

White City & Emerald Park

DECEMBER EDITION, 2021

Community Newsletter



LET'S BRING THE JOY

2021 BLESSING BAG COLLABORATION

LET'S GIVE BACK THIS HOLIDAY SEASON!

HELP US WITH YOUR TIME & DONATIONS

Blessing Bags 2021

Googling the term "blessings bags" you'll find that there are a lot of articles written on what they are, what to put in them and who to give them to. It wasn't a familiar term to me until last year when I

learned that one hundred of these bags were being assembled by local shop owner Michelle Dlouhy-Strawford, of Bella Chic, and a team of volunteers determined to help people in need in the cold winter

months.

Michelle was inspired to start this initiative after seeing a disabled, homeless woman sitting on a boulevard in Regina collecting change from passersby. Michelle decided it was time

to assemble a few bags to have in her own vehicle that she could pass on when faced with a similar situation. That idea grew from pulling together bags just for her vehicle to recruiting a bunch of like-minded

- 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



Blessing Bags - Continued from page 1

- Card games

A huge supporter of the project is our local IGA in Emerald Park owned by the Zooks. They provide the actual bags and much of what goes inside each one. As well, the Wireless Age located here in Emerald Park right beside Michelle's store are also providing donated warm clothing items for each bag.

Individually the ask isn't huge. Provide a few items that can be distributed to those in need knowing you are helping the most vulnerable citizens with the basics that many of us take for granted. Although the ask itself isn't huge, the impact is. When Michelle and I talked we agreed that even if only five kids got a bag to take home, that's five kids who have things they need that they didn't have before.

By the time you see this newsletter Michelle and her team of volunteers will have assembled a similar

number of bags to be given away this year, but the good news is if you're looking for a family or team project to undertake for the holiday season this is a great idea. Put together one bag each in your family and call an inner-city school to drop them off, pull together your kid's hockey team and donate 30 bags to a classroom in the inner city - they will gladly accept them.

It isn't expensive, takes very little time, but makes all the difference in the world for someone who is in need.

There are so many ways to make a difference. It doesn't have to be complicated, time-consuming, or expensive. It just takes someone with a vision, and others who agree, to make all the difference in the world for someone in need.

Kudos to those involved. Thank you for doing your part to spread kindness and love.

people in our community to do the same.

It was then that the project took a bit of a turn. Two inner-city school principals from Regina heard about the initiative and reached out to Michelle to see if there was a chance that their students could be the recipients in 2020. Michelle's sister is a former teacher and also impressed upon her the real need of so many kids in Regina's poorest neighbourhoods.

These are the kids that get to school early and stay late. They are the last to leave every day because they know what they are going home to isn't as welcoming as their school. They know there may not be food on the table or a blanket to curl up in when it is time to go to sleep. Hard to imagine

for sure but this is the reality that many children face in communities all over the world - not just in Regina.

Last year the bags were donated, and the schools broke them down even further in order to touch more kids and provide for a longer list of students in need.

It's no wonder the project is being done again.

Included in the bags are things like:

- Non-perishable food & snacks
- Socks, mittens, toques
- Toys and games
- Personal hygiene products such as soap, toothpaste, lotion, hand sanitizer
- Candy
- Granola bars



If you would like to help with bags for these inner city schools, please contact:

Rulene Gilroy - 306-791-8460
Thomson Community School
 thomson@rbe.sk.ca

Cari Bondi
St. Augustine Community School
 cbondy@rcsd.ca

Self-care tips for the holidays

This time of year can be stressful for anyone, especially while we're still living in a pandemic without guarantees on how big a celebration we can have or who we'll be able to see. Lower your stress and enjoy the season to the fullest by following these self-care tips:

Create a morning routine.

During the holidays we're overworked, overwhelmed and overspending. But taking a few minutes to start your day right can help you feel centred and calm. Light a candle, enjoy a cup of tea, read a good book or listen to soothing music or a self-help podcast before getting started on your to-do list to find balance and be more productive throughout the day.

Feel free to opt out.

Protecting your time is an important part of self-care. So don't be afraid to say "no" to things that stress you out or don't bring you joy, even if you feel obligated. Are promotional emails pressuring you to spend more? Unsubscribe. Does visiting your aunt always make you feel like a failure? Skip her get-together and send a greeting card instead.

Try cutting down on vices.

Going cold turkey to give up bad habits is challenging and often unrealistic. Rather than professing to stay off social media entirely, cut down how long you spend and make sure to turn off your phone when you're with someone or doing another activity. Don't try



to avoid every tasty treat but limit yourself to a few favourites.

Listen to something merry.

Music can have a big influence on your mood. Surround yourself with the voices and music that radiate positivity and lift you up. Whether that's some cheerful holiday carols or

some familiar songs to put a spring in your step, you're bound to find something you love on SiriusXM's ad-free music channels. Give a gift to yourself with the SXM App and access limitless podcasts, comedy and music programming that will make you laugh, dance and sing.

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There are a lot of temptations during the holidays. Between desserts, drinks and special occasion foods, you may consume more sugar than usual. To help keep your health in check, here are a handy tip and a delicious festive dessert idea:

Don't go to a dinner party or potluck unprepared. Normally loaded with refined sugar and carbs, desserts can get tricky — especially if you have a health condition such as diabetes.

Bringing a lower-sugar dessert is a great way to keep you on track at a potluck, and still enjoy a delicious treat with the rest of the party.

Try this fragrant and sweet pudding, which has 5.2 grams of fibre and 9 grams of protein per serving to keep you nourished and full. It's drizzled in a fresh, fruity homemade syrup that will satisfy your sweet tooth and keep your glucose balanced.

Festive Bread Pudding

Prep time: 45 minutes + 5 min

Cook time: 1 hour + 5 min

Serves: 8

Ingredients:

- 3 bottles (237 mL each) vanilla Glucerna, a nutritional drink with a low glycemic index
- 5 slices whole-wheat bread, cut into 2-cm cubes
- 375 mL (1 ½ cups) bran flake cereal
- 3 eggs
- 500 mL (2 cups) fresh or frozen soft fruit
- 30 mL (2 tbsp) lemon juice
- 2.5 mL (½ tsp) cinnamon
- 2.5 mL (½ tsp) vanilla extract
- 30 mL (2 tbsp) water

Directions:

1. Place a rack in the middle of the oven and preheat to 175°C (350°F).
2. Butter an 8 x 11-inch (20 x 28 centimetre) mould.

Festive pudding to satisfy your hunger and your health

3. Spread bread cubes in mould and cover with bran flakes.
4. Mix Glucerna and eggs in a bowl and pour over bread.
5. Let sit for 30 minutes until liquid is absorbed, pressing bread from time to time.
6. Bake for 1 hour or until centre is firm.
7. For the topping, put fruit, lemon juice, cinnamon, vanilla extract and water in a saucepan and simmer for 5 minutes. Set aside or refrigerate.

If you struggle to consistently monitor your glucose levels, a flash glucose monitoring system may be right for you. The Abbott FreeStyle Libre 2 system is a digital health tool that makes it easier to keep on top of your glucose levels.

This technology allows you to check your glucose levels discreetly and consistently without the need to finger prick. Results are available in real-time on your smart-phone, allowing you to make informed food choices.

Find more information at myfreestyle.ca.

www.newscanada.com

FRIENDLY REMINDER:

BIG IDEAS... BIGGER RESULTS

<p>Everyday Needs</p> <ul style="list-style-type: none"> - Business Cards - Forms - Calendars - Letterheads - Envelopes - Note Pads - Thank You Cards - Invitations - Manuals - Booklets - Photocopies 	<p>Marketing & Advertising</p> <ul style="list-style-type: none"> - Brochures - Presentation Folders - Booklets - Menus - Post Cards - Door Hangers - Coupons / Tickets - Flyers - Tent Cards - Signs / Posters - Magnets - Manuals
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2. Give us a shout at 306.525.8796 or toll free: 1.877.475.4846
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Simple one-pan meals make dinnertime a breeze



Weeknights can be hectic, especially during the holidays. Fortunately, sheet-pan meals are a great way to easily include lots of nutritious veggies and lean proteins into your family's dinners.

Try this great Greek chicken recipe tonight and if you've got leftovers, make a pot of rice and serve the leftover chicken and vegetables on top of a rice bowl for the next day.

One-Pan Greek Chicken Dinner

Prep time: 20 minutes Cook time: 1 hour Serves: 6

Ingredients:

- 1 ½ lb (680 g) mini potatoes, or larger potatoes cut in half
- 1 red onion, cut into 8 wedges (leave stem intact)
- 1 large sweet yellow pepper, chopped
- 2 cloves garlic, minced
- 2 tbsp olive oil
- ½ tsp black pepper
- PC World of Flavours Greek flattened whole chicken
- 10 cocktail tomatoes or 2 cups grape tomatoes, cut in half
- 1/3 cup prepared tzatziki sauce
- 1 lemon, cut into wedges
- Pinch of salt
- ¼ cup chopped fresh oregano (optional)
- 1/3 cup Kalamata olives (optional)

Directions:

1. Preheat oven to 400°F (200°C). Stir together potatoes, red onion, yellow pepper, garlic, oil, black pepper and salt in a large roasting pan.
2. Bake 15 minutes. Remove from oven; place chicken, breast-side up, over top of vegetables. Return to oven; bake until chicken is browned, juices run clear when chicken is pierced and instant-read thermometer reads 165°F (74°C) when inserted in thickest part; 45 minutes to 1 hour.
3. Remove from oven. Transfer chicken to cutting board; let rest 10 minutes. Cut into eight similar size pieces and arrange over vegetables in roaster. Top with tomatoes and olives (if using). Dollop with tzatziki and sprinkle with oregano (if using). Serve with lemon wedges.

Nutritional information per 1/6 of recipe: calories 460; fat 24 g; sodium 960 mg; carbohydrates 29 g; dietary fibre 4 g; sugars 8 g; protein 33 g.

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Kids and chronic illness during the holidays

Managing a healthy diet for yourself during festivities is hard enough but doing so for a child with a chronic condition — who may not understand their unique dietary needs — is quite another.

Here are tips for safely managing their condition during the holidays:

- Children living with a condition like type 1 diabetes, especially those who are young, may not fully grasp why they need to be mindful of what they eat. Explaining the reasons ahead of time can make it easier for them, and help you avoid last minute questions at holiday parties.

- Set a consistent and realistic schedule for balanced meals and exercise over the holidays. Be sure to include the whole family so your child doesn't feel singled out. You can make this a fun family challenge that everyone checks off as completed on the calendar every day.

dar every day.

- Take advantage of digital health tools available for kids living with diabetes. Abbott's innovative FreeStyle Libre 2 system helps manage glucose levels discretely, so you and your child can be confident at special events and gatherings.

- Strive for progress, not perfection. Managing a chronic condition such as diabetes is a lifelong journey. Try to use language with your child that is supportive and encouraging versus critical or judging.

Above all, remember – a health condition is just one part of your lives. Be



kind to yourself, and don't forget to take a break and enjoy quality family time this season.

Find more information at myfreestyle.ca.

www.newscanada.com

ERES Community Council (ERESCC)

Next ERESCC Meeting:

Tuesday, January 11th @ 6:30 pm via Zoom

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

Recycle Challenge Results:

Emerald Ridge won the SCC recycling challenge against École White City School. Our total was \$793.80. Thank you for your support!



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. Please email the school at emeraldridgeschool@pvsd.ca to obtain the link to the PVSD Student Registration Form. You will need to fill out the form and email it to the school office. If you wish, you can call the school office at (306)781-6025 to register your child. In addition, if you know of anyone moving into the community, please have them call the school to register their children as soon as possible. Early registrations assist ERES to plan for the upcoming school year.

UPCOMING EVENTS

Dec. 17 Last Day of Classes Before Winter Break
Jan. 3 Classes Resume
Jan. 31 Staff Meeting / Teacher Prep (Non Student Day)
Feb. 21-25 Family Day & February Break

Home of the THUNDERBIRDS!

Happy Holidays from all of us at ERESCC!



GREENALL *Update* GRIFFINS

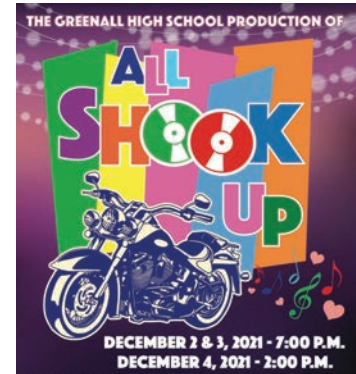
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Greenall High School

ALL SHOOK UP MUSICAL

Greenall High School is proudly taking to the stage for their production of All Shook Up. This Elvis-inspired musical involves 65 students and over 20 staff members. Our arts community is thankful to be back in full swing after such a long break from collaborative creativity. Tickets and information regarding all current SHA guidelines are available on the Greenall website. There are limited seats in adherence to SHA guidelines so, get your tickets quickly.

All Shook Up runs at the Greenall gym on Thursday, Dec. 2 at 7 pm (doors open at 6:15 pm), Friday, Dec. 3 at 7 pm (doors open at 6:15 pm) & Saturday, Dec. 4 at 2 pm (doors open at 1:15 pm).



OUTDOOR SCHOOL GRANT



The Greenall Outdoor School program (ODS) is very grateful for the support of the Prairie Summit Shop. The ODS program received the proceeds from the Prairie Summit Run again this year. The donation makes the Prairie Summit Shop a Foundational Sponsor through our Greenall Griffin Booster Club sponsorship program. Through this partnership, the Prairie Summit Shop has donated over \$20,000 over the past 6 years to help support outdoor education at Greenall. Thank you to the Prairie Summit Shop for your continued support!

ENTREPRENEURSHIP 30 UPDATE

Entrepreneurship 30 has been busy! On Nov 2 the class was treated to a special Zoom guest presenter, Sarah McAllister from Go Clean Co. Sarah shared her entrepreneurial story and left the students with many business lessons. The class is now completing board meetings and are ready to start up their mini ventures in class.

Thr33 (pictured at the board room table) will be selling toques and hot chocolate bombs with toques and proceeds being donated to St. Paul's Cathedral. Angels and Halos (pictured in the hallway) will be selling hoodies and bracelets with a percentage of proceeds being donated to a mental health organization. Emerald Gifts (will have a picture after their board meeting Monday) will be selling Christmas-themed gift baskets.



DON MCMORRIS VISIT IN SOCIAL STUDIES 10



FOOTBALL CITY CHAMPS



How to thrive in stressful times



We've all had to deal with major stressors over the last year and a half. Many of us have just been focusing on surviving and, for those who own a small business, there have been added stresses both personally and professionally.

Fortunately, there are steps we can actively take to thrive in tough situations. Here are some tips and tricks to try:

Maintain a sense of control

It can be easy to experience anxiety when you don't feel as if you have any control over what's happening. But being in charge is a matter of perspective. While you can't control your boss' comments, how your kids do in school or a global pandemic, you can control how you react to these circumstances.

Focus on overall well-being

When one area of your life is out of whack, keeping on top of other things can help you bounce back and not feel as overwhelmed. Exercising regularly, eating well-balanced meals, self care and spending quality time with loved ones can help restore your physical and mental health, which is essential when we are facing any of life's problems.

Cultivate a support network

It's always okay to ask for help and to ensure you have the relationships and resources you need to get you through a hard time. Local public health agencies have stepped up mental-health support during the pandemic and your employer may have some resources too.

If you're a BMO small business owner or entrepreneur, you can now access wellness services for free. The bank is offering the same tools and resources it provides for its employees to its business clients through LifeWorks until December 31, 2021. This includes 24/7 access to confidential short-term counselling and interactive self-guided programs to help manage anxiety, stress, grief and relationships. Find more information at bmo.com/lifeworks.

www.newscanada.com



The White City Public Library Branch is located in the White City Community Centre, 12 Ramm Avenue East. Online at www.southeastlibrary.ca. Drop by or give us a call 781-2118.

LIBRARY HOURS:

Monday - Wednesday 12:30-4:30 & 5:00-8:00 pm
 Thursday - Friday 9:30 am-12:30 & 1:00-5:00 pm
 Saturday 9:30 am-12:30 & 1:00-3:00 pm

Please note: Library Holiday Closure, December 24th to January 3, 2022 inclusive.

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

NOVEMBER 2021 PROGRAM & EVENTS CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Deck the Shelves 6:00 pm	2 Advent Reading Challenge & Activities for Teens	3 Storytime 10:00 am	4 Ozobots/Sphero 11:00 am
5	6 Sphero 6:00 pm	7	8 Stitch & Chat 1:30 pm	9	10 Storytime 10:00 am	11 Ozobots/Sphero 11:00 am
12	13 Ozobots 6:00 pm	14	15 Stitch & Chat 1:30 pm	16	17 Storytime 10:00 am Christmas party	18 Ozobots/Sphero 11:00 am
19	20	21	22	23	24 Closed for the Holidays	25
26	27	28	29	30	31	



CHILDREN'S PROGRAMS

Preschool Storytime—Drop-in

Fridays @ 10:00 AM

December 3, 10 & 17

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

Makerspace kits this Month

Ozobots and Sphero

Saturdays @ 11:00 AM

December 4, 11 & 18th

A Drop-in Family activity!

ADULT PROGRAMS

Deck the Shelves

Family drop-in activity

Wednesday @ 6:00 pm

December 1, 2021

Crafting materials will be available to make Christmas decorations to add to the tree!

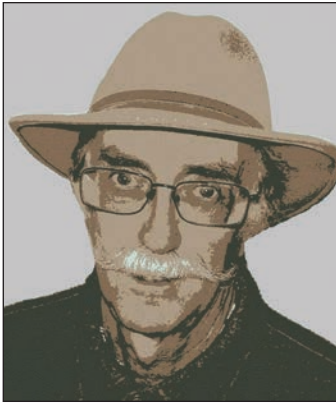
Activities for Teens & Christmas Reading Challenge

December Reading Challenge Advent Calendar available for kids. And 25 Days of Activities for Teens.

Pick up your copy at the library!

To register for programs, please call 781-2118.

WWW.SOUTHEASTLIBRARY.CA



Off the Beaten Track

- By John Panter

The RM of Edenwold first proposed becoming a Municipal District in May, 2018. Provincial legislation says that at least one Urban Municipality has to partner with an RM as a prerequisite for restructuring into a municipal district. None of the three major neighbouring urban municipalities (White City, Balgonie and Pilot Butte) were interested.

So the RM picked up a box of bonbons and went a-courtin' the Village of Edenwold. The Village seems to have succumbed to the RM's charms, or, at least, to its balance sheet.

For a village of 265 souls, and probably half that number of actual ratepayers, it probably makes sense to join up with the much more financially viable RM. The downside is that in doing so Edenwold will have to give up control of its own affairs and disappear as a sovereign municipal entity. That, however, is their choice to make. The RM is ready to close the deal on a municipal district. Any municipal district at all, apparently.

If the expense of imple-

menting a totally new municipal structure is to be justified, (consultants don't come cheap), the RM should have been able to show the benefits of becoming a municipal district at their open house on September 29th. On a personal note, I attended the open house and spent a pleasant hour and a half in conversation with the charming Chief Operations Officer trying to learn how a municipal district will benefit ratepayers, particularly those in Emerald Park. I came away no

laws with those of the Village of Edenwold. If there is anything to be learned from the village's by-laws I'm sure we could obtain a copy of them without going through a complete municipal restructuring.

Another alleged benefit is "savings through economies of scale". General Motors wouldn't merge with Joe's Kwik Auto Repair in the expectation of economies of scale. Neither will the RM achieve economies of scale from a merger with Edenwold.

structure into a municipal district.

I shouldn't belabor the point. A merger of two more-or-less co-equal municipal entities might make sense. That can't be said of the merger under consideration here. There is undoubtedly a benefit to the Village of Edenwold. If there are any benefits for the RM's ratepayers, the RM should at least attempt to define those benefits, which, so far, it has failed to do.

Ratepayers need to be vigilant when the RM Council starts dickering with Edenwold to decide the make-up of the new municipal district council. How many councillors will be allotted to Emerald Park, and what representation has been promised to the Village of Edenwold to seal the deal?

It took many years and a lot of hard slogging for Emerald Park to approach its fair share of representation at the RM council table. We don't need, and we won't tolerate, any backsliding now.

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



“ **General Motors wouldn't merge with Joe's Kwik Auto Repair in the expectation of economies of scale. Neither will the RM achieve economies of scale from a merger with Edenwold.** ”

wiser than when I entered the building.

More helpful in understanding the supposed benefits of municipal districts is the Saskatchewan Government publication called a Guide to Establishing a Municipal District.

The first on the list of potential benefits is the opportunity to "harmonize by-laws". Well, thanks, but there is no benefit to Emerald Park residents harmonizing our by-

How about "attractive job opportunities". By merging with the village? Seriously?

"Exploring options to improve services"? Municipal services in the RM can be improved without joining the Village of Edenwold. It should be noted that the Municipal Action Plan from May 2020 listed 99 suggestions from RM residents on improvements they wanted to see. Not one of them suggested altering the RM

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What I Wasn't Expecting When I Started To Live With Less

I always knew that tidying made me feel better. It was a coping mechanism that I've regularly turned to when I felt overwhelmed, anxious, or simply needed to clear some space in my head. But when I started my decluttering journey back in 2019, I never really thought of the incredible benefits that came with letting go of "stuff" that wasn't serving us, beginning a life of living with less. These were the extra added bonuses that started to pop up:

SAVINGS. When you get through a top-to-bottom decluttering session, it magnifies what you are really wasting your money on and where you can improve your spending habits. It doesn't take long to notice poor spending patterns, and why you are collecting crap you don't need or use regularly in the first place. A few tweaks and some planning really helped save a bundle of cash, and it didn't take long to see my savings grow. In fact, I was able to save \$5,200 in one year alone on our grocery bill, not too bad! We also made out really well selling things that we no longer needed. It was like finding a crumpled-up \$20 bill in your coat pocket!

PARENTING. I'm not choosing a minimalist lifestyle for my girls, but I do model as best as possible to live a life with more intention. I want to teach them that life is more than acquiring material possessions and that helping others in need takes priority. One thing that I noticed when tidying on a regular basis, was that my gratitude for our existing things really started to rub off on my kids, which is a complete

bonus. We took pride and enjoyed simple things like folding our clothes, stacking our books, and loved fundraising for organizations that we care about. Believe me, it's still a work in progress, but it was like a switch turned on when I repeatedly showed gratitude; they started too.

WORK. Working from home would not have been possible for me this past few years if my house was completely turned upside down. It was as if my year of decluttering prepared me for what was to come. Tidying helps me to improve focus, ease my stress, and sharpen my problem-solving skills. Living with less also gives you a more heightened sense of our overall purpose and what you could be doing with your talents, education, and experience to serve others.

MENTAL HEALTH. There is no doubt that the physical clutter around you will impact your stress levels. I find that once the space around me is tidy, I feel more calm, inspired and have more room in my head to tackle the big things. These past two years have been incredibly stressful for everyone, and if there is anything you can do to add to your repertoire of finding peace in your day, I'd say go for it.

TIME & ENERGY. Having less gives you more

time to do the things you love. Owing fewer things makes it quicker to clean and maintain your place, giving you more time to do the things you always wanted to do. Spend more time with the kiddos, sign up for that yoga class, go for a hike, go volunteer at a local shelter, or simply sleep in on a Sunday morning guilt-free!

Letting go can be scary at first. But once you get rolling, it feels liberating. You learn so much about yourself and how you are spending your time, money, and energy. Whether it's just tackling a junk drawer or overhauling your garage, it may seem daunting at first, but pushing through will make you

feel so much better. That's where I come in. I offer decluttering sessions to specific areas in your home or help you do a complete overhaul as I did. Feel free to connect with me over on my website www.athomewithjess.ca.



Jessica Dunn is a REALTOR® with JC Realty Regina and has resided in White City since 2009.. She specializes in marketing and listing preparation but has also recently been helping people outside of real estate to with decluttering and home organization.

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www.athomewithjess.ca



Prepare Children Early About Family Boundaries

- By Gwen Randall-Young

If you have a child just going into junior or senior high school, you may have some concerns about the effects of peer pressure. There is no question that children begin, as they grow older, to identify with their peers, and that can become a stronger influence than family. However, not all peer pressure is negative.

Feeling as though you are part of a group creates a greater sense of security and confidence, especially when you go into a larger school, where there are many people that you don't know. Most parents accept that their children might want to dress differently than before and may no longer want to share every detail of their lives.

What they fear,

Growing up is a two-way street, a delicate balance between freedom and responsibility.

though, is that their children may be influenced to use alcohol or drugs, to skip classes or otherwise violate the rules of home, school or society. This is a realistic fear given the climate in which we are living, and the freedom that some young people seem to have in their lives. It becomes very important then, to communicate early on with your children, about the boundaries that exist in your family.

Long before they are going out in the evening with friends, you can begin to talk about what it will be like when they are teenagers. Begin to prepare them for the fact that they will want a little more freedom, and you realize that over the years that is something that you will be willing to work out with them. But if you are not prepared to allow them to go out on school nights, let them know early on that this is a non-negotiable item. If you are not comfortable with dating before the age of, say, sixteen, let them know that when they are twelve. It's a lot easier to accept and get used to rules when they don't yet apply to you, than it is to assume certain freedoms, and to be shocked by your parent's "unreasonableness".

Talk about how you would feel, and what you would do if your child began to exhibit unacceptable behavior. Let them know this ahead of time, so that they can take the consequences into account when they are con-

co-create an agreement with them, they are much more likely to abide by it. Let them know too, that as they demonstrate responsibility, you will grow to trust them, and to gradually grant more freedom. This way they have something to work towards, and can learn to work with the system to fulfill their needs.

Then there's no need to drop out, and they can have the best of both worlds: theirs and ours.

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 daily inspiration.



Painted Pastures Art

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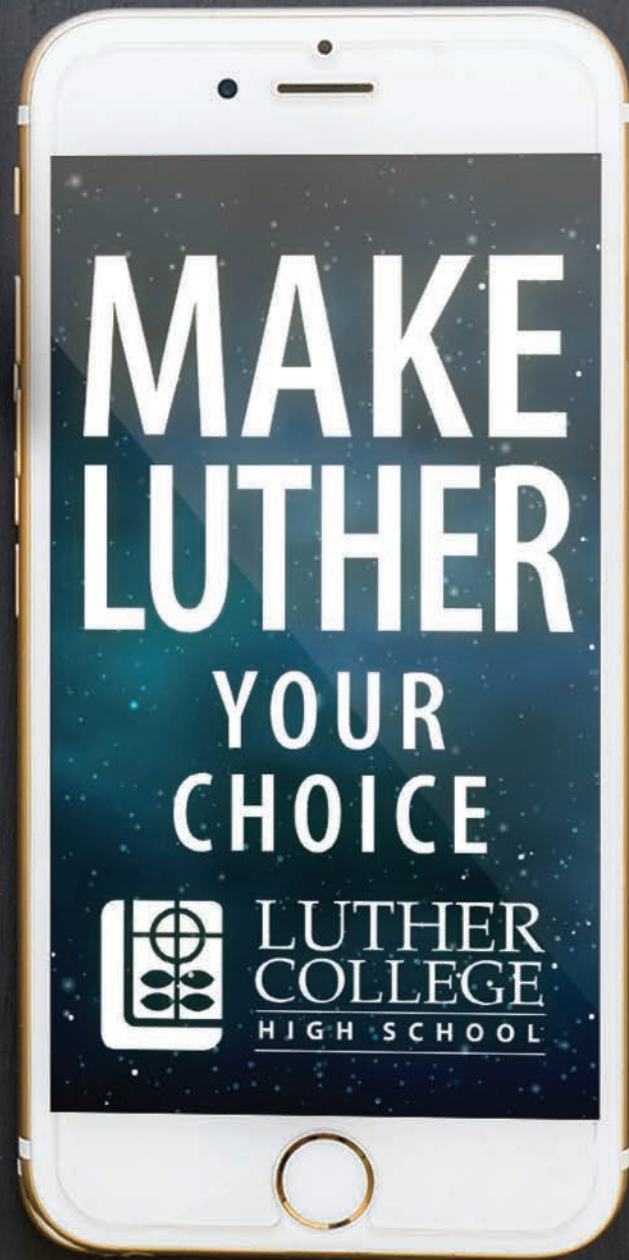
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5 simple ideas to spread holiday cheer

Many people will tell you that it's often the little things that really make the holiday season, not big-ticket gifts or luxury splurges. So, start celebrating right now with these positive, cheerful ways to experience and share the holiday spirit.

1. Deck your halls.

It's hard not to feel festive when your home is decorated in sparkly, vibrant garlands, baubles and centrepieces. During the pandemic many are choosing to begin decorating early, so why not make your space merry and bright sooner? Try out some DIY crafts as a family to repurpose pinecones, boughs of holly and evergreen cuttings.

2. Play some music.

Seasonal songs can make even the biggest grinch feel merry and bright. With their lineup of ad-free holiday channels, SiriusXM has something for everyone,

from chill holiday sounds to the classics and even country music's take on the season. Singing is encouraged — it'll boost your mood and help you relieve any stress after a busy day of holiday shopping.

3. Start a new tradition.

Longstanding rituals are nice but take this year as an opportunity to try something different. Maybe it's testing out a new cookie recipe, going ice-skating on Christmas day or binge-watching the cheesiest holiday rom-coms you can find — whatever it is, make it an activity the whole family can enjoy and will be excited about for next year.

4. Share what you have.

It doesn't take much to give something back and appreciate your blessings. Is your kid's winter coat too small? Donate it to a local women and children's shelter. Have a night in with

nothing to do? Handwrite holiday cards for old friends. Even the gift of time can make a difference — try booking a virtual chat with a relative in a retirement or long-term care home who would love some company.

5. Give gifts that keep on giving.

Most shiny new toys lose their lustre by January, but if you opt for a non-traditional present the recipient will have something to enjoy year-round. Consider a subscription-based gift, like a virtual class or a SiriusXM streaming subscription, which grants access to podcasts and entertainment programming like



99% Invisible, The Last Podcast on the Left, For Colored Nerds and Storytime with Seth Rogen, in addition to great music for every occasion.

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5 ways to create and capture holiday memories

The hustle and bustle of this time of year can often mean we spend more time stressing about the festive season than actually enjoying it. Here are some tips for being present, having fun and documenting those special memories.

1. Find local activities.

After many events got cancelled last year, municipalities and businesses are stepping up to offer socially distanced outdoor experiences this season. From mulled wine tastings for the grownups to magical drive-thru light shows for the kids, there's something for everyone. Check your local paper for listings.

2. Photograph the season.

We tend to reserve all our photo-taking for Christmas Day, but holiday spirit shines throughout late November and most of December. Whether it's picking out the perfect evergreen at the tree farm, decorating your home or wrapping presents, be sure to capture all those treasured moments.

3. Transform your to-do list.

There are plenty of tasks you must do, so why not take the ones you're dreading most and turn them into something fun? For instance, if you have no idea what to buy grandma, try having a friendly competition in the family — who-

ever has the best suggestion wins a small treat or is relieved from an evening of dish duty. Or, hate baking dessert? Use it as an excuse to sample local bakeries to find a tasty, ready-made pie or cake.

4. Go on a nature walk.

Take a breather from your obligations and re-energize by connecting with nature. Visit your neighbourhood park after a fresh snowfall for a dose of calm. This is also a perfect time to pick up some pinecones and greenery for your décor and take a few pictures that portray the beauty of winter.

5. Embrace candid moments.

Stiff, posed portraits are so outdated. Instead of fail-

ing to get everyone together for the perfect group photo, casually snap a few pictures throughout a party to capture what the event was really like. This is especially a good idea for kids, who can rarely sit still when they're excited.

Whether you're shooting people or nature, you'll capture better detail take better photos with the right camera, like a top-rated one from Sony. The brand has a range of high-quality mirrorless cameras, from enthusiast to pro. Look for retailers that price match like Henry's, which will beat the advertised price from another retailer by 10 per cent of the difference.

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Featuring Resident Fran Maddia

Fran and her husband, Jack, were business owners in Fort Qu'Appelle. In the mid-50s, they built and ran Scenic Service, where they both worked hard to make the business a success. Today, the local A+W is in that location. Fran has many fond memories of working at "Scenic". She laughs about the time when a travelling salesman, who would come in once a year, wanted to pay for a 10-cent cup of coffee with a \$100 bill. Fran must have thought for a long while about how to, teasingly, respond to this, because the next year when he returned, she handed him his change in pennies, which she had ready. I would love to have been there to see his reaction at that moment! That is such a cute story, Fran!

Jack was mayor in both Fort Qu'Appelle and Indian Head, so together they enjoyed many local, district and provincial functions with these responsibilities. Fran worked at many jobs, over the years: Lebret Residential School, CIBC, Bert Fox Composite High School, Department of Indian Affairs, Fuller Ford car dealership and the Indian Head tree nursery (Prairie Farm Rehabilitation Administration - PFRA). After she retired from PFRA, she and several ladies from Indian Head made time for many enjoyable excursions, such as the Hutterite farm and various teahouses. They also celebrated locally with progressive dinners, Christmas dinners and many other good times together. They regularly

went for walks and would meet up at the Voyageur for coffee.

Fran and her sister, grew up in Plato, SK, south of Rosetown, where her parents owned the General Store. She attended the local school from Grades 1 - 8 and Grades 9 - 12 in Saskatoon. After high school, she enrolled at Success Business College. "It was hard," she tells me. "I took shorthand, bookkeeping and typing." Fran's efforts and education were soon rewarded as she was employed in the offices of Dr. Ferguson and Dr. Bouton.

Fran and Jack met on Labour Day weekend in 1950 in Moose Jaw, while they were both working on the TB X-Ray van. Jack asked her out to a movie that weekend and that was the beginning of a long-lasting love. They were engaged on Thanksgiving that same year and married on March 3, 1951. Jack passed away just three years ago, but they enjoyed 67 years together. They have three children, Donnie, Sarah and Richard, as well as five grandchildren and seven great-grandchildren. Fran is very proud of all of them and is so happy that they all are doing well in life. Fran, your children appreciate the values and lessons that you and Jack have taught them: to treat others with dignity and respect, to have realistic expectations and set goals, to be community minded and give back to the community. "We watched our Dad and Mom work hard to provide for their family but to also pursue their interests with a passion.



While humbly contributing, unexpected recognition and rewards will follow."

Family trips were always fun, whether it was camping at Valley Centre for the summer, a road trip to Ontario, or spending Christmas in North Vancouver. "When the children were younger, the family frequently went on car rides around Fort Qu'Appelle. Towards the end of the ride, Mom would always suggest that we go for a CB. We kids figured it out, once in school, that that meant Chocolate Bar. So, we always ended up stopping at Brinkworth's Snack Bar... for a chocolate bar or ice cream."

Fran enjoys watching curling, Rider games and baseball games. She enjoyed doing petit point, an intricate and very fine

type of needlework. A couple pieces that she's done are hanging in her room at William Albert House. It is wonderful to see the beautiful work you've done, Fran! Her children have been lovingly gifted with her samples of her needlework creations. Her family tells me that Fran was a great cook, but that she loves going out for meals, too. (Don't we all? ☺) Recently, she especially took pleasure in preparing appetizers for Happy Hour with her friends at Marion Grande, in Regina.

Fran, what a pleasure it is to get to know you and welcome you into this William Albert House family. We appreciate your kindness, thoughtfulness and lovely smile. We love you!

If you have any comments you'd like to pass along to this month's featured resident, you may forward them to: lowchar@sasktel.net

Thank you all!



The RM of Edenwold welcomed **Hon. Christine Tell** and **Hon. Don McMorris** to celebrate the ground-breaking of the **Emerald Park Fire Hall**. We are grateful that they were able to attend.

Special thanks go to all our ratepayers, regional Fire Chiefs, and volunteer firefighters from Balgonie, Kronau, Pilot Butte, the Village of Edenwold, and the RM of Edenwold. We'd also like to thank the elected leaders from neighbouring communities who attended, including **Chief Cadmus Delorme** of Cowessess First Nations who attended the function. Your presence at the event was a sign of solidarity and of your commitment towards regional cooperation. Thank you for attending, giving some great speeches, and making the event memorable!

Greetings from Hon. Christine Tell

Thank you for inviting me to attend this wonderful occasion.

I'd like to start by congratulating Reeve Mitchell Huber, R.M administrator Karen Zaharia, Chief Kevin Dell, and everyone from the RM of Edenwold who worked so hard for over 10 years to make this Fire Hall become a reality.

Today we celebrate the culmination of a major infrastructure project that will enhance public safety for the residents not only of Emerald Park, but also White City, Kronau, Balgonie, the R.M. of Edenwold, and rural areas.

This project is a prime example of making public safety and the needs of your citizens a priority.

This new location will allow fire services to have



greater service delivery in the surrounding area.

This facility is an investment in improving the lives of your residents and future generations – and I have no doubt that this investment will pay off through improved fire services, reduced property loss and prevent critical injury and loss of life.

I want to take this opportunity to say a few words to the volunteer firefighters, both present

and future, in attendance here today.

I want to personally thank you for the time that you dedicate to training and preparing for when you will be called upon to put your skills, and sometimes your lives, on the line.

You are a valued part of this community and residents recognize and appreciate your dedication and the sacrifices you make.

Thank you for committing so much of your valuable time and resources to making your community a safer place to live and work.

Thank you for inviting me to this momentous occasion and I look forward to seeing the new fire hall when it is finished.

Greetings from Hon. Don McMorris

Good afternoon. I am Don McMorris, Saskatchewan's Minister of Government Relations.

On behalf of Premier Scott Moe, and the Government of Saskatchewan, it's wonderful to be here.

I would like to recognize the other dignitaries who are here today: My cabinet colleague the Honourable Christine Tell, Chief Cadmus Delorme of Cowessess. His Worship Frank Thaubergger, Mayor of Balgonie. Her Worship Peggy Chorney, Mayor of Pilot Butte. His Worship Dean Josephson, Mayor of the Village of Edenwold. And The RM of Edenwold's Council members.

And of course a big thank you to everyone here for hosting today's



event and taking the time to participate.

Our province continues to make significant investments in infrastructure, job creation and local economies to help communities recover from the effects of the pandemic.

In 2021 alone, the Ministry of Government Relations has announced more than \$202 million in provincial funding under the Investing in Canada Infra-

structure Program to support more than 180 projects across Saskatchewan.

We are gathered today for the ceremonial groundbreaking of the RM of Edenwold's new fire hall. Our government has contributed towards this project by providing \$225,000 through the Municipal Economic Enhancement Program (MEEP).

This new fire hall will improve quality of life for all who call the RM of Edenwold home and will compliment other fire services in the region, and position the area for further growth.

I am confident this project, like many others, will make this community a better and safer place.

Thank you.



Simple tips for a sustainable holiday season

The holidays are a time for celebration, but they can also be a time when we produce more household waste than usual.

To help you celebrate the season sustainably, Tim Faveri, vice president of sustainability and shared value at Maple Leaf Foods, shares these helpful tips:

Reuse your wrap.

Gift wrapping is one of the main sources of waste during the holidays. To reduce your seasonal waste, choose to wrap holiday gifts with reusable cloth bags or fabric. This unexpected touch will delight the recipient and become another part of the present that they can reuse. For the ultimate waste-free gift, choose to go digital with gift cards, or give the thrill of a unique real-life experience like a night out to dinner or a local art gallery.

Reduce food waste.

The holidays are a time of having family and friends over for long-awaited get-togethers. As you plan these events, carefully consider the amount of food that's really necessary.

"It's very easy to over-shop when entertaining. The pressure to be a good host

can lead to unused food and added food waste," says Faveri. "Planning your meals carefully can help you eliminate food waste and stick to your budget through the holiday season. If you do have leftovers, you can surprise your guests by sending them home with treats to enjoy in reusable containers."

Shop sustainably.

Holiday shopping can have a lasting impact beyond the festive season. With all your seasonal purchases, choose to support companies that commit to sustainable business practices and positive environmental responsibility.

"Maple Leaf Foods is proud to be the world's first major carbon-neutral food company, and believes in giving back to communities across Canada," says Faveri.

By proactively researching the brands you buy to learn more about associated environmental impact and sustainable business practices, you can choose to make sustainability a priority in your own household, for the good of your family and the planet.

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Bringing home the bacon: How to know if you're making sustainable choices at the grocery store

Making sustainable lifestyle decisions is important for maintaining our planet's health for future generations. But looking for sustainable food options at the grocery store may not always feel that easy.

To help you make sense of sustainable food options you can serve your family, Tim Faveri, vice president of sustainability and shared value at Maple Leaf Foods, shares some expert advice.

Shop the perimeter.

A weekly trip for groceries is a routine for families coast to coast. Knowing how to navigate your grocery store to find sustainable food options is key to an easy and stress-free experience.

"Most store layouts feature produce around the perimeter, along with dairy and other fresh foods," says Faveri. Simplify healthy and sustainable shopping by focusing on the perimeter of the store, instead of the inside aisles.

Choose local and in season.

Selecting seasonal and local products for your family meals is an easy and delicious way to reduce your food's environmental footprint.

"Canada's four distinct

seasons offer delicious produce all year long. Buying in season not only cuts down on waste but is also more economical. Local produce travels a shorter distance to the store, meaning it uses less fuel to transport and arrives at the peak of freshness."

Know your labels.

Understanding product labels will also go a long way to help you make sustainable choices while shopping. "Brands like Maple Leaf Foods are making it easy to spot sustainable products," says Faveri. "Look for the 'Carbon Zero' logo, and labels that identify products as raised without antibiotics and raised in Canada to feel confident you're making a good-for-the-planet choice."

Reuse and recycle.

While shopping, look for foods that have recyclable or reusable packaging, and reduce your environmental impact by bringing reusable bags with you.

"Shopping the bulk section is an easy way to cut down on packaging, especially if you bring your own containers with you. You'll find you also waste less food because you are only buying what you need."

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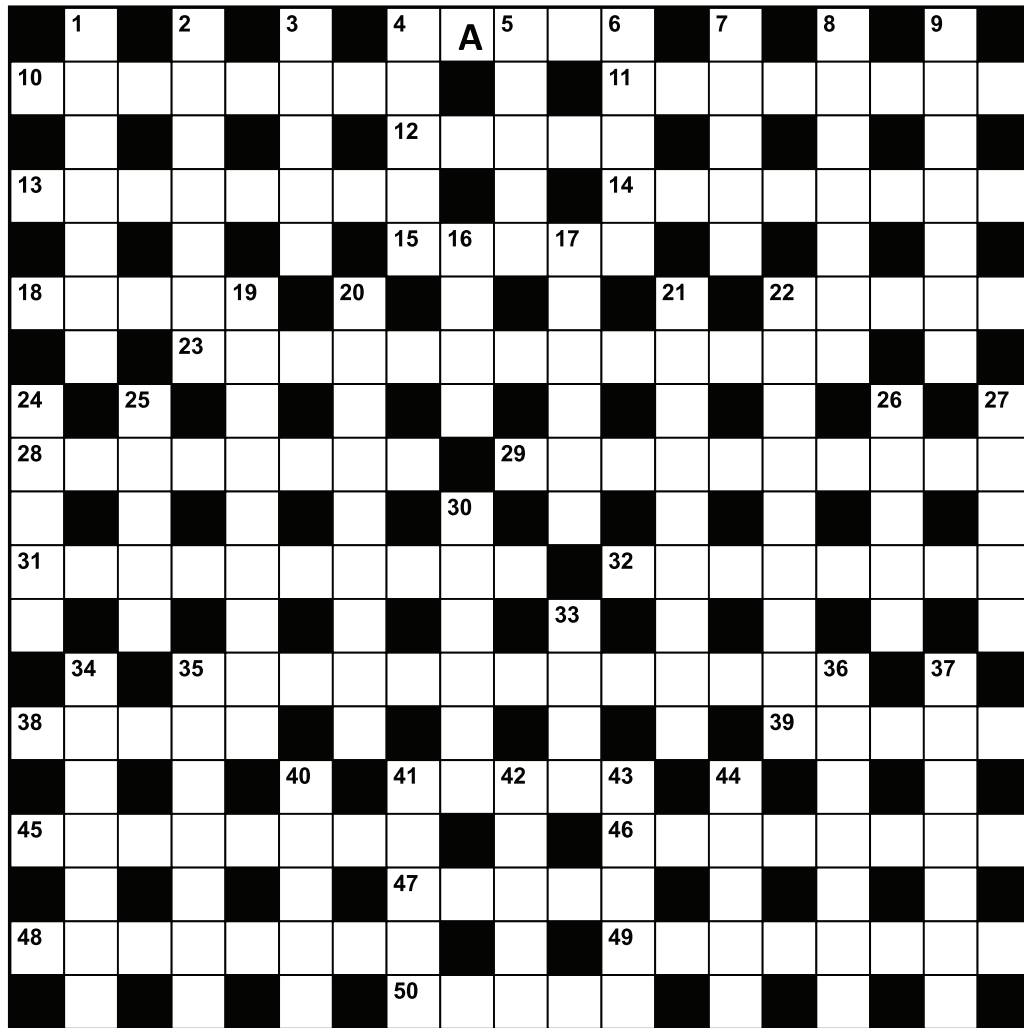
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5 letter words

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YEAST



6 letter words

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FOREST

7 letter words

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8 letter words

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THANK YOU

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10 letter words

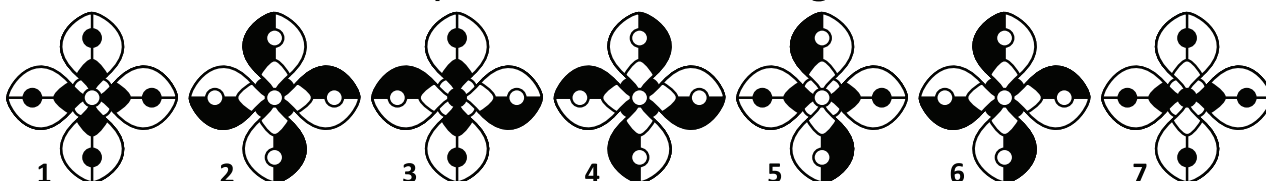
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 5. (across) Snowflake 5. (down) Santa
 6. Fireplace 7. Cookie 8. Snowman
 9. Tree 10. Hat 11. Ball 12. Candle

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December 15, 2021

This contest is open to White City,
Emerald Park & surrounding
communities. Voting information and
Twinkle Tour map to follow.

Check whitecity.ca for more
information and updates!



White City

Council Meetings

December 13th, 2021

Protective Services Committee - 4:00 pm
Regular Council Meeting - 7:00 pm



Pay Attention to Your Dreams

- By Gwen Randall-Young

subconscious can certainly sabotage our conscious desires and goals, so it is a good idea to pay some attention to it. If we can decode its messages, there is a greater likelihood that we get all parts of our consciousness working in the same direction.

If you dream of being afraid, of being unsafe, or being chased, the dream may be reflecting your deep feelings of vulnerability. You can look at your waking life and consider in which areas you may be feeling vulnerable. Then you can see what you might do to make yourself feel a little more grounded and secure in that situation, or to look at how you would still be okay even if your worst fears materialized.

If you dream of being lost, it may be that you are 'off track' in terms of what you really want to be doing in

this lifetime. Dreams can also give hints about where our soul really wants us to go, literally figuratively. If you dream repeatedly of the countryside, or of mountains, it may be that your soul yearns to move there.

If you dream of flying, it may be that it is time to give 'wings' to your waking dreams.

If, on the other hand, your dreams are disturbing, and leave you feeling anxious or depressed, and especially if they are recurring, you may benefit from talking with a psychologist. You may have unresolved issues from the past that need to be healed. Sometimes old wounds may be triggered by some current situation, and your conscious mind may not have made the connection. The subconscious may be trying to alert you about something in your life is

upsetting you. It could be something related to another person or situation, or it may be something within our own thought processes.

Some people say they do not remember dreams. Sometimes just giving yourself the message, just before you fall asleep, to remember your dreams is helpful. Keeping a notepad by your bed and jotting down even the briefest fragments of dreams can be helpful in recalling them. Once you get up, they may be lost. Pay attention to your dreams, for there may be important subliminal messages in those 'night-time videos'.

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.

School Community Council

next meeting is January 19, 2022

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

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

Watch Facebook for our upcoming 50/50 Announcement!

SARCAN FUNDRAISER:

You can continue to donate your cans and bottles to the school through Sarcan until the end of the school year!

Working Together For Success | Travaillons Ensemble Pour Réussir



Don't forget Wolverine Wednesdays – dress up in your school gear or wear school colours!

WINTER BREAK!
No classes December 20th
returning to school January 3rd!

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

EWCS on Facebook: @EWCS

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

December 2021

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.

Please email:
shannon@westernlitho.ca

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			EMERALD PARK Garbage WHITE CITY Recycling	EMERALD PARK Recycling	EMERALD PARK Composting Preschool Storytime at White City Public Library 10am	
5	6	WHITE CITY Composting	EMERALD PARK & WHITE CITY Garbage		Preschool Storytime at White City Public Library 10am	11
12	Protective Services Meeting – 4:00pm Regular Council Meeting – 7:00pm	14	EMERALD PARK Garbage WHITE CITY Recycling	EMERALD PARK Recycling	Preschool Storytime at White City Public Library 10am	18
19	20	21	EMERALD PARK & WHITE CITY Garbage			25
26	27	WHITE CITY Garbage	EMERALD PARK Garbage WHITE CITY Recycling	EMERALD PARK Recycling	CHRISTMAS EVE NEW YEAR'S EVE	

WC/EP RECREATION INFORMATION/REGISTRATION CONTACTS:

Baseball: registrar@whitebutteminorball.ca Web: broncos.whitebutteminorball.ca
Softball: stormssoftballregistrar@gmail.com Web: storm.whitebutteminorball.ca
Communiskate: Paula at 306-540-7704 or comuniskateadmin@sasktel.net
Creative Beginnings Preschool: Keri 306-529-1200, ker@creativebeginningsps.ca
Dance: Laurie 306-775-3722 lkweighill@hotmail.com, www.whitecitydancingschool.com
Dance Plus EP: Amy 306-530-5108 or amyschienbein@gmail.com
Dog School: Debbie 306-781-3335 or shel_te@hotmail.com
Garden Club: wgcg2011@gmail.com, 306-584-9173, www.whitecitygardenclub.weebly.com

Girl Guides: Jolene 306-570-9179 or Balgonie1st@gmail.com
Parks & Recreation: Shane Graefer 306-781-2355 ext.225 sgraef@whitecity.ca
Pickle Ball: Ambrose 306-536-9221 Playschool: Nicola 306-529-1292, nicola.mcnaughton2@gmail.com
Soccer: Adam Slinn 306-550-4789 or www.whitecityfutbol.com
Prairie Storm Hockey: registrar@psmha.ca or www.psmha.ca
Buffalo Plains Ringette: registration@bpringette.ca or www.bpringette.ca
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