

White City & Emerald Park

JANUARY EDITION, 2022

Community Newsletter



*from
us all at*



**WESTERN
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PRINTERS**

Be kind to each other

Every month I try to come up with something interesting to share in this publication that is all about local business, local initiatives, and fun things happening in our community. And without fail I send it to the good

people at Western Litho (who create and distribute the newsletter) at the last possible minute on the 20th of every month and I am sure they are satisfied until a month later when it is down to the wire yet again.

I envision Shannon standing by the printing press staring at her watch waiting.

It was my idea to start writing for the community (like I don't have enough to do) but I have really enjoyed it. I really believe that it was

important that the newsletter focus on local stories and things that affect us all as residents. I got to connect with George from the Communiskate Rink Café and discover during our chat that we worked

- Continued on page 2

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

Be kind to each other - Continued from page 1

together at the Landmark Inn a few decades ago (yikes!) when we were both teenagers/young adults. I also got the inside scoop on the clubhouse when it was being built as well as all of the exciting plans that came along with that and I interviewed Andrew Scheer just before the election in October. (Some people didn't appreciate my obvious dislike of the federal Liberals that I made quite clear in that article but hey you can't win 'em all).

Today, I want to tell you about the White City Emerald Park Business Association and a neat initiative they undertook this year with their members.

In February 2021, a donation of \$1000 was made by the association to each of Ecole White City School and Emerald Ridge school and the second donation of \$1500 (also for each school) was presented this month.

The funding comes from membership fees and is being used for specific learning activities and/or tools for the students.

Ecole White City Principal Matt Brown told the Association that they will use the donation towards provid-

ing grade seven and eight students with a workshop called "Unlearn." Sarah Kennedy, Principal at Emerald Ridge, is using the funding for early learning materials for their kindergarten classrooms.

For the WC/EP Business Association to donate \$5000 in the span of a year is very generous and very appreciated by educators who are always short on funds but never on ideas as to how to continue growing our kids and helping them be the best they can be.

As well the Association presented the 2021 Light up the Holidays Campaign where they encouraged residents in WC and EP to decorate for the holidays and grade seven students from Emerald Ridge enjoyed judging the entries. Winning households got some great gift certificates for local businesses and bragging rights until next year when it's on again!

If you're interested in learning more about the White City Emerald Park Business Association, go to their web site at www.wcepba.org. There you'll find information on the purpose of the association, information on

meetings, presentations, and activities that members participate in monthly. As described on their website "it is a group run by volunteers with an objective of promoting and improving trade and commerce as well as civic and social welfare in the business district."

Kevin Rossler, Regional Manager of Mazergroup, and President of the WCEP-BA, also encourages people who would like to come out and present to the group on any topic of relevance as they are always looking for new ideas to make the meetings interesting and topical.

Due to Covid restrictions and concerns meetings are taking place on Zoom on the 2nd Wednesday of every month. Hopefully things return to normal in the coming weeks and meetings will once again be in person.

Thank you to the White City Emerald Park Business Association for the work they do out here as business owners and managers that serve all of us well with what they have to offer and even more so for giving back and donating to our schools helping to shape the next

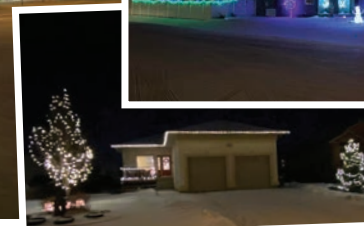
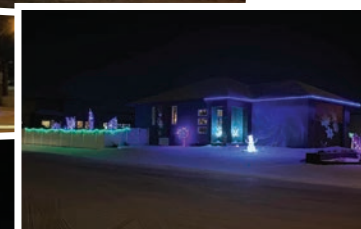
generation of homeowners and maybe even business owners in our community in the years ahead.

I want to wish you and yours a very Merry Christmas and a Happy New Year. It feels like every single day something changes and my hope is that we see a little more "normal" in 2022. I hope we all get the chance to see family and friends again, travel freely, and enjoy the things that we haven't been able to for what seems like such a long time. While we wait for this pandemic to wind down, I hope we can all remember to be kind to each other, to help each other out through the cold winter months and to think of ways to make our community even better than it already is.

If you've ever thought about starting something new out here, be it a charitable initiative, writing an article for this newsletter, or even just clearing someone's driveway after a snowfall - just do it! It makes us all better when we take care of each other.

Merry Christmas and Happy New Year from our home to yours!

Trish Bezborotko



Light Up The Holidays Campaign - Picture Perfect Participation!



The winners were as follows:

- Lang Family - Prepaid Visa Card courtesy of Kuzmicz Farms
- Daka Family - Family Suite stay with 8 Waterpark Passes at the Ramada Emerald Park/Regina East
- Weichal Family - Family Suite stay with 8 Waterpark Passes at the Ramada Emerald Park/Regina East
- Kosar Family - Gift Certificate for Aspen Links Clubhouse and Rec Room Restaurant & lounge
- Anderson Family - Gift Certificate to Aspen Links Clubhouse and Rec Room Games Room
- Greaves Family - Gift Certificate to the Ice House Tavern Emerald Park
- Laic Family - Gift Certificate to TWB Home Decor
- Nieminen Family - Gift Certificate to Mazergroup
- Seibel Family - Gift Certificate to Aspen Links Clubhouse and Rec Room Games Room



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4 words – vegan mango grilled cheese

Layering mango chutney into a grilled cheese sandwich is kind of like adding jam or jelly to a cheese board; it adds that welcome hit of juicy sweetness to round out the flavours and cut the richness of the cheese.

Here, we use a PC plant-based mayo-style spread as a great vegan hack for making perfectly golden grilled cheese. It coats the outside of the bread like butter to help develop a crust in the pan.

Vegan Mango Chutney Grilled Cheese

Prep time: 10 minute

Cook time: 15 minutes

Serves: 2

Ingredients:

- 4 tsp (20 mL) plant-based mayo-style spread
- 4 slices whole grain or white bread
- 4 tsp (20 mL) prepared mango chutney, divided
- 2 thin slices red onion, rings separated, divided
- 4 PC plant-based cheddar-style slices, divided

Directions:

1. Heat nonstick skillet over medium-low heat.
2. Spread 1 tsp (5 mL) mayo-style spread over one side of each slice of bread.
3. Add one slice of bread, mayo-side down, to skillet. Spread 2 tsp (10 mL) chutney over bread and top with half the red onion and two cheddar-style slices. Top with one slice of bread, mayo-side up.



4. Cook, flipping once and pressing down on sandwich with spatula occasionally, until gold-en brown; 7 to 9 minutes.
5. Repeat with remaining bread, chutney, red onion and cheddar-style slices. Cut sandwiches in half.

Try this: Stir a pinch of turmeric or curry powder into the mayo-style spread for an extra punch of flavour.

Nutritional information per sandwich: calories 390; fat 17 g; sodium 850 mg; carbohydrates 50 g; dietary fibre 0 g; sugars 10 g; protein 7 g.

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Top health and wellness trends in 2022

Here are some top trends for 2022:

Whole health

While there's no special ingredient or trick that can actually "boost" your immune system, that doesn't mean you can't take steps to keep yourself healthy and prevent illness. A key trend is a holistic approach to your health that recognizes the inter-connection of eating nutritious food, being physically active and nourishing your mental health as core parts of staying well.

Sleep hygiene

Now that many of us have discovered the extra z's you can get when you don't commute to an office, we're loath to lose them. So, this year expect everyone to be talking about the best things in sleep hygiene, from creat-

ing a bedtime routine and avoiding screens to tech and apps that help track the sleep you're getting or improve its quality.

Functional genetic testing

Maybe you know someone who's had their genetics tested to find out about their ancestry. With functional genetic testing, you'll be able to discover the health implications of your genes. This goes beyond markers for major diseases – tests from The DNA Company can indicate whether you're likely to gain weight in the cold, if you're hard-wired for binge-watching and even if you're well-suited to a vegan diet. It's a new frontier in health and wellness sure to make a splash in 2022.

Find more information on getting a genetic profile at thednacompany.com.

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The core elements of staying healthy, such as eating well and exercising often, may never change. However, scientists and health practitioners are always pushing boundaries on how best to do those things, and every year we hear of new life hacks to try out that may be the key to our health.

Easy, delicious and nutritious muffins



Unlike most store-bought muffins, these are brimming with nutrients.

Made with Greek yogurt and chia seeds, these muffins have both protein and fibre, making them a healthy snack or breakfast. They're also chockful of oats, which are associated with lowering levels of C-reactive protein, a marker of inflammation found in the blood that's often associated with diseases such as rheumatoid arthritis.

Enjoy this healthy recipe from the Arthritis Society.

Banana Date Protein Muffins

Prep time: 10 minutes
Cook time: 18 to 20 minutes
Serves: 12

Ingredients:

- 2 ½ cups old-fashioned oats
- 1 cup 1 per cent plain Greek yogurt
- 2 eggs
- ½ cup sugar
- 2 ripe bananas
- 2 tsp baking powder
- 1 tsp vanilla
- ½ tsp baking soda
- 1 tsp cinnamon
- 3 tbsp chia seeds
- 6 Medjool dates (pitted and halved)

Directions:

1. Preheat oven to 400°F (200°C) and lightly grease a 12-cup muffin tin with oil.
2. In a food processor or blender, add rolled oats and process into oat flour.
3. Add the rest of the ingredients, except chia seeds and dates, and process until evenly mixed to form a batter. Fold in chia seeds.
4. Divide batter evenly into tin. Place half dates on top of muffins and bake for 18 to 20 minutes.

Tip: Instead of dates, you can use blueberries or raisins for sweetness.

Nutritional Information (per serving): Calories: 188; total fat 3g; saturated fat 1g; monounsaturated fat 0g; carbohydrates 37g; protein 5g; fibre 4g; sodium 148 mg.

Find more arthritis-friendly recipes at arthritis.ca.
www.newscanada.com



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How to keep up with the kids online – and learn from them

Sometimes it seems like the world is moving at a faster and faster pace. Between news cycles and constantly changing digital trends, it can be hard to keep track of it all, including your kids' behaviour online. Here are some tips on how you can expedite that process for yourself:

Ask where they're hanging

While all the social media attention over the last decade has been on Facebook and Instagram, over the last couple of years kids have shifted to TikTok and SnapChat. Talk to your kids about what makes these particular apps special to them, and maybe consider joining them yourself.

Open up Conversations

A lot of kids and teens treat popular social media content creators and influencers — and their communities of fans — as extensions of their personal friendships. Ask your children what kind of social media influencers they enjoy following and why to gain insights into what piques their inter-

est.

For example, if they're following lots of makeup gurus, sports creators or comedians, this can give you a better idea of what topics are of interest to them. Influencers that focus on mental health, family issues or social justice can also help you to have some harder personal conversations with your kids and learn what they value.

Ask your kids to share favourites

Don't be afraid to ask your kids what they are watching and inquire about where they're getting their information and entertainment. Do they have a funny viral video of the week that they can't stop laughing about? As "uncool" as it may sound, ask them to show you what's funny, and open up the conversation to things going on in their lives. Who knows, you may end up learning a lot more about your kid this way.

Learn to speak their language

Is it time to brush up on your digital skills? If you're finding it hard to con-



nect, try boosting your skills through free programs like ABC Life Literacy Canada's Youth Teaching Adults. The program helps bridge the technology gap to let adults thrive in the digital world. From computer basics to tablet apps to social media, there are many unique resources to choose from that can help you to speak digital media more fluently. Learn more at youth-teachingadults.ca.

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ERES Community Council (ERESCC)

Next ERESCC Meeting
Tuesday, March 8th
6:30 pm
via Zoom

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

THANK YOU!!

THE CHRISTMAS FLORAL FUNDRAISER
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★ \$2,495.00

HAPPY NEW YEAR 2022

UPCOMING EVENTS

Jan. 3	Classes Resume
Jan. 11	ERESCC Meeting @ 6:30 p.m.
Jan. 31	Staff Meeting/Teacher Prep (Non-Student Day)
Feb. 21	Family Day—No School
Feb. 22-25	Winter Break—No School
Mar. 7	Teacher Prep (Non-Student Day)
Mar. 25	Parent-Teacher-Student Conference Day-in-Lieu (No School)

2022—2023
Kindergarten Registration

Emerald Ridge Elementary School is accepting registrations for the 2022-2023 school year. Any child who will be five years of age by Dec. 31, 2022 is eligible to register for Kindergarten for the Fall of 2022. 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.

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Greenall High School

EQUITY CLUB'S FOOD AND TOY DRIVE INITIATIVES

Our Student Equity Club collected donations for the Regina Food Bank in October. We thought it was appropriate to remind folks around Thanksgiving and Halloween to think of others and share what they could. A HEARTFELT thank you to all who sent money or food to the Food Drive. We made it a competition between period three classes, and our winners were the period three classes of Mrs. Gibbs and Mr. Vollman. These classes were followed closely by Mrs. Werner, Ms. Leib, and an honourable mention to Ms. Kistner and Ms. Kudeba. Our school community sent an astounding two truckloads with 2,632 items to support those in need. Our students learned about food insecurity, and acted on that learning. We are so happy to see our school community learning about food insecurity, and then putting that learning into action. See the photo for two pallets of donations.

The holiday project this month for our Equity group was in collaboration with the SLC. We collected unwrapped gifts and contributed another SUV-load of gifts plus wrapping supplies to the CJME Santa's Anonymous Drive. Our school community can look forward to the "prize", which is ice cream sundaes created on top of the heads of three staff members!



SOCIAL STUDIES AGRIBITION ADVENTURE

The Social Studies 10 class took part in an Agribition field trip this past month! In October, the class took part in Agriculture Month in Saskatchewan, which allowed students to gain a better understanding of where their food comes from, how it is produced, professions within the industry, and how agriculture impacts our economy. The class was able to witness what they studied firsthand by learning more from industry professionals, showcases, and demonstrations at Agribition.

ENTREPRENEURSHIP 30 BUSINESSES SHOWCASE

PVSD Director of Education came to visit the Entrepreneurship 30 student-run companies on December 9th. The student companies are Thr33, Angels & Halos, and Emerald Gift Baskets. Companies will wrap up in January.



BASKETBALL SEASON UNDERWAY

To kick off the Griffin Basketball season, Greenall's Junior Boys Basketball team won 1st Place at the Lumsden High School Invitational Tournament! The boys played hard and demonstrated Griffin values and sportsmanship.



ALL SHOOK UP MUSICAL PRODUCTION





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

Visit us – [f](#) White City Public Library Branch [t](#) WhiteCityLib

JANUARY 2022 PROGRAM & EVENTS CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Closed for the Holidays ➔
➔	➔	4 Library Open	5 Library Board Meeting 8:00 pm	6	7 Preschool Storytime 10:00 AM	8 Circuit Scribe 11:00 AM
9	10 Circuit Scribe 6:00 pm	11 LEGO Club 6:00 pm	12 Stitch & Chat 1:30 pm	13	14 Preschool Storytime 10:00 AM	15 Code & Go Robot Mouse 11:00 AM
16	17 Code & Go Robot Mouse 6:00 pm	18 Adult Book club 6:30 pm	19	20 Flurries N' Fun Family Literacy Program 10-am -12	21 Preschool Storytime 10:00 AM	22 Circuit Scribe 11:00 AM
23	24	25	26 Stitch & Chat 1:30 pm	27 Family Literacy Day	28 Preschool Storytime 10:00 AM	29 Code & Go Robot Mouse 11:00 AM
30	31					



CHILDREN'S PROGRAMS

Preschool Storytime - Drop-in

Fridays @ 10:00 AM
 January 7, 14, 21, 28

For pre-school children 0-5 yrs. and their caregiver. Stories/rhymes and crafts.

Makerspace kits this Month

Circuit Scribe and Code & Go Robot Mouse
 Saturdays 11am or Mondays 6pm
 January 8, 10, 15, 17, 22 & 29

Flurries N' Fun Family event

Regional KidsFirst will have interactive stations geared towards children 2-6 yrs. Every family will get a book to keep!
 Thursday, January 20th 10am to 12pm

To register for programs, please call 781-2118

ADULT PROGRAMS

Adult Book Club

Tuesday, January 18th @ 6:30 PM
 Born a Crime by Trevor Noah
 New members welcome!

Stitch & Chat

Wednesdays @ 1:30 PM
 January 12 & 26

An informal time to socialize while you work on a project of your choice.

Family literacy Day—January 27th

A day to raise awareness about the importance of reading and engaging in other literacy related activities as a family. Visit: saskliteracy.ca

WWW.SOUTHEASTLIBRARY.CA [f](#) [t](#) [w](#) [s](#)



Off the Beaten Track

- By John Panter

It's nice to see Canada's flag back at the top of the flagpole. A flag is flown at half-mast as a symbol of respect, mourning or distress. On May 30th last year the prime minister, Justin Trudeau, ordered the flag lowered on all federal buildings, after the discovery of graves at the Kamloops Indian Residential School.

Assuming that there was something nefarious about the burials, no-one could reasonably object to the flag-lowering. However, in his rush to judgment of the cause of the deaths, the prime minister set no time limit on the period of mourning, leaving it to undefined leaders of the aboriginal community to say when, if ever, the flag could be restored to full-mast.

It eventually dawned on the deep-thinkers (I use the term loosely) in the Prime Minister's Office that the flag would have to be low-

ered for Remembrance Day, and before it could be lowered for November 11th, it would have to be raised (so it could be lowered. I know; it's confusing). When to raise and lower flags is determined by long-established protocol, to interpret which, Canada has a protocol office at the Ministry of Heritage. Apparently the protocol officer's advice on the Kamloops School issue wasn't followed, or even sought in the first place. What happened to the flag next was the stuff of comedy.

ber 11th the flag was to be raised again so that it could be lowered to half-mast to honour Remembrance Day. (Are you still with me?) Then, on November 12th the flag was to be raised to its rightful place atop the ol' spruce pole where it is to remain, (except for a couple of dozen mandatory and discretionary exceptions), until September 30th. (National Day for Truth and Reconciliation) when it will be lowered again.

As part of the exhaustive

In any event, although the RCMP didn't strictly follow the protocols for the timing of the flag-raising and lowering (they may have been running short of lubricant for various chunks of flag-pole hardware), ultimately the correct flag positions (if not the strict timing of them) were observed.

If there is anyone to feel sorry for in all of this it is Marc Belanger, Senior Protocol Advisor, Department of Canadian Heritage, whose job it is to advise, based upon tradition and protocol, when, for whom, or what, and for how long the nation's flag is to be lowered. If the flag goes up and down at the whim of a prime minister, why do we need Mr. Belanger?

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



If the flag goes up and down at the whim of a prime minister, why do we need Mr. Belanger?



The flag's official itinerary was to be as follows: At sunset on November 7th (5:23 p.m. in Regina) the flag was to be raised from its five-month's residency at half-mast so that it could be subsequently lowered. At sunrise, November 8th, the flag was to be lowered to commemorate Indigenous Veterans Day, (or National Aboriginal Veterans Day. The Government of Canada website and the Prime Minister can't seem to agree on what the day is called.)

Sometime before Novem-

ber 11th the flag was to be raised again so that it could be lowered to half-mast to honour Remembrance Day. (Are you still with me?) Then, on November 12th the flag was to be raised to its rightful place atop the ol' spruce pole where it is to remain, (except for a couple of dozen mandatory and discretionary exceptions), until September 30th. (National Day for Truth and Reconciliation) when it will be lowered again.



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Fun ways for students to tackle community service hours

Community service hours are an important and mandatory part of high school graduation requirements in many school boards. Although some kids can find community service hours independently, as a parent you have a unique opportunity to use this requirement to start talking to your child about their future and help them discover what is of interest to them.

Here are some ideas you can suggest to help them find enjoyment and meaning in their service:

Putting the “fun” in fundraisers

Is your teen passionate about a particular social justice issue? See if they can volunteer for the fundraising committee of a nonprofit organization that they feel strongly about, such as an environmental or charitable initiative. Many organiza-

tions are always looking for people to cold call and ask for donations as well.

Putting skills to good use

Does your teen have a home economic skill they enjoy, such as knitting or sewing? Many hospitals and shelters actively try to recruit volunteers to knit blankets for patients or hats for preemie babies. Perhaps they enjoy baking and can make some treats for a women’s shelter or volunteer in a soup kitchen.

Having a “pawesome” time

If your teen has a deep love for pets, volunteering at an animal shelter or vet clinic to help take care of cats and dogs can be incredibly rewarding. Many high school students who go on to become vets and doctors find their footing by doing volunteer work at animal shelters, clinics and

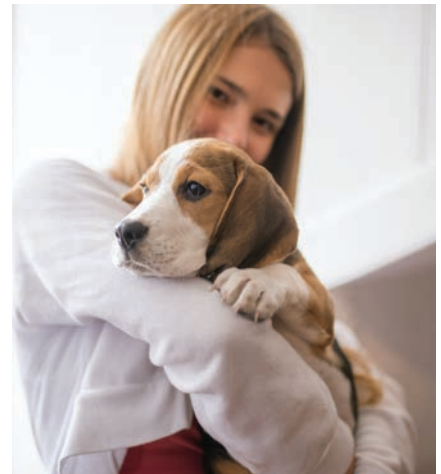
animal hospitals.

Crafting for a cause

Does your teen have a crafty thumb? Many hospitals, hospices and senior care homes often look for volunteers to make cards for individuals, supervise an arts and crafts session with patients or even photograph special events. Have your teen reach out and see where they can volunteer their talents.

Loving digital literacy

Have a really tech-savvy teen? ABC Life Literacy Canada’s Youth Teaching Adults is an incredible digital literacy program, where high school students are paired with adults to bridge the technology gap and help them thrive in the digital world.



Your teen can help adults and seniors learn life-changing skills for computers and smartphones, teaching them how to email, send pictures, FaceTime and Zoom with their loved ones. Learn more at youthteachingadults.ca.

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Outdoor activities to do with your kids this winter



Many of us are dreading another pandemic winter cooped up at home. But instead of worrying, now is the time to plan some fun things to do with the family outside the house when it’s cold or snowy.

Here are some creative ideas kids and parents are sure to love:

Embrace friluftsliv

We’ve all heard of hygge, the Danish idea of a cozy home. This year, you can try another Scandinavian concept called friluftsliv. Part of Norwegian culture, it literally means “free air life”

and is all about being one with nature even when the weather isn’t ideal. Go for a walk in the park and pay attention to your surroundings, whether it’s the soft song of winter birds or the beauty of a fresh snowfall.

Try something new

There are plenty of fun winter sports we’ve heard of but never given a try. Why not challenge the whole family to explore a new activity? Curling, snowshoeing and ice fishing are easy enough for almost all ages and can be quickly learned while practicing social distancing. Not feeling too sporty? You can try snow sculpting or painting a gorgeous wintry landscape.

Go on a local road trip

While a vacation to a tropical beach may be out of the

question, there are many beautiful and exciting places to explore in your own province. Whether it’s a day trip or weekend getaway, look for something an hour or two away that piques your interest, like a vast lake, hiking trail or frozen waterfall.

Before hitting the road, make sure to keep your family safe by installing winter tires on your vehicle. While not all tires are created equally and performances vary, the differences become greater when a tire wears. So choose one built to last, like the Michelin X-Ice Snow, which has been tested and proven in Nordic test centres under the most rigorous and extreme winter driving conditions.

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The Problem with Being a Pleaser

- By Gwen Randall-Young

Are you a pleaser? A pleaser is one who negates his or her own needs for fear of ever letting anyone else down. A pleaser is usually a genuinely nice person, but to a fault.

On the one hand, there is a heartfelt desire to be helpful or facilitative, but on the other, there may be either a fear of disappointing others, or a strong desire to be seen as an amazingly good person.

The pleaser runs into problems. First of all, it is impossible to please everyone all of the time. It is devastating for the pleaser to have someone upset with him or her. This is bound to happen once one is juggling the needs of several people.

An additional complication occurs when those one has been pleasing come to expect the pleaser to continue to meet their needs. Once expectations are well established, it is even more difficult for the pleaser to say, "No". Gradually, there is less and less time for oneself, or for one's family, because the pleaser is too busy looking after everyone else.

Not only can being a pleaser be exhausting, but, in time, resentment sets in. The pleaser is doing everything for everyone else, but who is there for him/her?

The first step in "recovery" is admitting that you are a pleaser. Then, either with introspection, or the help of a therapist, aim to discover how you got to be that way. Self-esteem may be low, and pleasing feeds the ego. One's sense of worth may be tied into what others think of them.

Next, you need to learn about healthy boundaries, and how to set them

It means communicating to others that you may not always be available, or be able to do, say or be what they want. Those who truly care about you will understand. Those who do not understand, and still expect you to put them first are not healthy for you and are taking advantage of your good nature. If they step out of your life because you are

not constantly at their beck and call, that is not such a bad thing!

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.



Not only can being a pleaser be exhausting, but, in time, resentment sets in. The pleaser is doing everything for everyone else, but who is there for him/her?



Secondly, the pleaser is often dishonest, externally expressing a keen desire to do what others want, but internally wishing there were a way to get out of it. This produces stress and anxiety in the individual, and even resentment towards the one being pleased.

for yourself. This is the challenging part, because you need to be honest with others. You have to be able to tell others that you have stretched yourself too thinly, and that you need to begin taking better care of yourself if you are to be any good at all to anyone.



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3 expert home décor tips and trends for 2022

If there's ever a perfect moment to refresh your home, it's at the start of a new year. Now is the time to reimagine your space with a fresh look that brings you joy. Whatever you're envisioning, look to these expert décor tips and trends from celebrity designer Amanda Aerin.

Be bold

Looking for ways to upgrade your space and make a statement? Aerin recommends incorporating more colour and patterns into your home decor. This year's popular shades will be saturated, bold and uplifting, so don't be afraid to switch things up and step out of your comfort zone.

Curate your look

Aerin says curated home décor is hot on the trend list for 2022. Dress your space with a mix of old and new, incorporating vintage finds, travel treasures or family mementos.

"My approach to design is

to create concepts that are visually stimulating, tactile and invoke feelings of happiness and relaxation," says Aerin.

Mix patterns like a pro

Mixing and matching geometrics with florals is another hot 2022 trend in home décor. Start by choosing your patterned fabric first, then pull accent colours from there for a professional look.

"Mixing and matching colourful patterns and fabrics is the perfect way to add texture to a space. To add more depth to a room and to keep my fabrics fresh, I love Febreze Unstopables Touch fabric spray. The scent is touch activated, so every time I fluff my mix and match pillows, sit on my upholstered furniture or pull open my curtains, I get a burst of freshness for the perfect finishing touch."

Find more information at febreze.com.

www.newscanada.com



New year – time to check off your to-do list

As we enter 2022, many of us begin to make checklists of what we hope to accomplish in the new year. These moments of self-reflection and self-improvement can come in different ways, and for some managing finances and protecting what matters is at the top of the list.

any turns and detours life may throw your way.

Take stock of the possessions in your home. Especially after the holidays when expensive gifts may have been received, it's wise to ensure your prized possessions are covered under your home insurance policy.

The new year is the perfect time to take inventory of important assets and whether they're protected with insurance plans. Here are a few insurance considerations to protect the people and things that are most important to us.

There are also other types of coverages, like optional TD Mortgage Critical Illness and Life Insurance, which can help protect your home by paying off or reducing the outstanding balance on your TD mortgage in case of a covered critical illness or death. Find more information at td.com regarding mortgage protection insurance.

Car accidents are unexpected events that can happen. With cars being some of Canadians' most expensive assets, it's important to ensure you have the best coverage for

www.newscanada.com



Find micro joys: A fresh way to beat the winter blues

Holiday celebrations are over and the weather outside is frightful, which can only mean one thing: the winter blues are officially here. Fortunately, you can kick those seasonal blahs to the curb with a simple practice — celebrating micro-moments of joy.

Micro joys are small, unplanned moments of happiness or appreciation that you experience throughout the day. Finding and celebrating these small moments can ultimately make a big difference in how you feel.

Surround yourself with things you love

When you fill your space with items that make you happy, it will be easier to find joy in the tiny things. Celebrity designer Amanda Aerin is a big fan of using delightful décor to create a sanctuary at home. "Cre-

ating a space filled with beauty and meaningful treasures is a great way to lift your spirits."

Be present

Living in the moment and taking time to appreciate small wins can help improve your mood and your mindset.

Refresh your home

Being grateful for your surroundings is a lot easier when your home is warm and cozy, so use a few tricks to brighten your mood if need be.

"For me, scent really helps boost my mood, so I use Febreze Unstopables Touch fabric spray everywhere from the pillow cushions to the carpet. It delivers a burst of freshness every time you touch it, and a whiff of that scent is the perfect pick-me-up," says Aerin. Learn more at febreze.com.

www.newscanada.com

Diversions

CRISS-CROSS (or KRISS-KROSS, else FILL IN) CROSSWORD PUZZLE

Fill in the blanks with the words provided. Two letters are already in place.

4 letters:

- AEON
- AREA
- KNOT
- LUTE
- MEZE
- MILK
- POME
- PONY
- STAR
- SWAN
- TRIM
- ZEBU

5 letters:

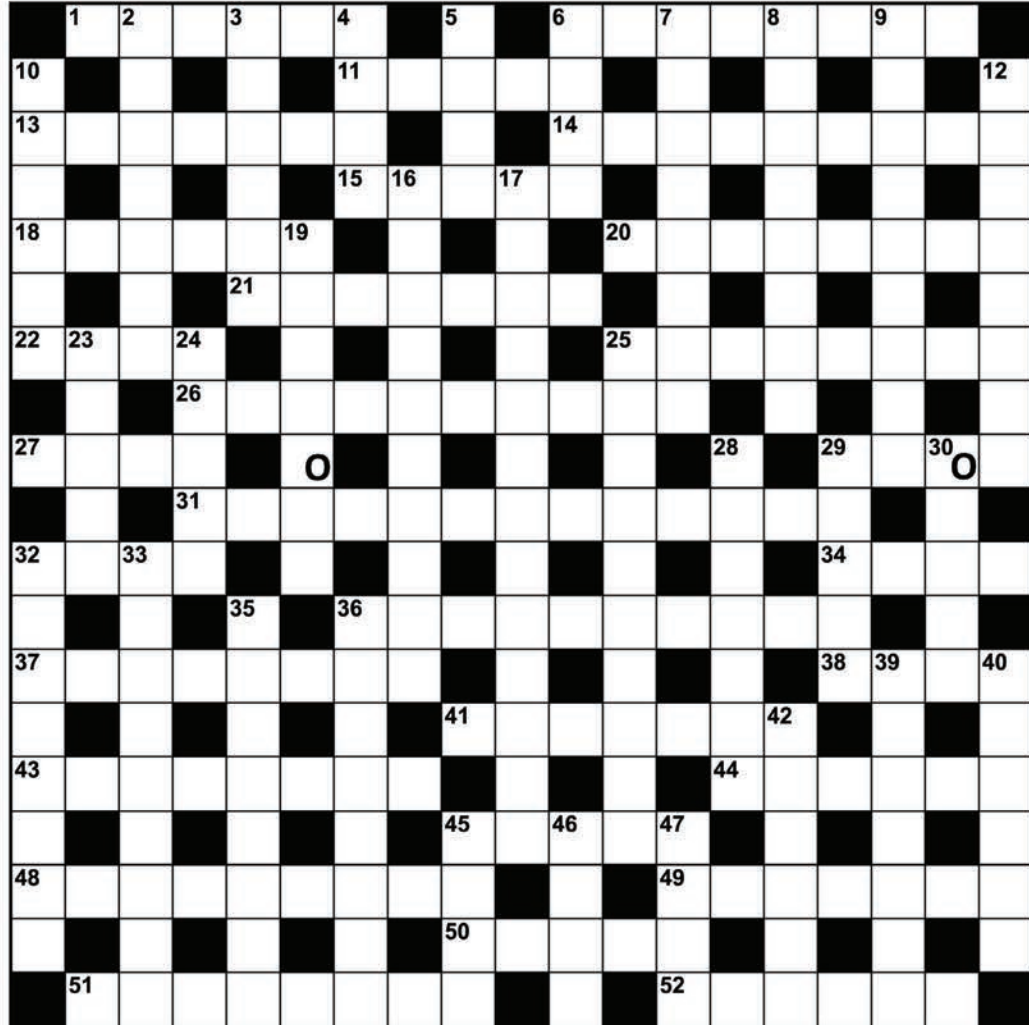
- ASK ME
- ASSET
- KYZYL
- OKAPI
- ORBIT
- RHINO
- RHYME
- TROVE

6 letters:

- ANIMAL
- BANANA
- EASILY
- LIMITS
- MODEMS
- RIDGED
- SPATES
- THREAD

7 letters:

- AUSTRIA
- DISPOSE



8 letters:

- LICENSE
- PASTIME
- POPULAR
- RAG DOLL
- REMOVAL
- UNIFORM
- ALLERGEN
- ALLIANCE
- AUGSBURG
- CENTAVOS
- INTEREST
- LANGUAGE
- LINOLEUM
- MOLESKIN
- PICTURES
- POSITIVE
- SCABIOSA
- USE AGAIN

9 letters:

- EDUCATION
- INDENTURE
- MANNEQUIN
- ZINFANDEL

10 letters:

- ASYNCHRONY
- HYPOTHESIS
- PILOTHOUSE
- SKEPTICISM

13 letters:

- MISCELLANEOUS
- MUSICAL COMEDY

VISUAL PUZZLE

Can you find the two identical pictures?



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2022 JANUARY



Snow Removal

A reminder to residents that White City Maintenance Crews do their best to get out day or night to get the snow cleared in a timely manner. Snow removal is performed first through the main streets and transportation routes and then into the secondary route. For a map with more detail visit whitcity.ca. When marking your property boundary and sprinklers please make sure to use flexible materials. Rebar or other materials that could damage snow removal equipment will be removed by maintenance.

Upcoming Council & Committee Meetings

January 10, 2022
Corporate Services Meeting
4:00PM
Regular Council Meeting
7:00PM

January 24, 2022
Development Services Meeting
4:00PM
Regular Council Meeting
7:00PM

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School Community Council

next meeting is February 16, 2022

Virtual meetings held every third Wednesday of the month @ 6:30.

ALL PARENTS WELCOME - Please contact the school by email at ecolewhitecityschool@pvsd.ca to pre-register!

SARCAN FUNDRAISER:

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"What good is the warmth of summer, without the cold of winter to give it sweetness."
~ John Steinbeck

FEBRUARY BREAK!

**No classes February 21st to 25th
returning to school the 28th!**

Online: whitecity.pvsd.ca -> click the "SCC" menu

EWCS on Facebook: @EWCS

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,
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January 2022

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2	3	4 WHITE CITY Composting	5 EMERALD PARK & WHITE CITY Garbage		6 EMERALD PARK Composting	7 Preschool Storytime at White City Public Library 10am
8	9 Corporate Services Meeting - 4:00pm Regular Council Meeting - 7:00pm	10	11 EMERALD PARK Garbage	12 EMERALD PARK Recycling	13 Preschool Storytime at White City Public Library 10am	14 Preschool Storytime at White City Public Library 10am
15	16 Development Services Meeting - 4:00pm Regular Council Meeting - 7:00pm	17	18 EMERALD PARK & WHITE CITY Garbage	19	20 Preschool Storytime at White City Public Library 10am	21 Preschool Storytime at White City Public Library 10am
22	23	24	25 EMERALD PARK Garbage	26 EMERALD PARK Recycling	27 Preschool Storytime at White City Public Library 10am	28 Preschool Storytime at White City Public Library 10am
29	30	31				29

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