Greenall's THREE One Act plays will be held over Christmas break and cast lists will go up the first Monday of school in the new year. Our local One Act play evenings will be Thursday, March 30 & Friday, March 31. We will be competing in the Sask Drama Region 5 One Acts Festival on April 21&22 in Wolseley.

SLC 12 DAYS OF CHRISTMAS

Starting in December, Greenall SLC began their Annual 12 Days of Christmas! The committee put on 12 Christmas themed dress up days, collected lightly used toys and clothing for charity, and hosted their annual Student vs. Staff/Community Member hockey game.

This is a great way to kick off the holiday season! The last day of classes is December 21 and will resume January 4.



GRIFFIN ATHLETICS UPDATE

VOLLEYBALL

Griffin Volleyball hosted the 5A Girls Provincials at the end of November at Greenall and Emerald Ridge. Our girls came out successful with a Provincial Bronze Medal finish. We are so proud of these players, coaches, families, and fans for helping to make this season such a huge success!

BASKETBALL

Griffin Basketball is officially underway for another season! Both Jr. and Sr. Boys/Girls teams are in the midst of playing a number of games as well as partaking in a number of tournaments.

FOOTBALL

Griffin Football hosted their annual Awards Banquet at the beginning of the month at White City Hall to recognize and thank players and staff for all of their efforts this season.



GREENALL BOOSTER CLUB CHASE THE ACE

Griffin Booster Club is hosting Chase the Ace once again! The weekly draw winner receives a chance to cut for the "Griffin Ace", which is the Ace of Spades, to win the progressive 50% jackpot. If the "Griffin Ace" is not chosen, the winner will receive a \$20 gift card from "The Ice House" as a consolation prize. Value of prize depends on the number of tickets sold. The draw is at 7:50 pm, every Thursday starting January 12, 2023 to June 8, 2023 at the Ice House (60 Great Plains Road in Emerald Park, SK).

All proceeds stay in the community to support school improvement initiatives at Greenall High School.

(Maximum prize payout during the license period is \$50,000. Maximum tickets sold is 20,000. Must be at 18 years or older to purchase tickets.

Visit the Greenall Griffins Booster Club Facebook page for more details on the rules).

JR. ACHIEVEMENT ENTREPRENEURSHIP



Entrepreneurship 30 students have been busy getting their Junior Achievement student ventures up and running. Tiny Touches is selling leather keychains and gold bracelets, Care Rings is selling handmade wooden rings, and Stick ++ is creating custom and pre-made stickers. All student companies will be donating a portion of profits to charity. On December 16 & 17 Tiny Touches and Care Rings set up booths at the Junior Achievement Christmas Market in the Cornwall Mall.

Pictures: Care Rings student venture booth at the Junior Achievement Christmas Market





“From Canola Field to Field of Dreams”

Jeff Holland and Bob Baker

WCGC members Jeff Holland and Bob Baker will share their challenges and triumphs over the last 5 plus years developing their 22-acre yard.



From this to this in 5 years!

In 2016, they purchased the corner of field, and built their dream home. Since then, they have undertaken multiple projects developing 22 acres of farm field into a yard. This included: starting a shelter belt, planting a lawn, developing a three-quarter of an acre garden and orchard (including a 35 ft long greenhouse), and numerous perennial beds. Through numerous pictures (including drone shots), Jeff and Bob will discuss how (WHY) they took on this challenge, and their progress to date.

Wed. Jan 11th, 2023 at 7:00 pm

Virtual Meeting

Virtual Access after 6:30 pm

Zoom link will be shared the afternoon of Jan. 11th

Visitors wanting to attend the virtual meeting, send email address to, and then e-transfer \$5.00/person to wgcg.communications@gmail.com by Jan. 09th

Info: www.whitecitygardenclub.weebly.com/wgcg-upcoming-events



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

Please note: The branch will be closed Jan. 1 & Jan. 2

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Closed for the Holidays	2	3 Library reopens	4	5	6 Play Dough Time 10:00 AM	7 Frozen/Star Wars Coding kit 1:00 PM
8	9	10 Library Board Meeting 8:00 pm	11	12 Craft & Chat 1:30 PM Drop-in	13 Preschool Storytime 10:00 AM	14 Basic Percussion 1:00 PM
15	16 Adult Book Club 6:30 pm	17 Lego Club 6:30 PM	18	19	20 Preschool Storytime 10:00 AM	21 Frozen/Star Wars Coding kit 1:00 PM
22	23	24 CRA Info Session on Benefits & Credits Scam protection 6:30 pm Please Register	25	26 Craft & Chat 1:30 PM Drop-in	27 Preschool Storytime 10:00 AM Family Literacy Day	28 Basic Percussion 1:00 PM
29	30 Family Board Games 1:30 PM Drop-in	31				

Canada Revenue Agency / Agence du revenu du Canada

DOING YOUR TAXES WHAT'S IN IT FOR YOU?

Come to an information session to find out about benefit and credit payments you could get from the Canada Revenue Agency if you do your taxes every year.

Representatives from the Canada Revenue Agency will share information on how benefits are calculated, how and when you should apply for benefits, and will answer any questions you might have.

WHEN: TUESDAY JANUARY 24, 2023

6:30 – 8:00 PM

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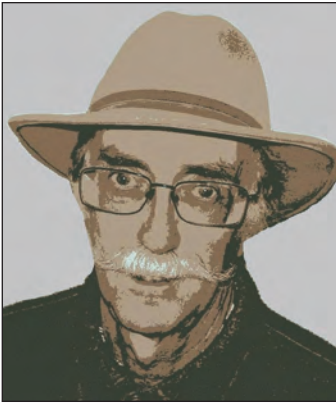
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Off the Beaten Track

- By John Panter

To justify invoking Canada's Emergencies Act, a federal government would have to have a reasonable belief in a credible threat to national security.

A "threat to national security" could mean an attempted foreign take-over of the country, criminality that was beyond the capabilities of law enforcement to deal with, or some credible threat of a domestic plot to overthrow the government of Canada.

truckers were dealt with by the ordinary tools at the disposal of a number of law enforcement agencies.

That leaves the possibility, laughably remote but seriously suggested by senior government bureaucrats, that the truckers intended to overthrow the federal government.

Try this as a thought experiment some Friday evening after you have put your feet up and poured a glass of your favourite Scotch: you have been tasked by the Freedom Convoy truckers to plan to overthrow the government. How would you do it with whatever tools were available to you in January last year? Presumably you would have to

Canada trek to Ottawa. Bouncy castles were probably too big (unless deflated) to fit through the doors of the Parliament buildings and probably wouldn't be very useful once inside.

The actual big rig drivers occupying Ottawa's Wellington Street seem to have been outnumbered by ordinary citizens who were in the nation's capital to show support for the cause and to have a good time. They were mostly armed with snow shovels and hockey sticks so don't count on too much help from them.

Ah, but reserves. Your "army" has a whole bunch of reserves. In fact, for every honest-to-gosh truck driver who came to Ottawa there were, conservatively, thousands of supporters all across the country.

A good number of them lived right here in White City and Emerald Park. They came out on that bitterly cold January night, Canadian flags a-flyin' and horns a-honkin' to wait patiently at the Balgonie Flying J or the Balgonie south service road or right here in Emerald Park in the Credit Union parking lot to cheer on the truckers on whom they pinned their hopes for some release from Covid-related restrictions, mandates and madness. But there was not a single insurrectionist among them. Some of

them were obviously up past their bed-times.

A military reserve that can't be mobilized to help to overthrow the government or to set up a military junta isn't going to be helpful. Let's face it, your task is impossible. At least, perhaps, you will enjoy the Scotch.

Evidence that would justify the invocation of the Emergencies Act is pathetically weak. If the Commissioner leading the inquiry rules that invoking the Act was justified, political dissent in Canada is on dangerously thin ice.

It cannot have been easy to drive a truck 5000 km across Canada in the dead of winter, but a thousand Canadians did it anyway because they were tired of being bullied by the government. What is equally clear is that not a single, senior public official or government politician could bestir him/herself to walk 100 meters from the doors of Parliament out to Wellington street to talk to a trucker. Cowards. All of them.

*Call me if you disagree.
569-2345 or
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In fact, for every honest-to-gosh truck driver who came to Ottawa there were, conservatively, thousands of supporters all across the country.

It was abundantly clear from evidence at the public inquiry into the invocation of the Emergencies Act during the Truckers Freedom Convoy that there was no foreign influence on the truckers and their supporters.

It is also clear that any illegal acts committed by the

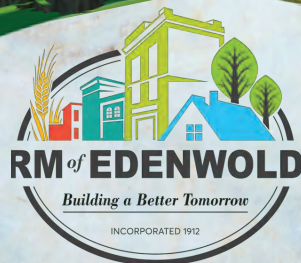
storm the Parliament buildings and kidnap the most important members of the federal cabinet (or maybe the P.M.), set up a provisional government and set about ruling the nation by decree.

But the truckers seem to have forgotten to bring guns with them on their cross-

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Reparenting Ourselves

- By Gwen Randall-Young

be himself or herself.

The result, too often, is depression, reduced vitality, and loss of self. This is particularly noticeable during adolescence, when the child's biological imperative is to explore and experience his or her individuality and uniqueness. This begins with a need to differentiate from one's parents. What appears as teen conformity is the group effort to distinguish itself from the previous generation. Having done that, individuals will then make an effort

and supportive mother/father to our own inner child. We only counteract the old beliefs by forming new ones.

If we do not do this, our inner voice is not really ours, but rather we are parroting negative ideas we picked up along the way. Another complication comes when we project those negative beliefs on to another: "You think I am dumb!" "My friends don't really like me." "No one really cares about me."

If, try as you might, you cannot stop the negative self-talk, it would be wise to consider doing some work

with a good therapist.

As adults who were not honored as children, we need to begin the process of learning to honor our true selves. As parents raising children, we need to be very conscious—and may need to revise some of our methods of child rearing, and our traditional views about it.

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.

Sometimes people who are outwardly successful in most areas of their lives, still do not feel good about themselves. No amount of external success can change that. Often the roots of this problem go back to the way that person was

"The way we were treated as small children is the way we treat ourselves the rest of our lives: with cruelty or with tenderness and protection"

~ Alice Miller

treated as a child. Obviously, childhood abuse leaves scars.

Even if the child was not abused, other subtle forms of devaluing may continue to haunt an individual throughout life. Being ignored, rejected, or left out in the early years creates a deep sense of not being good or important enough.

Even more subtle are the negative effects that occur when parents project their feelings, ideas, and dreams upon their children. In order to survive and be loved, the child learns to obey: to try to be the person the parents want him or her to be. This requires that the child repress his or her own feelings, and stifle attempts to

to express their uniqueness within their group.

Rather than honoring the child's right to be oneself, and in their well-meaning attempts to "train" children, parents often instill humiliation, shame fear and guilt. They inadvertently reduce the child's ability to make crucial perceptions later in life. Ironically, the adult ends up either feeling guilty for expressing true feelings or lives a life trying to please others.

The way to heal built-in patterns, is to recognize the doubts or self-criticisms are messages formed when we were children, based on our experiences.

Then, working to become the all-loving, nurturing

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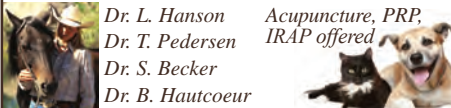
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New Year's resolutions you can actually stick to

For many of us, it's an annual tradition: come up with New Year's resolutions so we can be our best selves, diligently follow the plan for a few days or weeks, and then ditch the resolutions and go back to our usual habits.

Part of the problem is that we often set overly ambitious targets. Once we start to fall behind on our goals, we eventually give up in frustration. This year, set some goals you can actually achieve.

Ease into exercise

Most of us would benefit from some more physical activity. But joining a gym or signing up for classes can feel daunting. Instead, start small. Find a friend who you can go on a brisk walk with two or three times a week. If you're back in the office, consider riding your bike to work once a week. Get off

the bus or subway a couple stops early and walk the rest of the way. And use the stairs a couple of times a week instead of taking the elevator.

Master home cooking

We've all felt the pinch of inflation. One way to save money on meals is to skip restaurant and takeout meals and prepare your food at home. Cooking at home also gives you control over how much sugar, salt and fat you consume.

If you're the kind of person who eats out for almost every meal, set a goal of making at least one dinner at home a week - and make extra so you can have leftovers or freeze it for another day.

If you already cook at home regularly, encourage your children to join in and learn a valuable life skill. Inspire variety by challeng-

ing yourself to try one new recipe every week.

Get to bed earlier

Regular, restful sleep boosts your mood, health and cognitive functioning. Try to have your head hit the pillow 30 minutes to an hour earlier than you're used to.

Start by avoiding caffeinated drinks and vigorous activities late in the day. To help you fall asleep earlier, put away your phone and laptop and turn off the TV at least an hour before you plan to go to bed. Instead, dim the lights in your room, and maybe curl up with a book.

Protect your digital self

Make this the year you protect yourself from cyber-crime. Don't reuse a password for multiple purposes or accounts. If you're worried about remembering all your passwords, consider

using a password manager. With this tool, you only have to remember one password to access all your accounts.

For a higher level of security, consider using passphrases instead of passwords. Passphrases are a series of four or more random words that are easy for you to remember, but almost impossible for cybercriminals to guess, such as BathroomLamp-ClosetMug.

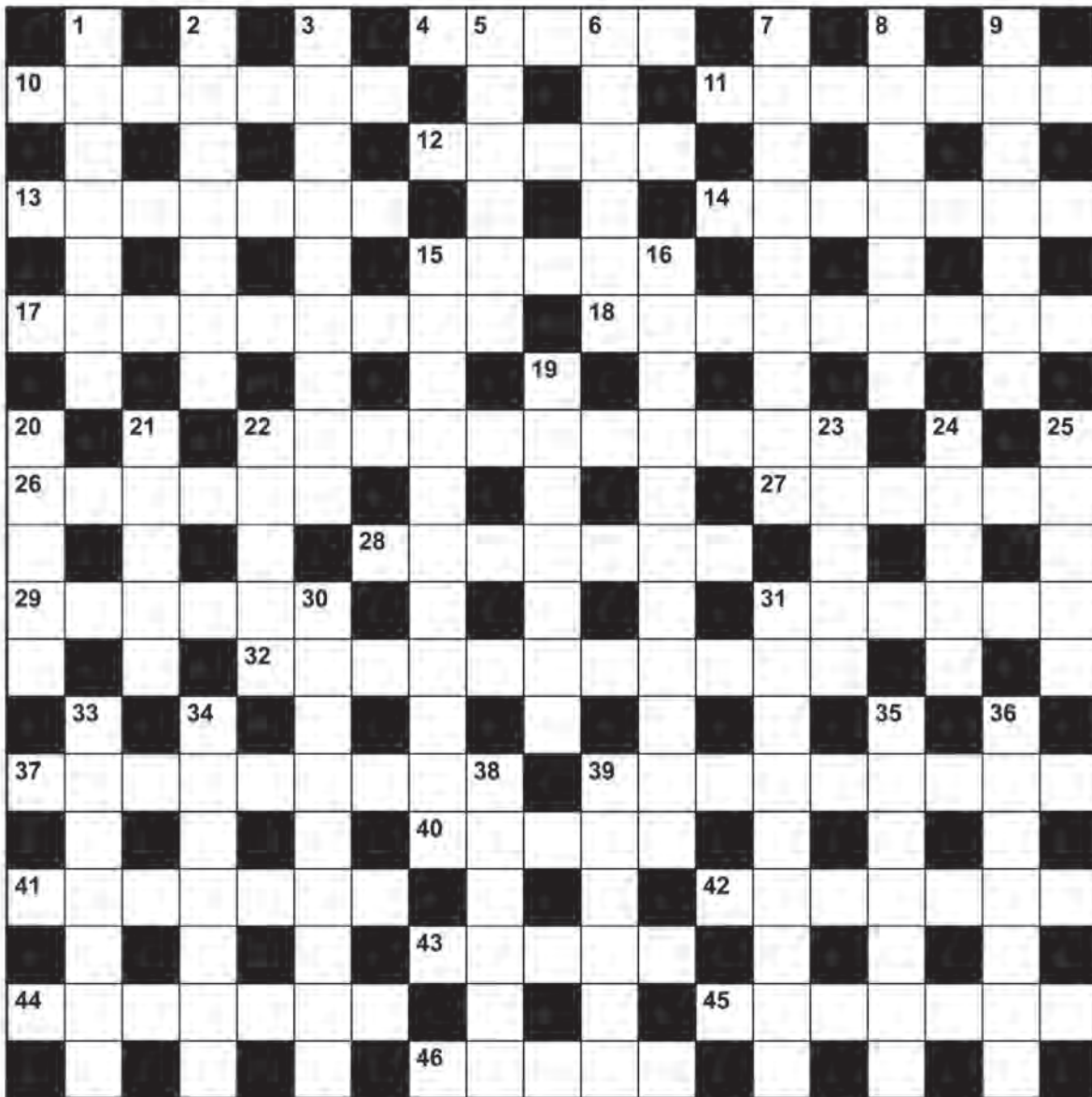
Also set up a schedule to make sure all your devices and software are updated. Better yet, enable automatic updates whenever possible. Make a habit of clearing your cache and browser history after browsing online, and always log out of your accounts.

Find more cybersecurity tips at getcybersafe.ca.

www.newscanada.com

Diversions

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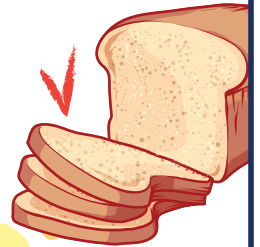
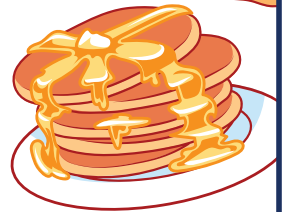
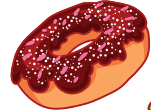


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2023 January

Upcoming Events & Meetings

Committee of the Whole Meetings

January 9 - 4PM
January 23 - 7PM

Regular Council Meeting

January 9 - 7PM

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



Christmas Tree Pick Up

January 3 - 13, 2023

White City will be doing Christmas Tree Pick Up beginning January 3 to January 13, 2023.

Please make sure all decorations are removed and the tree is placed at the edge of your property with the stump facing toward the road.

SAVE THE DATE



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Maximum tickets sold is 20,000.
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CHASE the Griffin

Name of License: Greenall Griffins Booster Club
License Number: # RR22-0528

Don't miss your chance to find the Griffin (Ace of Spades)!!!

Visit the Greenall Griffins Booster Club Facebook page for more details on the rules.

Draw is at 7:50 pm, every Thursday starting January 12, 2023 to June 8, 2023 at the Ice House (60 Great Plains Road in Emerald Park, SK)

All proceeds stay in the community to support school improvement initiatives at Greenall High School.

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2022 ANNUAL GENERAL MEETING

For MEMBERS only
January 11, 2023 at 7:30pm

@ White City Town Office
14 Ramm Avenue
whitecitymuseum.com

JANUARY 2023

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

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

We do offer a classified section containing advertisements, items for sale, employment opportunities, etc. Everyone is welcome to put meeting dates, birthdays, anniversaries, etc. on the calendar, free of charge.

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1 NEW YEAR'S DAY	2	3	EMERALD PARK & WHITE CITY Garbage	5	EMERALD PARK Composting	7
8	Committee of the Whole - 4PM Regular Council Meeting - 7PM	WHITE CITY Composting	EMERALD PARK Garbage WHITE CITY Recycling	EMERALD PARK Recycling	13 Library Storytime at White City Public Library 10:00am	14
15	16	17 EMERALD PARK & WHITE CITY Garbage	19	20 Library Storytime at White City Public Library 10:00am	21	
22	23 Committee of the Whole - 4PM	24 EMERALD PARK Garbage WHITE CITY Recycling	EMERALD PARK Recycling	26 Library Storytime at White City Public Library 10:00am	27	28
29	30	31	CASA ROSA/JAMESON ESTATES Garbage pick up every Tuesday Recycling pick up every Thursday			

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