

White City & Emerald Park

JANUARY EDITION, 2021

Community Newsletter



Marvel's first on-screen Muslim superhero – Kamala Khan, Ms. Marvel's alter-ego – inspires big hopes

Amid the stress of a rising second wave of COVID-19, comic book fans found something to celebrate this September. Marvel Studios announced the casting of its first on-screen Muslim superhero, Kamala Khan, the alter-ego of Ms. Marvel.

Much like Canadian teen actress Iman Vellani who was

plucked for this role, Kamala has been a virtual unknown outside of comic fandom despite being a sensation since her series debut at the top of comic book sales charts in 2014.

It should be no surprise then that Marvel Studios decided to capitalize on this success and signed Kamala

for her own TV series on Disney+ for an anticipated debut in late 2021 or early 2022.

As a researcher who has examined Muslim superheroes in American comics, I find Kamala to be the most intriguing of all American Muslim superheroes. She has an ability to destabi-

lize stereotypes of Muslims while reinforcing ideas about American exceptionalism. In the hands of different writers in various comic iterations, she has appeared as multi-dimensional and stereotype-breaking, but also as a one-dimensional figure that advances Islamophobic themes.- *Continued on page 2*

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



Marvel's first on-screen Muslim superhero – Kamala Khan, Ms. Marvel's alter-ego – inspires big hopes

- Continued from page 1

Muslim characters post 9/11

It may seem that Marvel Studios is taking a big risk spotlighting a Muslim character when we are living in a time of rising anti-Muslim hatred in the West. But while there has been a resurgence of Muslim superheroes in American comics after 9/11, some of these representations reiterate stereotypes.

Muslim characters underwent a mini-makeover in popular culture after 9/11. Characters emerged from being buffoonish villains to figures who gave off the appearance of depth while simultaneously regurgitating stereotypes. American studies and ethnicity scholar Evelyn al Sultany coined the term "simplified complex representation" to describe this approach in her book,

Arabs and Muslims in the Media: Race and Representation After 9/11.

Certainly, Muslim superheroes were a thing before 9/11. But after 9/11, a spate of Muslim superheroes emerged, including characters like the orientalized Sooraya Qadir (Dust), who appeared in New X-Men in 2002, Simon Baz, member of the Green Lantern Corps featured in Green Lantern, and Josiah X who first appeared in The Crew. This is fascinating to me since superheroes often function as patriotic symbols, and Muslims are regarded as the quintessential "other" because Islam is usually framed as incompatible with the West.

After reading Sooraya Qadir's debut, it became obvious to me that comics

found a new way to sensationalize Muslim representation.

Enter Kamala Khan

To me, Kamala seemed to be the rare glimpse of hope that existed on the other side of the rainbow if we just characterized Muslims — who make up almost one-quarter of the world's population — as something more nuanced. And she delivered on that front, particularly in her early days.

Readers met her as a Pakistani American that spoke Urdu. This means we saw representation of Muslims in the West escape the frequent stereotypical assumption that all Muslims are Arabs and vice versa.

Later in Magnificent Ms. Marvel #13, written by the

Arab American writer, Saladin Ahmed, the sole focus shifted away from Kamala Khan when an Arab American sidekick named Amulet was introduced.

Successful sales, popularity

In Ms. Marvel's earlier volumes written by the Muslim writer, and white Muslim convert, G. Willow Wilson, we saw Kamala anointed with her superhero mantle to the tune of Amir Khusro's poetry. We saw her juggle her schedule between battles and mehendis, and even got a glimpse of her great-great grandmother's move from India to Pakistan during Partition.

Back then, I remember comic book store clerks telling me how popular Ms. Marvel was with customers.

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The print collection of the series sold half a million copies alone. As Wilson notes, the first issue had had eight separate printings and its digital edition became Marvel's best-selling digital comic of all time. Its first volume, released in 2014, was ranked again amongst the top five in sales rankings in September 2020.

I remember thinking that this Urdu-speaking Muslim powerhouse could be the start of a new type of Muslim character. She was proof that creators didn't need to recycle the tireless oppressed Muslim woman or terrorist Muslim male tropes for sales.

Introducing Islamophobic themes

But following the success of the Ms. Marvel series, Kamala appeared in Marvel's Champions series about a team of teenage superheroes. Perhaps Marvel intended to further boost the popular-



ity of the already-successful Ms. Marvel series by bringing in Mark Waid, a high-profile non-Muslim white writer, who authored the popular comic series (and award-winning graphic novel) Kingdom Come and others.

In Champions, some tired

stereotypes surfaced. In the third issue, the team flies to a fictional South Asian country. There, they rescue hijabi Muslim girls from violent men who conform to stock villain Muslim stereotypes like the terrorists seen in Hollywood movies such as True Lies.

Here, Kamala is effectively used as a racist weapon against brown men and is depicted to suggest proof of western superiority. Sadly enough, I was concerned she could be used this way before she actually was.

I was reminded that such tropes may exist simply because of implicit bias as

opposed to profitability.

Celebrate and watch

For now, we should celebrate the debut of Marvel Cinematic Universe's first Muslim superhero. I have hope that the Disney+ series will do her justice as its show-runner is the stand-up comedian and writer Bisha K. Ali, known for incisive commentary.

However, Marvel plans to move Kamala eventually to the silver screen and there's already talk of a Champions type of superhero team series featuring Kamala.

If anything of the likes of Kamala as a racist weapon to prove western superiority is featured, I can't say there will be much cause for celebration.

Safiyya Hosein

PhD Candidate in Communication and Culture, Ryerson University

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Tasty pub recipes to recreate at home

Many of us have been avoiding going out to eat during the pandemic, staying safe at home while grabbing takeout or enjoying our own cooking. But if you're getting bored of the same staples or craving your wintertime pub favourites, it's time to experiment in the kitchen with DIY recipes.

Featuring wholesome ingredients like fresh mushrooms, this steak and ale pie recipe by Jenny from *The Brunette Baker* lets you easily recreate English-style comfort food in your very own home, at a fraction of the cost of takeout. Bold, hearty and delicious, it's everything a savoury pie should be.

Tip: While you can make and eat the stew filling the same day, the flavours will be more concentrated and delicious if you refrigerate overnight. It's worth the wait for best results.

Steak and Ale Mushroom Pie

Prep time: 30 minutes

Cook time: 2.5 hours

Serves: 4

Ingredients:

- 1.5 pounds bottom round beef, trimmed and cut into small chunks
- 4 tbsp all-purpose flour, divided
- 1 tsp vegetable oil
- 2 carrots, peeled and roughly cut
- 1 large onion, chopped coarsely
- 2 cloves garlic, finely chopped
- 1 package button or cremini mushrooms
- 12 ounces brown or red ale beer
- 2 tsp liquid beef bouillon or 2 beef bouillon cubes
- 1/2 cup boiling water
- 1 tsp Worcestershire sauce
- 3-4 whole sprigs of fresh thyme
- Several pieces of whole fresh parsley, stems included
- 1 large bay leaf
- Salt and pepper, to taste
- 1 box ready-made frozen puff pastry, thawed

Directions:

1. In a frying pan over medium-high heat, sweat onions and garlic until transparent. Add in mushrooms and cook for 2 minutes. Remove from heat and set aside.
2. Place a large stewing pot on the stove over medium-high heat. Toss the beef in 2 tablespoons flour and season with salt and pepper. Once the stew pot is hot, add oil to coat the bottom surface. Add in beef, but only enough so there is room for each piece to properly sear. Shake the pot occasionally and the cubes will come undone as they finish searing. Don't force it as it will tear the meat. Continue to sear remaining pieces of beef. Once completed, remove meat from pot and reduce heat.
3. In a heat-safe container, pour in liquid bouillon and remaining 2 tablespoons flour. Stir. Mix in boiling water and stir until incorporated and dissolved.



4. In the same pot where you seared the beef, add liquid bouillon mixture and Worcestershire sauce. Skim the bottom of the pan with a wooden spoon to deglaze and get up all that goodness left over from searing the meat.
5. Toss meat back into stewing pot along with sweated vegetables. Pour in ale. Give a good stir and add in fresh herbs, submerging them. Remove from heat, cover pot with a lid and place in oven at 325°F (162°C) for 90 minutes.
6. Remove from oven, allow to rest and completely cool. Remove thyme sprigs, parsley and bay leaf and discard. Refrigerate overnight for best results.
7. Once ready to bake, transfer stew mixture into a casserole dish or individual ramekins for single serve. Carefully place thawed puff pastry over top, leaving an inch hanging over. Press and seal pastry to the side of the dish. Apply egg wash for shine if you desire.
8. Bake at 375° F (190°C) for 40 to 45 minutes or until puff pastry is golden brown and filling is warmed through.
9. Remove from oven and allow to rest before cutting.

Find more delicious mushroom recipes at mushrooms.ca.

www.newscanada.com



A wholesome recipe the whole family can enjoy



Try this easy recipe and add a little variety to your family's life (and tastebuds) this winter.

This is the best savoury recipe for those with less of a sweet tooth and used best as a bread side for chili and other dishes. This cornbread is made with cheese, chives, popcorn and a mix of the perfect blend of herbs. It's also quick and easy to make.

2. In separate bowl, whisk together eggs, milk and butter until blended; stir into flour mixture just until moistened. Fold in cheese, bacon, green onions, parsley and chives; fold in popcorn.
3. Scrape into greased 9-inch (23 cm) square baking pan; smooth top.
4. Bake for 15 to 20 minutes or until golden brown and cornbread springs back when touched lightly in centre. Transfer to rack; let cool completely or serve warm.

Find more recipes at orville.ca.
www.newscanada.com

Her- bed Popcorn Cornbread

Prep time: 15 minutes

Cook time: 15 minutes

Serves: 8

Ingredients:

- 1 1/4 cups (300 mL) all-purpose flour
- 3/4 cup (175 mL) cornmeal
- 1/4 cup (60 mL) sugar
- 2 tsp (10 mL) baking powder
- 1/2 tsp (2 mL) dried oregano
- 1/4 tsp (1 mL) each salt, pepper and garlic powder
- 2 eggs, at room temperature
- 1 cup (250 mL) milk, at room temperature
- 1/3 cup (75 mL) unsalted butter, melted
- 1/2 cup (125 mL) shredded cheddar cheese
- 4 slices bacon, cooked and chopped
- 2 green onions, thinly sliced
- 2 tbsp (30 mL) finely chopped fresh parsley
- 1 tbsp (15 mL) finely chopped fresh chives
- 1/2 bag (220 g bag) Orville Redenbacher ready-to-eat sweet and salty kettlecorn popcorn with no artificial colours or flavours

Directions:

1. Preheat oven to 400°F (200°C). In large bowl, whisk together flour, cornmeal, sugar, baking powder, oregano, salt, pepper and garlic powder until well combined.



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How to make achievable New Year's resolutions



It's that time of year where many of us think about setting a goal or resolution for the year ahead. It will come

as no surprise that keeping a new year's resolution can be tricky for most people. Fortunately, there are sci-

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

Nudges

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

E-messages

Electronic messages such as emails, texts and phone notifications will provide you with a series of prompts or reminders until the completed task is done. Set these up to get you started on your

goal, and if it's something ongoing like exercising twice a week, make sure these reminders occur regularly to prompt you.

For 2021, as the pandemic continues, a great goal to set is developing a plan for if you develop a serious illness. Plan Well Guide is a free online tool that focuses on helping people make an advance medical care plan and uses these evidence-based practices to help people realize their goals.

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

www.newscanada.com



KINDERGARTEN REGISTRATION

2021-22: – Contact
the school if you
have a child turning
5 by December 31,
2021 (781-2115).

Classes Resume:
January 4, 2021



**January
Non-Student
Days:**

8th and 29th

*SCC Meeting:
January 20th @
6:30 PM via
Zoom*

Online: whitecity.pvpsd.ca -> click the "SCC" menu Phone: 306-781-2115 EWCS on Facebook: @EWCS



Local business owners come together to lend a blessing to our communities

EMERALD PARK, Saskatchewan (November 27, 2020) - In a time of uncertainty across our communities twenty local business owners come together to give back to those struggling.

During the month of November donations of essential items and fun Christmas treats and gift items were collected to create 100 Blessing Bags which were donated to two Regina community schools in need.

Founder of What Women Want and Bella Chic, Michelle Strawford, brought together the business community together in a safe and collaborating way by creating Blessing Bags. These bags are filled with essential items such as toothbrushes, mittens, non-perishable items as well as gift items including cards, candy and perfume. The importance and purpose of blessing bags is "to bring businesses together to work to make a little difference to the recipients of these bags" said Michelle. Due to the Covid-19 pandemic, many within our communities are struggling to make ends meet. The local Emerald Park IGA was especially generous donating a truckload of non-perishable food and the town of White City donated their hall for a place to come together, in a social distance manner, to build and prepare the 100 bags.

In light of Small Business Month, it is critical to support local businesses. Michelle also adds that "this group of entrepreneurs need each other and support each other as much as they want people in the community to support our local businesses."



The businesses and individuals involved included:

- | | |
|--|---|
| <i>IGA Emerald Park</i> | <i>East Plains Counselling and Assessment</i> |
| <i>What Women Want</i> | <i>Normanview Dental</i> |
| <i>Bella Chic</i> | <i>Emerald Park Dental Clinic</i> |
| <i>Ramada Emerald Park</i> | <i>Janice Waldegger - Monet</i> |
| <i>Wine Craft</i> | <i>Sherry Pratt Health Coach</i> |
| <i>Limelabel.ca</i> | <i>Kodiak Property Management</i> |
| <i>Cheekie Bath & Bath</i> | <i>Town of White City</i> |
| <i>Lynette McGill & BOSS ATHLETICS</i> | <i>Shelly Brogden & friends</i> |
| <i>Geraldine Kuzmicz</i> | <i>Sweet and Sassy Boutique</i> |
| <i>Mackenzie Kulcsar</i> | <i>BasketCases</i> |



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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.

Branches are open to the public as governed by physical distancing and group size requirements with limited library services (patrons can return items, pick up holds and use a public computer). Contactless curbside pick-up is still available for those not ready to visit the branch at this time. Browsing of the shelves is permitted keeping in mind all items touched and not taken need to be quarantined for 72 hours.

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

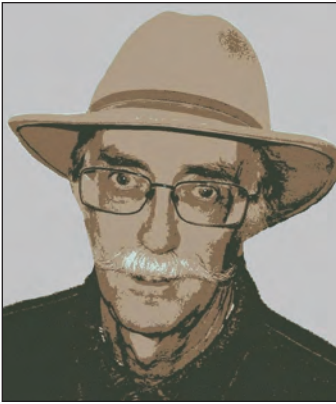
Holiday closure: December 24th to January 1.
Library reopens January 2, 2021.

Best wishes for the holidays!

Visit us – White City Public Library Branch WhiteCityLib

JANUARY 2021 PROGRAM & EVENTS CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					Closed for New Year's Day	Library reopens 9:30 am
		Virtual LEGO Challenge	Library Board Meeting 7:45 pm			Virtual Children's Program
	Virtual Children's Program		Virtual Adult/Teen Book club 6:30 pm			Virtual Children's Program
	Virtual Children's Program					Virtual Children's Program
	Virtual Children's Program		Family Literacy Day			Virtual Children's Program



Off the Beaten Track

- By John Panter

Back in September Prime Minister Justin Trudeau announced breathlessly to his best pal (a television camera) that "This pandemic has provided an opportunity for a reset. This is our chance to accelerate our pre-pandemic efforts to re-imagine economic systems." I don't know about you, but I have never spent a lot of time re-imagining economic systems.

This brought to mind a story from Toronto a number of years ago. A woman stepped off the curb into the path of a motor vehicle. A crowd quickly gathered around her to render assistance while waiting for an ambulance. Among the crowd was one individual who seized the opportunity for an economic reset of his own. Extracting her address and house keys from her purse, he went to her house and started re-imagining his own personal economic system which amounted to a transfer of wealth from the accident victim to himself.

We should be wary of anyone, from the petty thief to the well-connected global elites, who welcomes a disaster such as the global pandemic as an opportunity to "re-imagine economic systems."

Of course Justin Trudeau didn't come up with The Great Reset, as it is being

called, on his own. According to a Government of Canada press release, Justin was on the telephone on June 11th last year with the Prince of Wales, Prince Charles, (or Chuck as I like to call him) and "thanked His Royal Highness for initiating the discussion and for championing The Great Reset to build a better and sustainable future for all."

I doubt that Chuck is bright enough all on his own to come up with the plan either. Over the years he seems to have gravitated to the nuttiest of ideas. He has probably been reading Klaus Schwab's book Covid 19: The Great Reset. Schwab is the brains (I use the term loosely) behind the World Economic Forum which postulates that The Great Reset is a commitment by the world community to "jointly and urgently build the foundations of an economic and social system for a more fair, sustainable and resilient future." One might ask "fair and sustainable" for whom?

and meal-worms); from privacy (there won't be any) to private property (there won't be any of that either) and population control to name only a few. Mr Schwab tells us we need to "de-carbonize the economy". Keep in mind that an "economy" is "people" and that people are largely made up of carbon after you boil off the water.

He continues: "In the short window still remaining (we must) bring our thinking and behavior once more into harmony with nature." Mr. Schwab seems to be pining for the long-ago days (for us, but not for himself) when we all lived in a state of nature, living off roots and berries, sleeping in caves at night hiding out from wolves and other predators.

Of course this Great Reset will cost money (yours). Here's Canada's finance minister, Chrystia Freeland with some thoughts on where it might come from: "Some Canadian households do have quite a lot of money

es me of being a conspiracy theorist, please note that the only people I'm quoting in this article are the Prime Minister, the Prince of Wales, the head of the World Economic Forum and Chrystia Freeland who are all advocating the "Great Reset". So if I'm conspiring with anyone it's with Justin, Chuck, Klaus and Chrystia.

I think most of us only want to get back to the way things were before the Covid Curse. The only "opportunity" we want for ourselves is the chance to go back to work at the jobs and the lives we had before Corona-virus; maybe get a store-bought haircut and go to a football game.

The world is full, unfortunately, of grifters like the bum who seized the opportunity of a motor-vehicle/pedestrian accident to enrich himself, and patrician bums like the Prince of Wales (long may Elizabeth reign, if for no other reason than to keep Chuck off the throne for as long as possible) and Mr. Schwab, who see the pandemic as an opportunity to enrich themselves at the expense of ordinary people.

And Justin: you have re-imagined the country into more than a trillion dollars of debt without any clear understanding of the implications for the Canadian economy or the lives of ordinary Canadians who will be stuck with the bill for decades to come. Isn't that enough "re-imagining" for now?

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

We should be wary of anyone, from the petty thief to the well-connected global elites, who welcomes a disaster such as the global pandemic as an opportunity to "re-imagine economic systems."

The World Economic Forum, made up of people with no mandate from anyone other than their own egos, has a plan to address every aspect of our lives from agriculture and energy to education, finance, and food (soybeans

that they've saved because there hasn't been much to do in the pandemic and certainly it would be great if that money could go towards driving our recovery."

Now, before anyone accus-



Snowstorm got you stuck indoors? How to keep the kids busy

As the pandemic stretches on and winter sets in, we're all going a little stir crazy. If you're a parent feeling stuck on creative ideas for fun and educational activities to do with your kids, we've got you covered.

Here are some suggestions from The Genius of Play, a nonprofit initiative whose mission is to raise awareness about the critical role of play in healthy child development:

Play with texture

Kids love playing with sensory textures such as paints, slime, sand and foam, and this helps improve fine motor skills. Fortunately, you can now find less messy and sticky versions of these items for a hassle-free cleanup.

these items for a hassle-free cleanup.

Revisit favourite games

Consider classic board games like checkers and dominoes, or playing a game of crazy eights with a deck of cards. These games teach the importance of sharing and good sportsmanship while helping kids learn to strategize and plan ahead.

Experiment with costumes

Encourage kids to develop their emotional, creative

and communication skills by developing their own skit or play. Maintain a well-stocked costume trunk that they can use for dress-up and have toys on hand to use as props.

Build new things

Whether your child prefers following step-by-step instructions or using their imagination, designing, creating and playing with construction toys can build problem-solving, spatial and fine motor skills.

Create an obstacle course

Building a safe obstacle course is a fun way to keep little ones active indoors while building core muscles and developing balance. Pick three to five exercises to get their energy out.

Check out STEAM toys

Play with science, technology, engineering, arts and math (STEAM) toys and games. For example, use a science kit to erupt a volcano or code a robot. These important educational experiences can be fun supplements to classroom learning.

Transform tidying up

It may not sound like play at first glance, but cleanup can be fun with the right attitude. Put on music and have kids dance as they put toys away, make the bed and help with chores. Or, make a game of it, racing each other to complete tasks.

Find play ideas, expert advice and other play resources at thegeniusofplay.org.

www.newscanada.com

ERES Community Council (ERESCC)

IMPORTANT DATES

Jan. 4	Classes Resume
Jan. 8	Teacher Collaboration—Non-Student Day
Jan. 12	ERESCC Meeting via Zoom (6:30 pm)
Jan. 29	Staff Meeting / Teacher Prep—Non Student Day
Feb. 15-19	Family Day & February Break
Mar. 8	Teacher Prep Day—Non-Student Day
Mar. 9	ERESCC Meeting
Mar. 22	Report Card Distribution
Mar. 23 & 24	Parent-Teacher-Student Conferences
Mar. 26	Day Off in Lieu of Conferences—No School



2021—2022 Kindergarten Registration

Emerald Ridge Elementary School is accepting registrations for the 2021-2022 school year. Any child who will be five years of age by Dec. 31, 2021 is eligible to register for Kindergarten for the fall of 2021. 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.



Next ERESCC Meeting
Tuesday, Jan. 12th
6:30 pm
via Zoom

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

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



Anxiety and Depression in Children

- By Gwen Randall-Young

Nail biting, picking at the skin or being overly self-critical are also signs of anxiety.

All children will have episodes of sadness, but depression looks more like persistent sadness, or loss of enjoyment in things they used to enjoy. Signs of depression include feeling sad or hopeless a lot of the time, not wanting to do fun things, changes in eating or sleeping patterns, low energy, difficulty paying attention, feeling worthless or showing any self-injuring or destructive behavior.

We tend to think of anxiety as an adult problem, and may misdiagnose or not recognize anxiety in children. All children have normal anxiety at times. When young they might be afraid of monsters or even the dark. They might worry before a test or a trip to the dentist. This kind of anxiety is not a cause for concern.

Extreme fear about a specific thing or situation, such as dogs, insects or going to the doctor or to school,

Sadly, even the very young can have suicidal thoughts. In young people aged 10 to 24, suicide is among the leading causes of death.

Some children may not talk

be calm when you are calm, and they will also pick up on your anxiety. They will ask more questions, so be patient when answering.

Let them know the whole world is working to make things better.

Monitor what your children are watching, and offer reassurance. Explain that for now, very few in the country are sick with Covid-19, and that most people get better.

Avoiding conflict around the children is important, and dealing with challenges

by calmly talking and focusing on solutions will create less tension, and give them a good model for handling problems. Doing fun things together, using humor and creating laughter will benefit the whole family. Remember to enjoy life!

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.

All children will have episodes of sadness, but depression looks more like persistent sadness, or loss of enjoyment in things they used to enjoy.

is a different matter. Being very worried about the future and bad things happening, or having repeated episodes of sudden, unexpected, intense fear, feeling dizzy or having trouble breathing are indicative of a deeper problem.

Anxiety may also manifest as fear or worry, but may also be behind irritability or anger. There may also be trouble sleeping, or physical symptoms like fatigue, headaches or stomachaches, waking up with bad dreams and negative thoughts. We might also see agitation, restlessness, inattention, tantrums, crying, meltdowns and refusal to go to school.

about what is bothering them but rather make trouble or act unmotivated, so the depression may be misdiagnosed as a behavior problem or laziness.

There are things we can do to help our children when they are struggling and especially during the Covid crisis. It is a time to give them lots of love. Show them and tell them they are loved. Spend the time and be there for them. Limit the time you spend on your devices so you can really be present for them. Watch news after they are in bed.

Be aware that children pick up on our feelings. They will



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Hibernating lemurs may be the key to cryogenic sleep for human space travel

Science fiction is shifting into reality. With humanity's plans to return to the moon this decade and further ambitions to travel to Mars in the next, we need to figure out how to keep astronauts healthy for these years-long missions. One solution long championed by science fiction is suspended animation, or putting humans in a hibernation-like sleep for the duration of travel time.

We can turn to nature for guidance and a potential solution to this challenge.

It's cold and dark out there

Space is unforgiving. In this freezing void of darkness there is no oxygen, no gravity and no protection against the constant shower of cosmic radiation. Humans have evolved under a constant gravitational pull — so when you put people into space, strange and dangerous things happen to their bodies.

However, scientists and engineers working with astronauts on the International Space Station have

innovated and continue to address these problems. For example, we know that spaceflight leads to loss of muscle and bone density, since our bones and muscles do not need to work against the pull of gravity to move us around.

But we still do not know how to address other space-related medical issues, including immune system alterations, problems with vision and bombardment with hazardous cosmic radiation.

These physiological challenges are combined with the technological difficulties of sending multiple humans on these long missions where they face logistical complications of packing and allocating enough provisions and supplies, as well as social issues of coping with extreme isolation in deep space.

Putting the body on pause

Suspended animation and biostasis may elicit science fiction images of humans in cryosleep pods. If we could put humans in a state of sus-

pended animation by greatly slowing or even fully halting metabolic activity, we could alleviate issues surrounding space travel: time, health concerns, spacecraft size and supply allocation.

But how can we safely ease humans into hibernation and then bring them back when the time is right, without risking muscle and bone wasting, to name a few challenges? These are questions that the United States Department of Defense and other space agencies are actively exploring.

Animals who spend the winter in states of suspended animation — hibernation — don't experience significant muscle and bone wasting. Their existence and ability to reversibly turn off biological processes seemingly necessary for life may well hold the key to creating the conditions required for the human hibernation strategy that could pave our way to surviving long interstellar voyages to distant stars.

In fact, the use of biostasis has already been proposed for the transport of large

numbers of travellers to Mars, where crew members will be sustained with specially formulated total nutrition liquids while they "sleep."

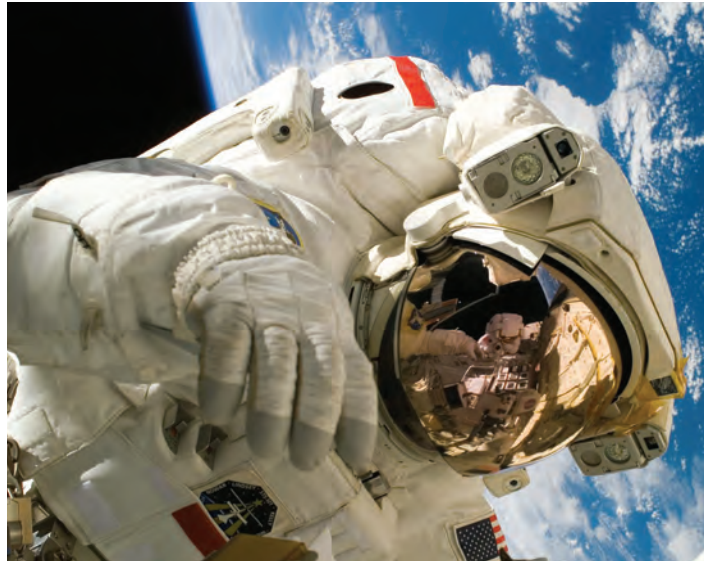
Model animals?

How do we translate hibernation in animals to hibernation in humans? Recent work has uncovered such an ability in animals that are evolutionarily similar to humans: hibernating primates. What is unique about these primates is that they can enter a state of hibernation when resources are scarce and temperatures become cold, and do so without seriously dropping their body temperature.

One of the driving forces behind this extreme ability is microRNAs — short pieces of RNA that act as molecular gene silencers. MicroRNAs can regulate gene expression without altering the genetic code itself. By studying the microRNA strategy these animals use, we can exploit this genetic on/off switch for rapid, reversible changes that could aid hibernation in humans.

Our work on gray mouse lemurs (*Microcebus murinus*) shows how microRNAs control which biological processes remain on to protect the animal and which ones are switched off to save energy. Some of these microRNAs were found to combat muscle wasting during hibernation. Other roles seem to involve preventing cell death, slowing down or stopping unnecessary cell growth, and switching fuel stores from quickly consumed sugars to slower-burned fats.

While microRNAs are a promising avenue of research, they are just one piece of the puzzle. Our lab is also looking into other aspects of how primates hibernate, such as how these lemurs protect their cells



from stress, control global gene levels and how they store enough energy to survive hibernation.

Our lab also looks at how microRNAs are helping ani-

mals survive other extreme environmental stresses including freezing, oxygen-deprivation and hot, dry climates. There is no stress more extreme than the vac-

uum of space, and we hope our research will contribute to the new RNA-based interventions that are gaining attention and emerging as viable human therapeutics.

Space is within our reach, and studying what's already on Earth will help get us there.

Hanane Hadj-Moussa

PhD Candidate in Molecular Biology, Carleton University

Aline Ingelson-Filpula

M.Sc. Candidate in Biochemistry and Molecular Biology, Carleton University

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Whenever I walk in to Mildred's room, here at William Albert House, I am greeted with a cheery, welcoming smile. She is often sitting comfortably on her couch with her feet up, watching one of her favourite television shows. Daily Mass is a program that Mildred particularly looks forward to every day before lunch. She also always has an interesting book or magazine on the go and is never at a loss for things to do.



Mildred. Teenage rodeo queen, Big Beaver, SK

I enjoy talking with Mildred about her younger years, when she and her husband, Herb, lived in their wonderful home in White City. There, a welcome mat was always out for family and friends. Mildred was a wonderful cook and baker. In her daughter's mind, she "made the best apple pie!"

In conversation with Mildred's daughter, Marcille, I learned so many interesting things about her. I was

delighted to learn that when she retired at the age of 65, Mildred bought a piano and started to take lessons. I am going to have Mildred play for me one day soon. Sewing and gardening were some of her interests and she excelled at both. "My dad looked after the potatoes, and Mom did the rest." Mildred was part of the executive for an afternoon chapter of Women's Aglow. This was a group that she enjoyed exceedingly. Many good friends

were made at this social and spiritual group of Christian women. From 1978 to 1981, Herb and Mildred lived in Cranbrook, BC, and there they took up square dancing, which is something they both loved.

Mildred was born and grew up around Bengough. The family lived in Buffalo Gap and Hardy, which are both now extinct towns. She completed her Grade 12 education at Big Beaver, SK. Mildred and Herb met at a gathering at the local skating rink in 1951. It wasn't long before

they fell in love knew they were meant for each other. "They were married in Big Beaver on November 5, 1952. It was a double wedding as my dad's sister also got married that day," says Marcille. Together, Herb and Mildred lovingly raised two children, Brian and Marcille. They have eight grandchildren and seven great grandchildren.

When Herb and Mildred first moved to Regina, she worked at Sasktel as a tele-

phone operator, until Brian was born. She stayed home to raise her children while Herb continued his work with the Regina Police Service. In the early 80s, Mildred worked at Embury Heights in Regina as a support worker, a job that she found very rewarding.

Herb and Mildred travelled to Europe twice. Pictures of them enjoying their time in Switzerland and at the Leaning Tower of Pisa, Italy hang on the wall. Family photos fill their shelves and display their legacy... a beautiful family, of which Herb and Mildred are very proud.



Sad to say, Herb passed away this past Fall and Mildred misses him so very much. Together, they were a very fine couple, who showed

love, friendship and respect for each other always. We are very happy that you and Herb decided to move into WAH this past January, Mildred. It is a great pleasure to know both of you.

Thank you for your quiet and gentle ways, Mildred. 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

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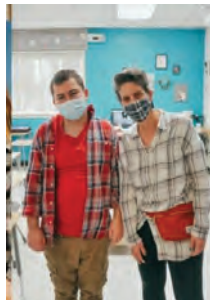
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Greenall Griffins Update

December in Review | 2020

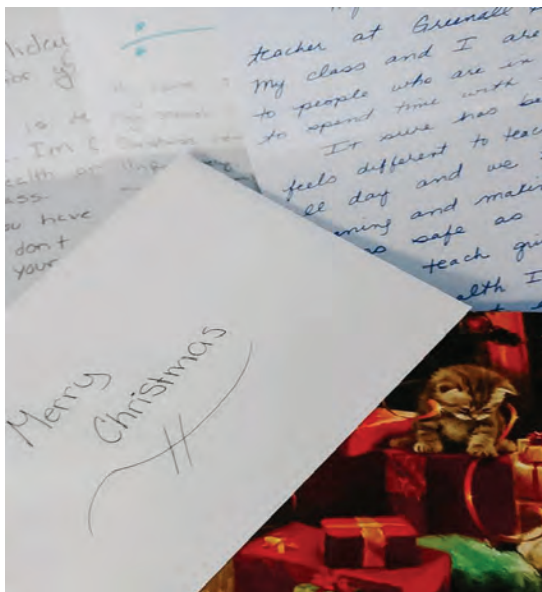


Greenall students continue to celebrate School Spirit days. Students and staff can be seen in their toques, plaid, and holiday sweaters!



We continue to celebrate Griffins who demonstrate our school values. Our students are pursuing excellence, fairness, acceptance, kindness, respect, self control and empathy! We are proud to work with such amazing students and staff!

Students at Greenall wanted to let Senior Citizens know they are not alone during this difficult time. Griffins wrote cards, created artwork and wrote letters that will safely be distributed to care homes to be shared with seniors.



Greenall is currently operating on a hybrid alternative schedule. Please see the school website for more information regarding our current calendar.



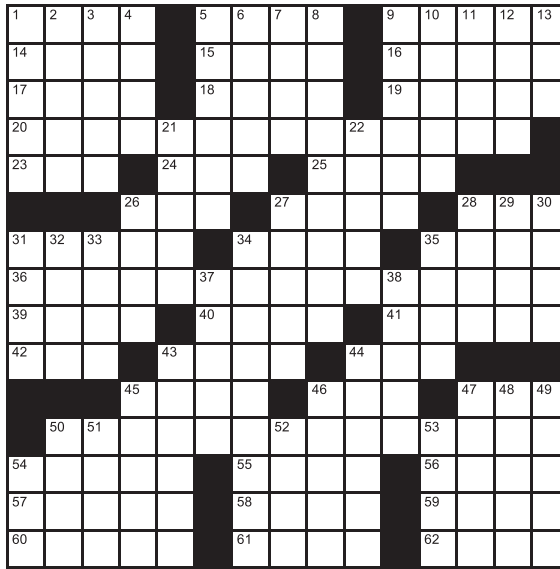
Greenall would like to acknowledge the RM of Edenwold, the Town of Pilot Butte, the Town of Balgonie and the Town of White City in supporting our school programs through the Saskatchewan Lotteries Grants. The physical activity, arts, drama and music programs have all received funds to enhance programming. Thank you to Saskatchewan Lotteries and our greater community for their ongoing and continued support of our children!



Diversions

Across

- 1. Boutique
- 5. Go backpacking
- 9. Monroe's successor
- 14. Lockup
- 15. Norse war god
- 16. Divided into regions
- 17. Bring to ruin
- 18. "Dam it all!"
- 19. Dilettantish
- 20. Spoken by the Queen
- 23. Affirmative vote
- 24. New beginning?
- 25. Mars, to the Greeks
- 26. Farm area
- 27. Fertilizer chemical
- 28. Kid

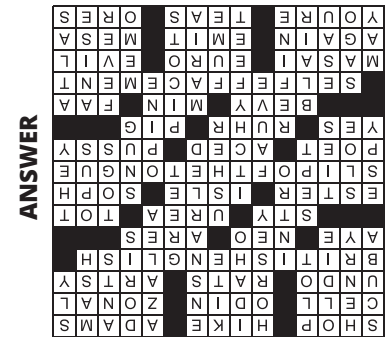
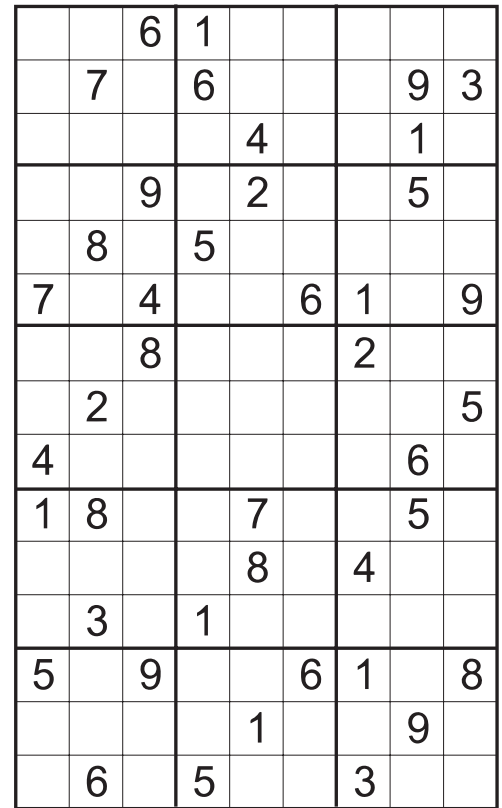


- 31. Banana oil, e.g.
- 34. ___ of Wight
- 35. Frosh, next year
- 36. Inadvertent remark
- 39. Verse writer
- 40. Got 100 on
- 41. ___ willow
- 42. "Absolutely!"
- 43. Essen basin
- 44. Sty dweller
- 45. Gathering
- 46. Time div.
- 47. J.F.K. overseer
- 50. Humility
- 54. Kenyan tribesman
- 55. Coin with 12 stars on it
- 56. Bad to the bone

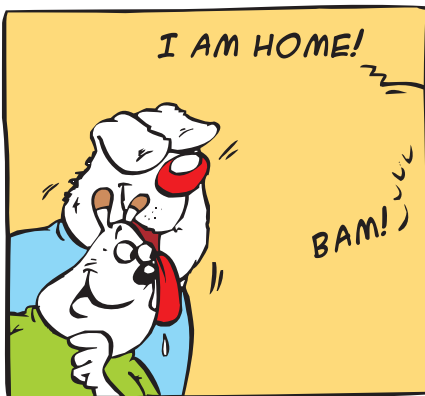
Down

- 1. Diving gear
- 2. One of two Tudor kings
- 3. Blast from the past
- 4. Connive
- 5. Kid's rocker
- 6. Gem State
- 7. Sky box?
- 8. Tangled
- 9. Flowering shrub

- 10. Day at the movies
- 11. Aardvark fare
- 12. Beat to a pulp
- 13. Cunning
- 21. Foreword, for short
- 22. Receive
- 26. Aug. follower
- 27. One who puts you in your place
- 28. Clothing
- 29. Big production
- 30. He and she
- 31. Glimpse
- 32. Blackthorn
- 33. Associations
- 34. Irritated peds
- 35. Like a bug in a rug
- 37. Early 20th century French artist
- 38. Express
- 43. Purify
- 44. Embroidery loops
- 45. Major's successor
- 46. Santa ___
- 47. Flu symptom
- 48. Biscotti flavoring
- 49. Book of maps
- 50. Kind of palm
- 51. Biblical brother
- 52. Stew
- 53. Note
- 54. Can

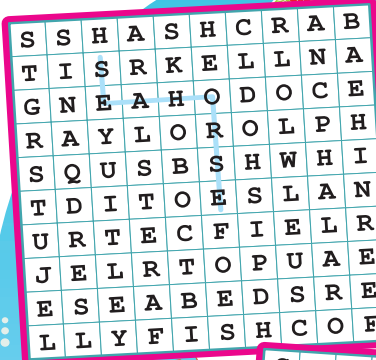


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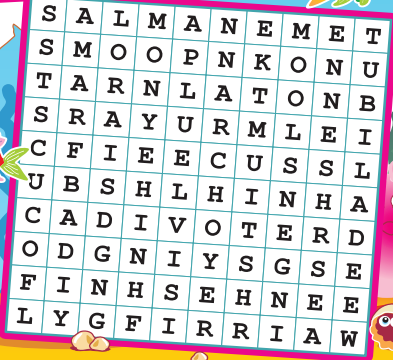
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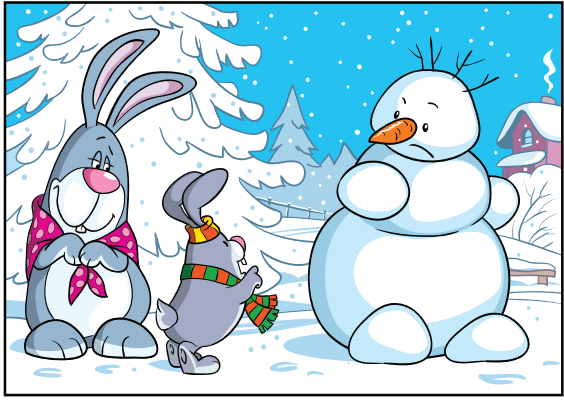
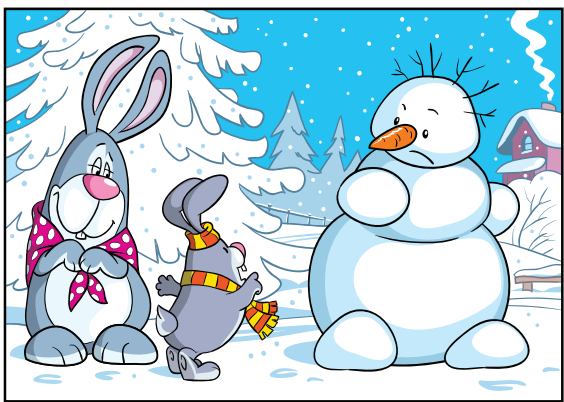
☆☆☆☆☆
Words go left, right, up, down, not diagonally, and can bend at a right angle. There are no unused letters in the grid, every letter is used only once.

Math crossword puzzle with numbers and symbols.

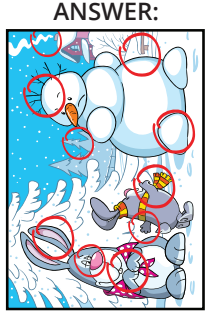
Math crossword

Math crossword puzzle with numbers and symbols.

Math crossword



FIND 10 DIFFERENCES



Who's hiring in Canada?

The impact of COVID-19 on Canada's job market has left many of us reeling. Steady work can feel out of reach sometimes, but if you look in the right places, you'll find employers eager to expand and meet the challenges facing Canadians.

Startups

With the 2010s behind us, Canada has proven itself as a hotbed of technical innovation. Startup companies in fields from smart home tech, to cybersecurity, to AI are all ramping up their hiring as the economy levels out. You don't need to be a programmer or technician, either. These growing businesses need marketers, project managers and sales forces just as urgently. Joining a start-up can be a great way to begin a career by getting in on the ground floor of

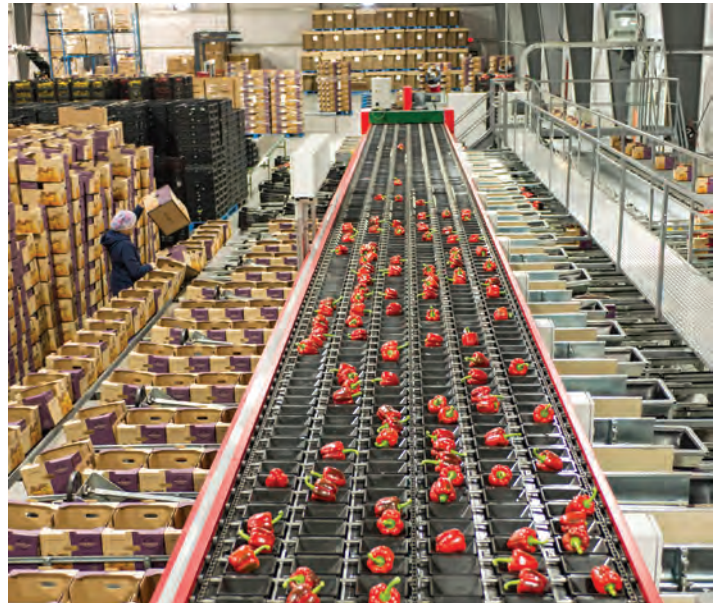
a growing business.

Manufacturing

Stores can't keep many essential supplies on the shelves, and manufacturers are having to step up production to keep pace. Some businesses are even shifting their production to new products like PPE and sanitization supplies, and that means open positions. Roles from quality control to line workers, warehouse operators to manufacturing supervisors need filling, and the hiring surge shows no signs of abating soon.

Agriculture

Agriculture and agri-food may have reputations as purely seasonal, rural-only work, but nothing could be further from the truth. Businesses across Canada are looking to fill positions for



a wide variety of roles and experience levels. Step up to the Plate is an initiative by the Government of Canada to connect Canadians looking for work with agri-food and agriculture businesses across the country. It provides links to multiple job boards at once, by region

and job type. From farms, to food and beverage manufacturing, to distribution, you can find it there.

Find out more about opportunities in agriculture at agr.gc.ca/agriculture-jobs.

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Tuesday 8-7
Wednesday 8-7
Thursday 8-7
Friday 8-4

Dentists

Dr. Deryl Dangstorp
Dr. Kelsey Ross
Dr. Brian Baker
Dr Kyla Tzupa

New Patients
Welcome

General Dentistry

Emergencies
Welcome



Dangstorp
Dental

312 Great Plains Road, Emerald Park S4L 0B8

January 2021

Snow Removal Reminder

Do not park vehicles and trailers on Town property, green spaces, or ditch areas. Driveway markers need to be made of flexible and movable material.

Rebar, 2x4s and cement blocks are prohibited and will be removed by the town to ensure street safety.

Christmas Tree Pick-Up



January 4th - 15th, 2020

Please make sure all decorations and lights are removed from the tree before placing it on your driveway with the stump facing towards the road. Town staff will be driving around collecting trees continuously throughout the days.

Council Meetings

January 11th, 2020

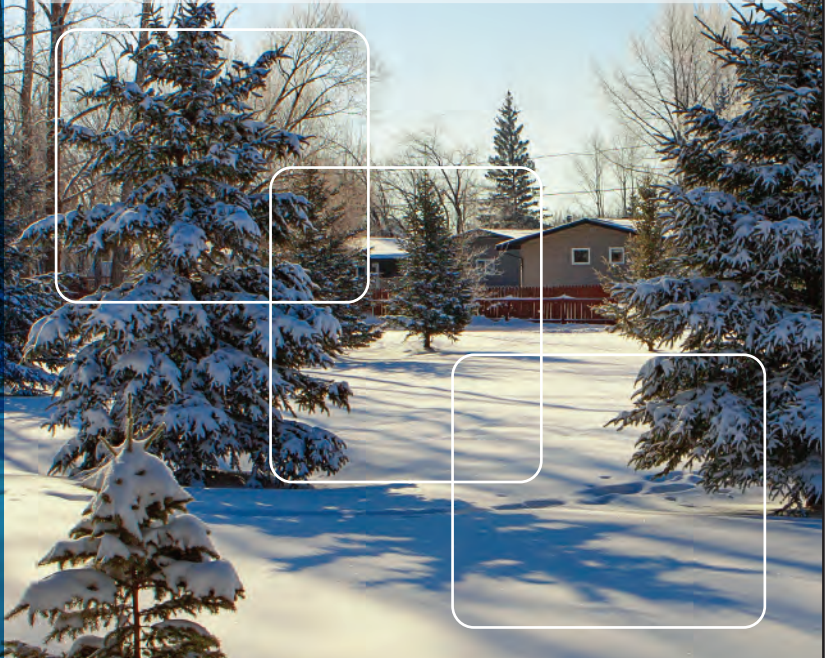
Corporate Services Committee - 3:30 pm

Regular Council Meeting - 7:00 pm

January 25th, 2020

Development Services Committee - 3:30 pm

Regular Council Meeting - 7:00 pm



Double K rink is now open!



Play safe and watch for updates on our website!

R.M. of Edenwold/No. 158

January 2021

R.M. of Edenwold
100 Hutchence Road
Emerald Park, SK
S4L 1C6

306-771-2522
rm158@sasktel.net
www.rmedenwold.ca

Make Your Voice Heard!

Have you ever attended a Public Hearing? If not, make 2021 the year you do! Public Hearings are an excellent way to share your thoughts, opinions, and concerns on important topics directly with RM Councillors, staff, and members of our communities. You can even participate from the comfort and safety of your own home! To find out about upcoming public hearings, check our website and follow the instructions to attend via zoom or submit your statements to be read aloud during the meeting.

Christmas Tree Pickup

Taking down Christmas trees isn't as fun as putting them up, but Emerald Park residents who take it down by Monday, January 11 can have them picked up for removal. Please take off all ornaments and decorations and lay your Christmas tree down by the curb to help our crews remove it quickly and easily on January 11.



Sewer Clean Out Caps



Open sewer clean outs can lead to frozen sewer lines, which leads to costly repairs for homeowners. The municipality is not responsible to cover these costs or fix this damage, but our crews have some tips to prevent it! Sewer clean outs are located on the property line and can be capped to prevent cold air from getting in and freezing your sewer line. Take a moment to make sure yours is capped!

COVID-19 Update

As the COVID-19 pandemic continues to create challenges for everyone, the RM of Edenwold municipal office remains open for business, but we are taking additional steps to help prevent the spread of COVID-19. All in-person meetings between office staff and members of the public will take place online or over the phone until further notice. Please contact 306-771-2522 or rm158@sasktel.net for any inquiries and to schedule an appointment to speak with a staff member. If possible, consider paying your taxes and utilities by mail, through your bank, or by credit card online (for a 2.85% fee). Please continue to follow us on social media @RMofEdenwold and check our website www.rmedenwold.ca for the most up-to-date information.



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

January 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

Special thanks to the
advertisers for supporting the
distribution of our newsletter.
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support our community.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		CASA ROSA/JAMESON ESTATES Garbage pick up every Tuesday			NEW YEAR'S DAY EMERALD PARK Compost Collection	1 2
3	4	5	EMERALD PARK & WHITE CITY Garbage	7	8	9
10	Corporate Services Meeting 3:30 pm Regular Council Meeting 7:00 pm	11	EMERALD PARK Garbage WHITE CITY Recycling	EMERALD PARK Recycling	15	16
17	Development Services Meeting 3:30 pm Regular Council Meeting 7:00 pm	18	EMERALD PARK & WHITE CITY Garbage		22	23
24		25	EMERALD PARK Garbage WHITE CITY Recycling	EMERALD PARK Recycling	29	30
31						

WC/EP RECREATION INFORMATION/REGISTRATION CONTACTS:

Baseball: registrar@whitebutteminorball.ca Web: broncos.whitebutteminorball.ca
Softball: stormsoftballregistrar@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: wcg2011@gmail.com, 306-584-9173, www.whitecitygardenclub.weebly.com
Girl Guides: Jolene 306-570-9179 or Balgonie1st@gmail.com
Parks & Recreation: Shane Grafer 306-781-2355 ext.225 sgrafer@whitecity.ca
Pickle Ball: Ambrose 306-536-9221 Playschool: Nicola 306-529-1292, nicola.mcnaughton2@gmail.com
Soccer: Kurtis 306-537-4324 or www.whitecityfutbol.com
Newsletter: Dale Schaeffer 306-525-8796 or dale@westernlitho.ca
Newsletter Advertising: Shannon Snider, shannon@westernlitho.ca

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Local service: 44 St. Andrews Bay, Emerald Park
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