

White City & Emerald Park

AUGUST EDITION, 2022

Community Newsletter



CC Dog Rez Q

December 2021, I returned to the office after working from home since March 2020. I felt a bit like a kid starting kindergarten or grade nine all over again. After working from home for the better part of two years the idea of getting up earlier, having to look presentable within a reasonable amount of time again and packing a stupid lunch every day was a little disconcerting. Add to the fact that over that better part of two years I had brought everything home from the office and now needed to pack it all up again to go back in December was a little off-putting as well. But, I was also mildly excited about seeing my colleagues again, riffing off each other's jokes as usual and getting back to a somewhat "normal" life after all the weirdness of being away.

Masks were required in common areas but not in my office. I tried to never have to leave my office to avoid wearing the mask as much as possible. It could be that because I really didn't do anything or

go anywhere for so long I never had to get used to wearing one, for long periods of time, making it even more difficult to actually put it on when I had to.

I got settled into my space quickly and surprisingly wasn't hating getting up earlier and the drive to work the way I thought I might.

Could be because of the puppies. I think the puppies is what made the transition easier.

One of my colleagues is a foster for CC RezQ's. In turn, our entire staff has all also become fosters to many, many dogs that she and her husband love and care for until new forever families can be found. We also welcome Harvard Hank to work on a regular basis. Hank is the fur baby of our IT guy, and he is often in the office visiting everyone and coming by regularly for snacks. Stella, our CFO's dog stops in after grooming appointments and shows off freshly painted "toe" nails while Jax in all of his hugeness only stops in once in awhile when his mom Tayler brings him in for a visit.

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Group of Companies

CC Dog Rez Q - Continued from page 1

Yes, there have been a few "accidents" here and there, but we have a carpet cleaner, and the parent of the guilty dog cleans up quickly so as not to risk a ban on pups in the office.

It has been truly awesome to work in a pet friendly environment. They really do bring peace and love to our business, and no one is ever too busy to take a minute or



five for some puppy love.

Ella (one of my personal favorites) was actually adopted by a co-worker and has found a happy home after making us all fall in love with her when she was a tiny foster puppy. Interestingly, she was calm and sweet as a puppy and turned into a crazy adolescent dog with energy to burn now but I am confident she will chill out as she matures. It's hilarious seeing her come bounding into the office as though she is still five pounds and hurl herself at all of us who snuggled with her when she was little. She will literally bowl you over if you're not ready for the furry assault.

As a staff team have raised money for the dog rescue and brought in blankets

and pee pads to help out because we all feel like we are part of the organization having loved up so many of the babies as they are fostered and then ready to get out into the world. When they are adopted, we are all glad to see them go to their new families but a little sad too until the next one comes in ready to join long meetings or play fetch in the hallway.

Globally, many families adopted pets during the pandemic and reports all over the world say that some have been "returned" as people get back to work and their busy lives. Heart-breaking for the pet, and equally so for many of the families I am sure, as they realize they just don't have the time needed to be good



pet parents.

As much as I love dogs, we don't have one. But we do have Boris the cat and I adore him. I can't imagine going home after a long day and not seeing him at the back door ready to "tolerate" his humans for the night. I wish I could say we got him from a rescue, but I can't. He is a purebred Siberian and we got him from a breeder because his breed is as close to non-allergenic

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as possible. Sibs don't have the protein in their saliva

that causes dander, so they are often well-tolerated by people like me who are allergic to cats. If I could have a house full of dogs and cats, I would but my allergies and my husband won't allow for it. (Let's be honest, if I didn't have the allergies, there would be more animals, he and I both know it haha).

The thing is, if you've ever thought about adopting a dog or cat, I truly recommend you look at the rescues and the humane society. Wonderful humans help these animals and get them ready for new families. There are so many looking for homes right now. If you can't adopt maybe you can foster until a family is found and of course you can always contribute financially or with products well needed by the rescues.

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The craft revolution helped develop the market for specialty coffee



The craft revolution is everywhere: Craft beers, specialty coffee, hand-made soaps and artisanal ice cream. While some may think this is foolish snobbery, others revel in the aesthetics of craft experiences.

The craft revolution is often seen as a reaction against excessive industrialization or as a way to keep traditions and culture alive in the face of a homogenized, corporatized world. Instead of privileging the pursuit of profit, craft businesses and professionals are part of the rise of creative professions. They are driven by esthetic engagement, creative expression and an aspiration for quality.

Craft work gives professionals the opportunity to create unique products that align with their personal visions. This helps the makers distinguish themselves and express their identity through their work.

Craft brings forth the

growing desire of producers and professionals for esthetic engagement, creative expression and aspiration for quality. The coffee market offers us an array of cultural resources and expressions, such as “handcrafted,” “connoisseur,” “artisanal” and “coffee snob.”

Making a market

The values and beliefs behind craft work and esthetic engagement, creativity and quality have seeped into many markets, including those for barbering, beer, butchering, chocolate, cocktails, tattoos, cuisine, denim, fashion, motorcycles and coffee.

Between 1991 and 1998, the number of specialty coffee shops in the United States grew to about 10,000 from 1,650. By 2015, there were 31,490 specialty shops. Specialty coffee is now more than half of the \$48 billion retail value of the U.S. market.

This rise in demand and

popularity of a craft-oriented approach to a consumer good has shifted a large part of the market towards craft values and beliefs.

Values and beliefs

Businesses conduct their activities based on key values and beliefs. Craft firms undertake theirs striving for esthetic engagement, creative expression and an aspiration to quality. In contrast, commercial firms such as McDonald’s McCafé and Tim Horton’s privilege the maximization of profits.

Consequently, each type of business — commercial or craft — innovates in different ways. In coffee, craft business have pushed toward ways of farming, processing, roasting and brewing coffee to bring out the distinctive flavors of specific coffee beans associated with their origin, terroir (how the circumstances of its growth affects its taste) and varieties.

Innovative products, such as the Kruve coffee sifter, the Decent DE1+ espresso machine or the Weber EG-1 coffee grinder, all share the same key characteristic: to offer baristas and consumers more control over coffee-making variables so that they can perfect the coffee’s esthetic experience.

Commercial firms introduce products that have profit potential. The infamous Starbucks’ Pumpkin Spice Latte, the Nespresso Vertuo and Tim Horton’s recently launched line of espresso-based drinks are not concerned with the coffee experience or bringing out the distinctive flavors of a bean. Rather, they offer

consumers fun, affordable or convenient products and services that help increase firms’ profit margins.

Crafting language

Whatever the values and beliefs of craft or commercial businesses, it is the interactions between them that push markets such as the one for coffee to become more craft-like. Commercial firms take inspiration from craft businesses’ desire for esthetic engagement and creativity.

They borrow from the vocabulary that craft firms brought to the coffee market, such as Dunkin’ Donuts’ “Handcrafted” coffee drinks or Nespresso’s coffee pods “inspired by” Brooklyn’s and Melbourne’s baristas.

They automate the complicated and ritualistic coffee-making processes of craft baristas, increasing profitability but also introducing everyday consumers to some aspects of craft coffee-making.

Craft companies esthetically engage with commercial innovation. They transform the Pumpkin Spice Latte by using artisan syrup and curated spices that ideally match the taste characteristics of a specific coffee bean. Some craft companies have also leveraged the convenience offered by pod machines and developed their own versions to provide consumers with the opportunity to experience high-end coffee at home.

Over time, these interactions evolve the market as a whole, bringing in craft values and transforming the experience of all consumers.

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Easy plant-based recipe win filled with barbecue flavour

Whether you have access to a grill or not, chances are you crave that meaty barbecue flavour from time to time. While ribs are of course the classic barbecue kings, there are plenty of delicious non-meat options for barbecue-sauce lovers who are vegetarian, trying to cut back on meat, working to trim the grocery bill, or simply looking to mix things up.



These easy and sublime pulled mushrooms become the perfect vehicle for your favourite barbecue sauce. The meaty vegetable, worth keeping in your grocery cart, makes just the right mouth-watering addition to a sandwich or taco. They can even be cooked in the oven.

Easy BBQ Pulled Mushrooms

Prep time: 15 minutes

Cook time: 30 minutes

Serves: 4

Ingredients

- 6 large portobella mushrooms or 1 lb (500 g) king oyster mushrooms
- 1 tsp (5 mL) vegetable oil
- 2 cups (500 mL) sliced onions
- 1/4 tsp (2 mL) each salt and pepper
- 1/2 cup (125 mL) favourite BBQ sauce

Directions

1. Preheat grill to 425°F (220°C). Remove the stems of the portobellas and set aside. Remove the gills from the mushroom caps and place mushroom caps, bottom side up, on a parchment lined baking sheet. Cook for 20 minutes.
2. Heat oil in a large skillet over medium heat. Add in onions, salt and pepper. Cook for 8 minutes stirring. Meanwhile, use your hands or two forks to “pull” the mushroom stems apart. Remove mushrooms from the oven, and once cool enough to handle shred the mushrooms using your hands or two forks.
3. Stir shredded mushroom caps and stems into the onions and barbecue sauce. Cook, stirring over medium-low heat for five minutes. Serve as a sandwich, in lettuce wraps or use in tacos.

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



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The craft revolution helped develop the market for specialty coffee

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Engagement, expression and authenticity

The complexities associated with craft products have also allowed people to develop and distinguish themselves through their tastes. Cultural resources

and expertise are key in how we express ourselves and define who we are.

The craft revolution has supported the professionalization of many fields. Professions such as barber, butcher, barista and mix-

ologist are now infused with elevated cultural cachet. It has also supported the emergence of new identities, from coffee connoisseurs to bearded villains to cocktail nerds.

Some have argued that craft offers more authentic products, perhaps because craft work creates a kind of one-to-one relationship between the producer and consumer that is different from the standardized mass market production that dominates so much of our economy. But while craftspeople's creative expression might be found in their products and presentation, commercial firms have become skilled

at mimicking the artistry of craft professionals, making it difficult to identify which is which.

Authenticity is an ambiguous concept — what one might find authentic might be seen as elitist by others. Perhaps the success of craft might lie in its capacity to tap into our nostalgic ideals of work and our increasing desires for connection with the origins of products and the stories and people behind them.

Pierre-Yann Dolbec

Assistant professor in marketing and Research Chair in Complexity and Markets, Concordia University

THE CONVERSATION

ERES Community Council (ERESCC)

2022—2023 Kindergarten Registration

Emerald Ridge Elementary School is accepting registrations for the 2022-2023 school year. Any child who will be five years of age by Dec. 31, 2022 is eligible to register for Kindergarten for the Fall of 2022. The link to register your child is on the ERES webpage under **Quick Links** - Kindergarten On-line Registration Form.

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

First Day of School for Students:
THURSDAY, SEPTEMBER 1st

Do you have Extra Bottles and Cans taking up space in your garage?

Learn how you can help us **fundraise**. The funds received from your donation to Sarcan will be used for our school's learning improvement plan initiatives.

Check out the **ERES Facebook page** for more details at: www.facebook.com/EMRidge/

Next ERESCC Meeting
Tuesday, Sept. 13th
6:30 pm

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.entriptyshops.com



MEET YOUR TEACHER & DROP OFF YOUR BACKPACK
Wednesday, August 31st 5:30 p.m.—6:30 p.m.

3 unusual things you didn't know you can recycle



Most of us know it's a good idea to recycle to help reduce waste. But it can be a challenge to remember what items can be recycled. You might use some things every day and not realize they can be remade into raw materials to help create new products. Here are three things you can recycle that might surprise you.

Old carpeting

If you're tearing out carpet in your home, you might not know what to do with it. Believe it or not, carpets can be recycled. Most will not be accepted in regional blue box programs, but if you call the manufacturer or a local recycling company, they can bring it to the depot for recycling. It will then be turned into a new carpet or other things like plastic auto parts or paneling. Carpets are often made from synthetics or fossil fuel-based materials, so it makes a difference to keep them out of the garbage.

Air fresheners

With various fragrances and all the plastic in these products, packaging and refill cartridges, you'd be forgiven for thinking you

can't recycle air fresheners. In fact, it's true that many municipalities won't take them. But a free program from TerraCycle lets you drop off or mail in your old fresheners and packaging from any brand for recycling.

Smoke-free products

You know you can return empty bottles and cans of alcohol for recycling – but it turns out you can also recycle items used for nicotine consumption. The Smoke-Free Recycling program allows for the recycling or safe disposal of vaping devices, pods, and certain heated tobacco devices. While vape pods are not currently recyclable, the program accepts these products so they can study methods to recycle them.

You simply collect your items in any old box, print a free shipping label, and send them off in the mail. There is even have a program for recycling cigarette butts, since those contain a plastic filter.

Find more information at unsmoke.ca
www.newscanada.com



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SPECIAL THANK YOU TO THE LOCAL BUSINESSES THAT CONTRIBUTED

From farm to fork, how farmers are managing risk



The Canadian food industry fuels and feeds millions of people every day. But farmers battle many risks when it comes to keeping this food supply safe and their businesses successful. These risks include factors like drought, fuel costs, changing demand, and animal diseases.

For local pig farmers, one risk they manage is animal disease, such as African swine fever. Though this pig disease has never been found in Canada, can't spread to humans, and is not a food safety risk, it's still contagious and deadly for the pigs and could devastate an unprepared farm.

So how are pig farmers preparing? While every farmer has their own tried-and-true way of doing things on their farm, practicing good biosecurity is crucial to reduce risks from disease and contaminants like this one.

Here are some of the ways farmers are managing the risk:

Visitors

Ensure that any visitors or workers have clean shoes, clothing or equipment before entering a farm, as these items can spread diseases if contaminated.

If visitors or workers are going to a country where ASF is present, they should declare it at the border and stay away from any farm for 14 days after they return.

Feed

The virus can be transmitted through contaminated feed or feed ingredients. So feed must be stored securely and purchased from reputable suppliers. ASF also lasts for months in pork products, whether they're fresh, frozen or cured. So pigs can't be fed food containing meat—it's actually illegal.

Contact

It's also important to protect domestic (or captive) pigs from contact with wild pigs, as the wild animals could spread the disease if they catch it elsewhere – especially since they have wide-ranging habitats and may eat contaminated garbage or scraps. Strong enclosures and secure feed help prevent contact.

Overall, it's important to follow national and regional regulations and recommendations on farm biosecurity to limit the threat of this animal disease. Find more information at Inspection.gc.ca/protect-pigs.

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: The branch will be closed August 1, 2022 for the Saskatchewan Day holiday.

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

AUGUST 2022 PROGRAM & EVENTS CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Closed for Saskatchewan Day	2 Adult Reading Challenge Bingo Cards Available at the Library & FB page	3	4	5 Science Centre 10am-noon K-Grade 5 Please register	6 Code N Go Robot House Drop-in 11-3pm
7	8 Lego Club 2:00pm All ages/Drop-in	9	10	11	12 Summer Reading Club 10:00 am 5-12 years	13 Marble Run Drop-in 11-3pm
14	15 Code N Go Robot Mouse Drop-in 2:00pm	16	17	18	19 Marble Run 10:00 am All ages/Drop-in	20 Code N Go Robot House Drop-in 11-3pm
21	22 Marble Run Drop-in 2:00pm	23	24	25	26 Code N Go Robot Mouse 10:00 pm	27 Marble Run Drop-in 11-3pm
28	29 Lego Club 2:00 pm All ages/Drop-in	30	31 Reading Contest Deadline			



www.southeastlibrary.ca

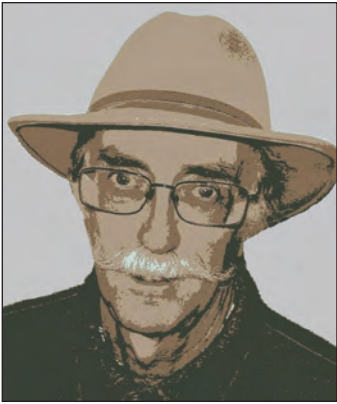


This month at the library: Circle of Security Parenting

White City Public Library Branch
Monday September 19, 2022
7:00 pm

Circle of Security is a relationship-based parenting program, rooted in the truth that we are all hard-wired with the need for relationship and connection. It is not a behavior modification program because it helps parents understand that behavior is communication.

Julie Allan will provide an introduction to the Circle of Security Parenting principles. Please register at the library 306-781-2118



Off the Beaten Track

- By John Panter

Twelve years old or seventy-five years old, they all worked side by side and socialized at the breaks as equals. The common and unifying theme was competence. A forty year old rancher patiently instructed a nine year old in the surgical skill required to make steers out of bull calves. That kid will remember for life where he learned it and who his teacher was.

And I have the photographs to prove that there were vastly more smiling faces than sour-pusses. Optimism, and timely rain in ranch country, will do that.

say "I haven't given it much thought." Again, optimism.

Which brings to mind the story of the man from the city asking the old farmer if he had lived around here all his life. "Not yet," replied the farmer.

Optimism. We need more of it.

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



Optimism seems to be in short supply these days, but the last couple of years of covid insanity hasn't extinguished it completely. Back in June, my wife Anne and I made our annual pilgrimage to Walsh, Alberta for a ranch round-up and branding.



Optimism seems to be in short supply these days, but the last couple of years of covid insanity hasn't extinguished it completely.



You need to be optimistic to keep going in the cattle business what with governments seemingly doing everything they can think of to make raising livestock socially unacceptable and economically non-viable. (Recent events in Holland confirm this thesis.) However, it is hard to be anything but inspired watching forty neighbours gathering to preserve the old Western skills of riding, roping, branding, ear-tagging, inoculating, and the harvesting of prairie oysters, the hors d'oeuvres at a post-branding supper.

The age of the cowboys and cowgirls was irrelevant.

Another reason for Anne and me to be there was to visit Hillside Cemetery in Medicine Hat to inquire how much lead time was necessary to open two graves to receive the ashes of my late parents. (Two days; and for anyone interested, ashes can be interred in anything from cowboy boots to coffee cans.)

One of the other ranch hands, who misunderstood the reason for our trip to the cemetery, asked me if I was able to purchase my grave. I had to explain that the graves were for my parents, not for me.

"Oh", she said, "then where will you be buried?" I was instinctively able to

CC Dog Rez Q

- Continued from page 3



Here are some of the items CC Dog RezQ lists on their website that they are in need of:

- Puppy Food (Kirkland Puppy Food, Yellow Bag, available at Costco)
- Dog Food (Kirkland Natures Domain Salmon and Sweet Potato, Blue Bag, available at Costco)
- Powdered puppy formula
- Puppy chew toys
- Puppy Collars
- Blankets (Big or small)
- Food/water dishes
- Pee Pads
- Kennels
- Dog Pens
- Gas Gift Cards or Dollarama Gift Cards

For more info visit cerezqs.com

- **Trish Bezborotko**



PRE-REGISTRATION

- Start date for Playschool for the 2022/2023 year will be September 6th, 2022.
- Children must be 3 by December 31st, 2022 and potty-trained to register in our 3-year-old program starting September 2022. If your child will be 3 between January and May 2023, they will be eligible to register for our second semester beginning January (start date TBD) and ending in May.
- To qualify for the 4-year-old class, your child must be 4 by December 31st, 2022.
- A non-refundable \$50.00 deposit is required to pre-register your child; this deposit will go towards your child's first month tuition fees. Deposits can be paid via e-transfer to wccp.finance@gmail.com, cheque (payable to White City Playschool Inc.) or cash.
- Registration forms can be returned via email to wccooperativeplayschool@gmail.com, mailed to P.O. Box 657, White City, SK, S4L 5B1, or dropped off in the Playschool mailbox located at 7 Lipsett Street.
- First children registered get their first choice of class, so please return your forms and deposit promptly to secure your registration.
- **NEW - pre-kindergarten prep class (Tuesday PM)** designed to give your child a jump start on becoming a prepared and eager student ready for the kindergarten environment. We will continue to master letters, numbers, colors, calendar, and writing names, whilst also working on addresses, phone numbers, and preparation for reading readiness, to give your child their best start in Kindergarten.

Please fill out the form found online at whitecitycooperativeplayschool.weebly.com

Class confirmations will be sent out after the pre-registration deadline.

If you have any questions, contact Nicola at wccooperativeplayschool@gmail.com or 306-529-1292

More information on our website: whitecitycooperativeplayschool.weebly.com

Taking a long-awaited family trip? Tips to avoid security snags



Travelling with family, small children or a large group can cause a lot of stress and anxiety. These family-approved tips can help make security screening at the airport smoother:

Carry on snacks and games

If you're travelling with an infant younger than two years of age, you can bring baby food, milk, formula, water, juice and other baby items in your carry-on baggage. Packing solid snacks like crackers or cookies, as well as toys and electronics in your carry-on can also help keep older kids entertained.

Arrive early

Arrive at the airport well in advance to give yourself enough time to board your flight even if the kids get hungry or the baby needs changing. The Canadian Air Transport Security Authority recommends all passengers arrive at least two hours in advance for domestic flights and three hours in advance for U.S. and international flights.

Check pet policies

If you're bringing a furry family member, check with your airline on their policies for travelling with animals. If you are taking your pet in the aircraft cabin with you,

you'll need to remove your pet from its carrier at security screening. If you need a private room to do that, just ask.

Prep for screening

If you plan to bring carry-on items that you can pour, spray, or spread, they need to be in containers of 100 millilitres or less and fit in a clear, 1 litre resealable bag. Be ready to have this bag out of your carry-on so the screening officers can inspect it. Exceptions are made for medications, baby formula, and breast milk, but they'll need to be inspected too.

Place coins, keys, watches, large jewelry, glasses and small metal items in your carry-on bag. Unpack your laptop computer and place it in a bin. Pro tip: put a sticker on your device so you know it's yours when it comes out of the x-ray machine. Finally, remove outerwear, including hats, jackets, belts and shoes, and place them in a bin.

Proper packing, arriving early and taking steps to get through security smoothly will help you fly through summer.

Find more information at catsa.gc.ca

www.newscanada.com



Narcissistic Personality

- By Gwen Randall-Young

The word "narcissist" is heard a lot lately. We can think of a narcissism spectrum. A person can exhibit narcissistic tendencies without having a full blown narcissistic personality disorder.

A person also need not have every one of the traits

effect their behavior has on others.

Narcissists can be very charming and charismatic. Their negative behaviors are not shown right away, especially in relationships. They often have a sense of superiority and entitlement. This is different from self-confidence. Their world is all about good/bad, superior/inferior, and right/wrong. They have to be the best, the most right, do everything their way and control everyone.

They tend to be manipulative and controlling. A narcissist will try to please and impress you, but eventually

if told "no". If they want something from you, they will go to great lengths to get it through persistence, demanding, rejecting or pouting.

They frequently misread subtle facial expressions, biased towards interpreting them as negative. They can tend to interpret a neutral comment as an attack and become defensive.

You cannot use reason or logic to get them to understand how their behaviors hurt you. One assumes if they know how they make you feel, they will change. They won't, since your explanations don't make sense to them. They are only aware of their own thoughts and feelings.

As a result of their inability to understand feelings, their constant need to pro-

tect themselves, and their lack of empathy, narcissists cannot truly connect with, or love others.

They have anxiety, which they project onto their closest loved ones. They accuse them of being negative, mentally ill, unsupportive or selfish.

If there is a narcissist in your life, self-care becomes crucial. It may include working with a therapist to understand why you suffer so much pain, no matter how hard you try to make it right.

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.

If there is a narcissist in your life, self-care becomes crucial.

of narcissism to be considered narcissistic. They can have as few as fifty-five present of the traits, to be diagnosed with narcissistic personality disorder. It is particularly difficult to deal with a narcissist in relationships that are important to us.

Narcissism is diagnosed on the basis of behaviors. There are no blood tests or other exact determinations of this condition. Even therapists have to go on the behaviors and attitudes the person presents.

What are the traits of a narcissist? Narcissism is extreme self-involvement to the degree that the person ignores the needs of those around them. They frequently disregard others or their feelings. In addition, they do not understand the

their own needs come first.

A common sign of narcissism is the constant need for praise or admiration. They often brag or exaggerate their accomplishments for recognition.

A glaring sign of a narcissist is lack of responsibility, including blaming, deflection and gas lighting. They put all the blame and responsibility on others to maintain their façade of perfection. It is always someone else's fault.

Most often the narcissist blames the one person who is most emotionally close, most loving, attached and loyal in their life. The victims of narcissistic abuse are the safest to blame as they are the least likely to leave or reject them.

Narcissists lack boundaries. They become upset



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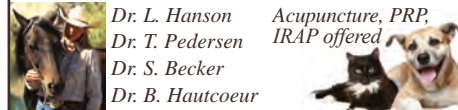
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Easy hacks for household chores

have learned seemingly hard and fast rules about laundry sorting or what can go in the dishwasher. While some of these ideas may still be useful, it's worth evaluating what might be unnecessarily slowing you down. Modern appliances like washing machines and dishwashers now have more precise, customizable settings that actually work, so be sure to take full advantage. Even if you don't have the latest machine, read the manual and look up the model on YouTube to brush up on how the settings work. Quick wash, refresh cycles and half loads are all common features and can save lots of time.

Send off your recycling

Recycling is valuable for

the planet, but it can be really confusing what items you can recycle and what items you can't, especially when it comes to more specialty products. But with some products you can take out the agonizing guesswork. Vaping or heated tobacco products, for instance, are easily recyclable or can be safely disposed of, just not in your local blue bin. Instead, you can collect your used devices and accessories, print a free shipping label online through Unsmoke Canada's smoke-free recycling program, and ship them off to be recycled. It's an easy, low-fuss way to do your recycling.

Find more information at unsmoke.ca.

www.newscanada.com



Chores like laundry, dishes and vacuuming are unlikely to be your favourite activities. But they don't have to be a nightmare. Here are a few genius ways to make taking care of your home easier on you.

Ditch your cupboard full of cleaners

There are so many specialized products on the market for cleaning any specific element in a home, but the reality is that one good

all-purpose cleaner can do pretty much all of it. You don't need a drawer or cabinet stuffed with cleaning materials. Experiment to find an all-purpose brand you like or do your own research and experiment with household ingredients like vinegar or lemon juice and baking soda to find what works best for you.

Make the most of your appliances

Over your life you may

Tips for making meal prep a breeze

Planning and cooking meals in advance has long been a go-to recommendation for busy people. It removes the daily guesswork from what to eat, helps you eat healthier foods, and removes the rush to get meals on the table in time for everyone in the family – even if that's just you and your dog.

Yet, for many of us, meal prep can feel seriously intimidating or just like a lot of work. Fortunately, there are ways to make it easier.

Here are some simple tips you can follow to get the most out of meal prep.

Keep it simple

Start with the meal you struggle with the most. Buying your lunch every day of the week? Try prepping five midday meals rather than every item you'll eat all week. Don't overthink it and lose sleep over the per-

fect recipes – think about what you want to eat and go from there.

Be flexible

Everyone has their own style of meal prep. While Sundays are a popular day to prepare food, you can choose any day of the week or even spread it out over a couple of days. If you're having a hard time getting started, try chopping your vegetables when you get home from the store, before putting them away to get a head start on the prep.

Pack immediately after cooking your meal

To get the most reward for your efforts, portion out meals when you've finished cooking and not at the last minute when you need to get going. This stops you from accidentally leaving too much or too little food for the final servings. Your



meal will stay at its best if you plan to prevent items from getting soggy. Keep your dish fresh and crisp by keeping sauces, dressings or toppers like croutons separate or in divided containers.

Maximize efficiency in your cooking time

Start with items that take the longest to cook, so you can do any next steps with something already on the go. If you're an ambitious meal prepper, get your slow cooker started, then any roasting or baking, and while those hands-off items are underway, you can cook up any stovetop components.

Opt for healthy and nutritious shortcuts

Don't be afraid to choose pre-made items that help you save time and stay healthy. Pre-chopped coleslaw or cabbage is a simple swap that can save you time and clean up. Similarly, take the fuss out of feeding your pet healthy and wholesome meals with real ingredients, by grabbing some ready-to-eat wet food such as Cesar Wholesome Bowls that provide nutrient-rich, no-additive options for any dog.

Learn more about healthy meal prep shortcuts for your dog at cesar.ca.

www.newscanada.com

Diversions



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Fill in the blanks with the words. To help you get started one letter is already in place.

3 letter words

FUN

HMM

4 letter words

ECRU

HORN

5 letter words

AGREE

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FRESH

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MUSIC

OCHER

PARIS

RELAX

RESIN

SERIF

TEACH

6 letter words

BEAUTY

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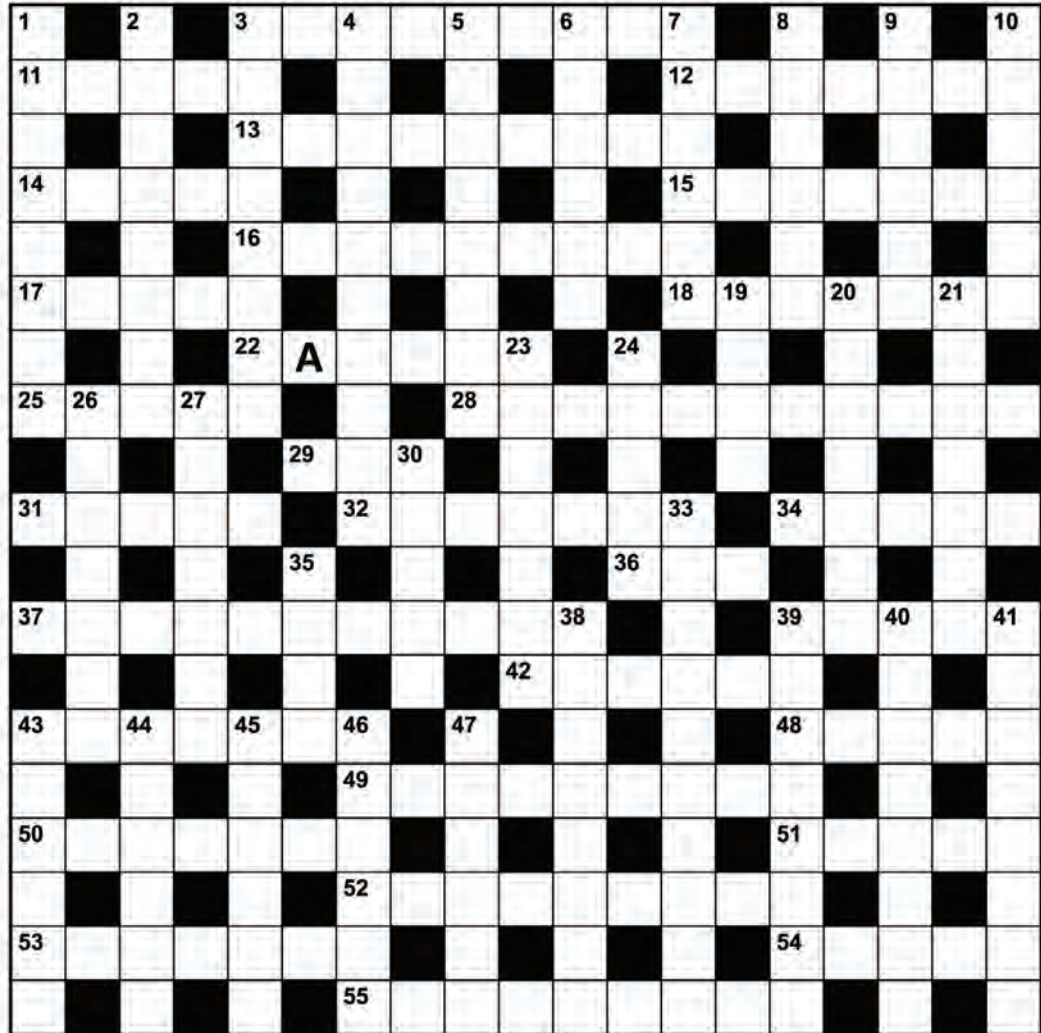
VELOUR

7 letter words

AVERAGE

BUCOLIC

CAREFUL



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RHYTHMS

TANGRAM

TOURIST

8 letter words

BIRTHDAY

CLEANSER

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EXCHANGE

TOMORROW

WOODCHIP

9 letter words

ABEJORRAL

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10 letter words

BREADCRUMB

CUSTARD PIE

11 letter words

CONNECTICUT

POMEGRANATE



VISUAL PUZZLE



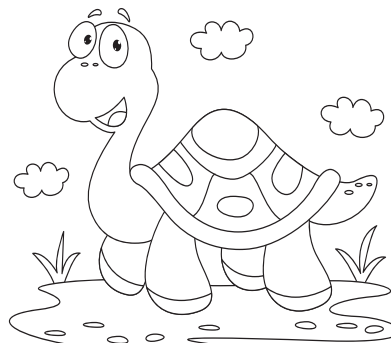
Spot the two identical graphic elements (rotation allowed).



Kids Corner

1. Grandpiano 2. Xylophone 3. Harp
 4. Accordion 5. (across) Castanets
 5. (down) Cello 6. Violin 7. Cymbals
 8. Synthesizer 9. Triangle 10. Guitar
 11. Trumpet 12. Melodica 13. Drum
 14. Tambourine 15. Saxophone 16. Maracas

9:00 3:00 6:00
 3:30 5:30 8:10
 7:45 11:45



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Start Time - 9:00AM

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3KM/5KM/10KM walk or run Options Available
Register Online at whitecity.ca

Motherwell Pathway

Work is beginning on a pathway along Motherwell Drive as part of the Multi-use Pathway Improvement Project.

See whitecity.ca for project details & more info!

Council BBQ

Thanks for joining us at the Council BBQ & Movie in the Park! We appreciate everyone who came out to enjoy a beautiful White City evening and hope everyone enjoyed it as much as Council and Staff. We're already looking forward to next year's BBQ!

Upcoming Meetings

Committee of the Whole

August 8, 2022 at 4:00PM

August 22, 2022 at 7:00PM

Regular Council Meeting

August 8, 2022 at 7:00PM

Meetings are open to public and held at:

White City Council Chambers
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whitecity.ca

Money Talks: Teach your kids good money habits

Talking to kids about money management and financial literacy can be intimidating, especially if you feel like you're not a financial whiz yourself. Perhaps you never got much financial education from your parents, or you grew up with financial insecurity. Did you know that one third of Canadians according to Statistics Canada indicate they struggle to manage their day-to-day finances, and many avoid talking to their kids because they feel they're too young?

Here are some helpful reminders for talking about money with kids.

Talking about money isn't taboo

In some households, money is attached to self-worth, in others to poor choices, and for some, they just aren't comfortable discussing it. However, learn-

ing about money at home can help teach kids that money is not something to avoid talking about - and that's a valuable lesson to carry into adulthood where financial confidence leads to more success. It doesn't always have to be a structured conversation. You can use everyday activities as teachable moments or try digital learning tools like Mydoh to empower kids for their future.

Keep the conversations honest

Despite some fears adults have, open discussions about money among the family will help kids have the knowledge and confidence they need to make money-smart decisions. Honesty is truly the best policy, but if it feels daunting, take a family-first approach. This could mean setting a savings goal for a vacation together,



having in-the-moment conversations about money at the grocery store, or simply being honest about your money mistakes so that your kids can learn from them.

Start the discussions early

The earlier you start talking to your kids and teens about financial literacy, the more confidence they'll

have in managing their own money down the line. Given responsibility, experience and a little guidance, kids can get a head start in shaping strong financial futures for themselves.

Find a starting point to help your kids understand money at mydoh.ca or download the app.

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AUGUST 2022

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

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

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	1 SASKATCHEWAN DAY	2 WHITE CITY Composting	EMERALD PARK & WHITE CITY Garbage	4	5 EMERALD PARK Composting Library Summer Reading Club at White City Public 10:00am	6
7 August 8 – Committee of the Whole – 4:00PM August 8 – Regular Council Meeting – 7:00PM	8	9 WHITE CITY Composting	10 EMERALD PARK Garbage WHITE CITY Recycling	11 EMERALD PARK Recycling	12 EMERALD PARK Composting Library Summer Reading Club at White City Public 10:00am	13
14	15	16 WHITE CITY Composting	17 EMERALD PARK & WHITE CITY Garbage	18	19 EMERALD PARK Composting	20
21 August 22 – Committee of the Whole – 7:00PM	22	23 WHITE CITY Composting	24 EMERALD PARK Garbage WHITE CITY Recycling	25 EMERALD PARK Recycling	26 EMERALD PARK Composting	27
28	29	30 WHITE CITY Composting	EMERALD PARK & WHITE CITY Garbage	CASA ROSA/JAMESON ESTATES Garbage pick up every Tuesday		

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