

White City & Emerald Park

JULY EDITION, 2023

Community Newsletter



How shading crops with solar panels can improve farming, lower food costs and reduce emissions

If you have lived in a home with a trampoline in the backyard, you may have observed the unreasonably tall grass growing under it. This is because many crops, including these grasses, actually grow better when protected from the sun, to an extent.

And while the grass under your trampoline grows by itself, researchers in the field of solar photovoltaic technology — made up of solar cells that convert sun-

light directly into electricity — have been working on shading large crop lands with solar panels — on purpose.

This practice of growing crops in the protected shadows of solar panels is called agrivoltaic farming. And it is happening right here in Canada.

Such agrivoltaic farming can help meet Canada's food and energy needs and reduce its fossil fuel reliance and greenhouse gas

emissions in the future.

When shade equals protection

Our recently published paper found that Canada has an enormous agrivoltaic potential as it is a global agricultural powerhouse — with Canadian-produced food export goals set at \$75 billion by 2025.

Many crops grown here, including corn, lettuce, potatoes, tomatoes, wheat and pasture grass have already been proven to

increase with agrivoltaics.

Studies from all over the world have shown crop yields increase when the crops are partially shaded with solar panels. These yield increases are possible because of the microclimate created underneath the solar panels that conserves water and protects plants from excess sun, wind, hail and soil erosion. This makes more food per acre, and could help bring

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How shading crops with solar panels can improve farming, lower food costs and reduce emissions

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down food prices.

And as the costs of solar energy plummet, nations across the world are installing agrivoltaic systems and offsetting the burning of fossil fuels by profitably producing more renewable energy.

Solar farming is now globally trending

community if it integrated farming. Rural residents generally like the idea of maintaining agricultural jobs, increased revenue from the sale of energy and the fact that it could provide a continued source of income. They believe it can act as a buffer against inflation and bad growing seasons.

This is great, but to remain competitive with other major agriculture producers, Canada needs to start large-scale agriculture in the shadow of solar panels. This will enable the production of numerous crops that have been known to increase yield when covered.

production in Canada far outstrips current electric demand. This solar energy can be used to electrify and decarbonize transportation and heating, expand economic opportunities by powering the burgeoning computing sector and export green electricity to the U.S. to help eliminate their dependence on fossil fuels as well.

Electricity produced by agrivoltaic farms can also be stored by charging electric vehicles as well as hydrogen production, thus benefiting transportation. Solar can already profitably meet Ontario households' heating requirements by replacing natural gas furnaces with solar-powered heat pumps.

Lastly, any extra agrivoltaic electricity could be used to power computing facilities and cryptocurrency miners at profit and possibly be exported to the U.S. to help them clean up their much dirtier grid. This would help increase our trade surplus as well as the health and environmental benefits of decreasing the American pollution that wafts across the border.

When benefits outweigh the costs

Despite the numerous benefits of agrivoltaic farming, there are some barriers to its distribution in Canada. There are well-intentioned regulations that are holding these farms back.

In Ontario for example, you cannot install solar in the Greenbelt because of the law to protect farms. Similar issues arise in Alberta on Crown Land.

In the old days that made sense. We did not want to repeat the U.S. fiasco of raising food prices for ener-

- Continued on page 8



The agricultural industries in Europe, Asia and the United States have been aggressively expanding their agrivoltaic farms with wide public support.

In Europe, solar panels are put over different types of crops, including fruit trees. Meanwhile, in China, agrivoltaics is used to reverse desertification which is literally using solar panels to green former deserts.

In the U.S., social science studies have shown the photovoltaic industry, farmers and the general public are enthusiastically looking forward to the implementation of such projects.

Surveys of the rural U.S., from Michigan to Texas, show 81.8 per cent of respondents would be more likely to support solar development in their com-

It's time to expand Canadian solar farms

In Canada, agrivoltaics has primarily been applied to conventional solar farms and used by shepherds and their sheep. While the shepherds get paid to cut the grass on solar farms, the sheep use the grass and pastures under the solar panels for shade and grazing. Sheep-based agrivoltaics is found throughout Canada.

The life cycle analysis of agrivoltaics, which assesses its impact from its conception to use, found that these solar-covered farms emit 69.3 per cent less greenhouse gases and demand 82.9 per cent less fossil energy compared to separate food farms and solar farms-based production.

This would include vegetables like broccoli, celery, peppers, lettuce, spinach and tomatoes as well as field crops like potatoes, corn and wheat.

Seriously embracing agrivoltaics in Canada would completely drop fossil fuel use. Less than one per cent of Canadian land would be sufficient to support over 25 per cent of the country's electrical energy needs using this system.

This in turn can help the nation honour its commitment to reducing greenhouse gas emissions by increasing the non-emitting share of electricity generation to 90 per cent by 2030.

Agrivoltaic solar farms outstrip electricity demand

The potential of agrivoltaic-based solar energy

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Let's face it, a changing climate can make heat waves longer and more intense. And extreme heat can be dangerous for everyone. Heat illnesses such as heat exhaustion or heat stroke can rapidly evolve into life-threatening emergencies. Most at-risk are people with breathing difficulties

like asthma, or existing health conditions like kidney or heart issues, as well as Parkinson's disease. Really hot temperatures are also dangerous for older adults, young children and pregnant people. If you have a chronic condition or take medication, you should speak with a health-

Are you at risk for a heat-related illness?

care provider about your risks in the heat. Even if you're fit and healthy, heat can be dangerous for anyone exercising or doing physical activity inside or out. Hot temperatures make it more difficult for our bodies to sweat and cool off. Physical activity can raise your body temperature faster, leading to problems when the heat makes it hard to cool down. People who live alone or are socially isolated are also at a greater risk of heat related illness because early signs of heat illness can rapidly evolve into life-threatening emergencies, and there may not be anyone around them to notice that they may need help. People with pre-existing

mental illnesses may also be more at risk to heat. Whether you're at high risk or not, it's a good idea to arrange regular check-ins with family, friends and neighbours during a heat wave to make sure everyone is okay. Offer to take them to a cool place and keep an eye out for any signs of illness like confusion, dizziness or swelling. If severe heat-related illness is suspected, with symptoms such as fainting, disorientation, vomiting or having difficulty speaking, call 911 immediately. Find more information about how to stay safe in extreme heat at canada.ca/health.

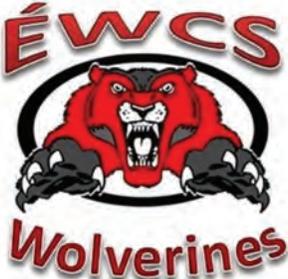
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Happy Summer to all our students and families! We look forward to welcoming you back on September 5, 2023!

KINDERGARTEN REGISTRATION 23/24

Contact the school at ecolewhitecityschool@pvscd.ca or 306-781-2115 if you have a child turning 5 by December 31, 2023.

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PVSD is always looking for those who are seeking part time employment as bus drivers! Check out their website to apply pvscd.ca!

IMPORTANT DATES

- Sep 5 First day of school!
- Sep 30 Day for Truth & Reconciliation
- Oct 9 Thanksgiving – school closed
- Oct 23 Non-student day

Don't forget Wolverine Wednesdays!

Kid-friendly stuffed pasta shells your family will love



Most kids love pasta, but it can get boring. Try these tofu and butternut squash-stuffed pasta shells for a new family favourite.

Tofu and Butternut Squash Pasta Shells

Prep time: 10 minutes Cook time: 45 minutes
Serves: 6

Ingredients:

- 1½ cup (375 ml) unsalted cashews
- 3 cups (750 ml) water
- 1½ tbsp (22 ml) vegetable oil
- 1 onion, diced
- 2 cloves garlic, minced
- 4 cups (1 litre) frozen butternut squash cubes
- 3 cups (750 ml) spinach
- 1 tsp (5 ml) salt
- ¼ tsp (1 ml) black pepper
- 1 package (14 oz/400 g) firm tofu, crumbled
- 1 lemon, zest and juice
- 1½ tsp (7 ml) dried oregano
- ¼ tsp (1 ml) red chili flakes
- 1 package (12 oz/340 g) whole wheat jumbo pasta shells
- ½ cup (125 ml) lower-fat shredded mozzarella cheese

Directions:

1. reheat the oven to 400°F (200°C). Place cashews in a microwave safe dish and add 2 cups (500 ml) water. Microwave for 2 minutes and set aside.
2. In a large pan, heat 1 tbsp (15 ml) oil on medium heat. Sauté onion and garlic until softened. Add butternut squash, spinach, salt and black pepper. Stir and reduce to low heat. Continue cooking until squash is tender and cooked through.
3. Remove 1/3 of the butternut squash mix and place in a blender along with cashews and the water they soaked in. Set aside to cool.
3. For the filling, crumble tofu into pan with remaining squash. Add lemon zest, lemon juice, oregano and chili flakes. Mix together and set aside to cool.
5. Once cashews with squash have cooled, blend until smooth to create a cream sauce. Adjust consistency with more water if necessary.
6. Cook shells according to package directions and add 1/2 tbsp (7 ml) oil to the water to prevent shells sticking together.
7. Spread a thin layer of cashew cream sauce on the bottom of a large oven-safe casserole dish. Stuff each shell with 1 tbsp (15 ml) of the butternut squash and tofu mixture and tightly pack into dish.
8. Pour the remaining cashew cream sauce over shells and sprinkle with cheese.



9. Bake in preheated oven for 15 to 20 minutes or until cheese has melted.

Tips:

- Serve with a garden salad. Ask your little chefs to help wash and cut vegetables.
- Little chefs will enjoy crumbling the tofu into a large bowl.
- Freeze leftovers for a quick and simple dinner on a busy night. Just thaw the night before in the fridge.

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MADD Regina's Crashed Car Campaign



The Regina chapter of Mothers Against Drunk Driving (MADD) launched its crashed car campaign in Emerald Park on Tuesday, June 20th to show one of

the potential consequences of driving drunk or high. To illustrate the point, a crashed truck was placed in view of motorists in front of the White Butte RCMP

Detachment.

"Impaired driving numbers are rising in Regina. In 2022, there were 342 impaired drivers charged in Regina alone, which is nearly one per day," said Karen Lovelace, MADD Volunteer and resident of Emerald Park.

Impaired driving continues to be a leading criminal cause of death in Canada. Awareness campaigns such as this are aimed at making a strong and lasting impression on motorists by illustrating what can happen when someone gets behind the wheel impaired by alcohol, cannabis, or other drugs.

"In the past three weeks alone, the Saskatchewan RCMP have received 234 RID (Report Impaired Driving) calls. The number of impaired drivers on the road continues to be a huge problem for the Province of Saskatchewan. It is our hope to raise awareness in efforts to stop impaired driving," said Corey Niedzielski, Commander, White Butte RCMP Detachment.

"If you see a suspected impaired driver, pull over and immediately call 911 to report it. Signs of a possible impaired driver include lane drifting; driving too fast, slow or at an inconsistent speed; not using proper signals; making very wide turns; approaching and leaving intersections too slowly or quickly; and driving without headlights or leaving high beams or turn signals on," Commander Niedzielski said.

MADD is committed to stopping impaired driving and supporting the victims of impaired driving. This campaign is a partnership between several road safety partners. The MADD Regina Chapter wishes to thank the White Butte RCMP Detachment, Emerald Park Fire Department, White City Fire Department, Regina Police Services, SGI, and TRK Towing for coming together to make this campaign happen.

Karen Lovelace



Enjoy a day exploring three unique southern Sask. oases by bus

Sat. July 15th, 9:00 am – 3:00 pm

Tickets \$65.00 /person. Seats are limited (maximum 56)
WCGC Members to have priority

The bus tour includes:

1. DeLee Grant's Yard: DeLee Grant spends her time between painting (oil, acrylic, gouache) and fine art photography. 
2. Over the Hill Orchard tour: Dean provides a fun and fascinating tour of the orchard operation. See all types of fruit trees such as Prairie Cherries, apricots, as well as exotic fruit such as peaches, blackberries, and wine grapes. 
3. Lunch (included): Jane Dough's (Lumsden)
4. Daisy & Bird Cut Flowers: A tour of this lovely cut flower farm. And depending on what is in season, an opportunity to make your own bouquet (for an additional fee) 

Details:

- Pick up: Communiskate at 9:00 am
- Return to WC/EP: Approximately 3:00 pm
- Registration: To register, send the following information to wccgcommunications@gmail.com:
 - o Your name,
 - o Name of any guests you are also registering
 - o e-transfer \$65.00/person to wccgcommunications@gmail.com

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





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How shading crops with solar panels can improve farming, lower food costs and reduce emissions

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gy crops. Now we know that with agrivoltaics we can get more food while using solar technology to make electricity.

The other main issue holding agrivoltaics back is capital costs. Agrivoltaics has a much higher capital cost per acre than farmers are accustomed to, but the revenue is much higher. So even though it is profitable it is difficult for farmers to implement large agrivoltaic

systems on their own.

This means we need new methods of financing, new partnerships and new business models to help Canada take advantage of the strategic benefits of agrivoltaics for our farmers and the country.

Joshua M. Pearce

John M. Thompson Chair in Information Technology and Innovation and Professor, Western University

THE CONVERSATION



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

We will be closed on July 1 for Canada Day.

Visit us – [f](#) White City Public Library Branch [t](#) WhiteCityLib
JULY 2023 PROGRAM & EVENTS CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2 Reading Challenge for all ages! Draw deadline August 31st	3 Scoop ball 2:00 pm	4	5 Giant Twisters 2:00 PM	6 Family Fun in the Sun 10am-12 noon Ages 0-6 years Regional Kids First	7 Crazy Forts 10:00 AM	8 Harry Potter CodingWand 10am-2pm
9	10 Giant Twisters 2:00 PM	11	12 LEGO Club 2:00 PM	13 Stay & Play 10:00AM Ages 0-4 years	14 Summer Reading Club 10:00-11:30 AM Ages 5-12 Please Register	15
16	17 Crazy Forts 2:00 PM	18	19 Scoop ball 2:00 PM	20 Stitch, Make & Chat 1:30 PM	21 Summer Reading Club 10:00-11:30 AM Ages 5-12 Please Register	22 Harry Potter CodingWand 10am-2pm
23	24 Giant Twisters 2:00 pm 31 Harry Potter's Birthday Party 2:00 pm	25	26 Crazy Forts 2:00 PM	27 Stay & Play 10:00AM Ages 0-4 years	28 Summer Reading Club 10:00-11:30 AM Ages 5-12 Please Register	29
30						



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Thursday, July 6th
10am - 12pm
White City Library

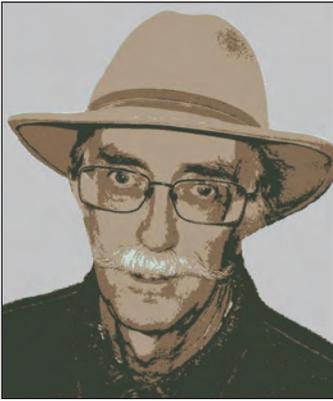
Come and join us at the green space behind the library and tour many fun summer activity stations with your child/ren. Bring a towel, as some activities include water!

This is a free 2-hour come and go program. Snacks and water provided. Free books for every family!

Parent/Caregiver must be in attendance at all times.







Off the Beaten Track

- By John Panter

The New England Town Hall Meeting dates back to 1633 in Dorchester, Massachusetts. Every Monday morning at 8 o'clock residents would meet to discuss and vote on the important issues affecting their community. This practice was soon adopted by other communities in New England. To this day, even where elected councils have taken over municipal governance, the town hall meeting provides a forum for residents to voice their opinions on public issues.

The Town of White City is considering holding informal town hall meetings. They won't be following the New England custom of ringing an eight a.m. bell to summon White City ratepayers to an exercise in direct democracy. But the plan is to hold regular open house meetings at which ratepayers will be able to talk with White City staff members about specific municipal issues, or with councillors about whatever general topics might be of concern to residents.

The New England Town Halls are often rollicking affairs because municipal issues can be messy and contentious. White City's Town Halls will undoubtedly be more sedate. But give credit to the Council

for, at least, exploring ways to increase public engagement and allow local residents to communicate directly with their elected representatives.

One topic for discussion comes to mind: White City's plan, on a trial basis, to allow booze in public spaces, starting with the ball park. (As for Emerald Park residents, R.M. of Edenvold Council on June 13th rejected a similar proposal.)

Off the Beaten Track would like to propose another topic for discussion with a councillor when the Town Hall format is up and running, namely why does

(which I contend it has), why go through the exercise at every council meeting? On the other hand, if it is meaningful, could there be any negative consequences to regularly and routinely conceding that the land on which White City has grown up might be subject to claims adverse to the interests of White City residents?

Two troubling concepts come to mind. One is the legal principle of estoppel, defined as an impediment to denying a fact when that fact has been previously admitted. The other is the Land Back Movement.

From the CBC (yeah, I

won't be asking White City residents to pay up or move along any time soon. But if they do, we hope that the council at the time will come up with a more robust defence to a land back claim than "We wuz only foolin'." So I return to my original contention which is: if you don't really mean it, don't say it. But if you believe that the land acknowledgment is necessary, be prepared for potential negative consequences.

Correspondence with Off the Beaten Track in response to "Call me if you disagree" leads me to believe that some White City residents have legitimate concerns about the acknowledgments. And maybe a Town Hall meeting would be a good forum in which to express those concerns.

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



if you don't really mean it, don't say it. But if you believe that the land acknowledgment is necessary, be prepared for potential negative consequences.



every council and committee meeting begin with an aboriginal land acknowledgment?

I'm not aware of any public discussion on the wisdom of the acknowledgment before they instituted the ritual, or even if public opinion was sought. Nevertheless, there it is, even when no member of the public is present to hear it (i.e. always). A lonely scribe (i.e. me) wonders if councillors have forgotten how, or why, the practice even began.

If, by endless repetition, the land acknowledgment has become pointless

know) website, one learns this: "The movement, which has gained momentum in recent years, calls for the acknowledgment and return of Indigenous sovereignty over traditional territories."

Or, from the Government of Canada website: "The standing committee on Indigenous and Northern Affairs is undertaking a 12-week study on the restitution of land to First Nations, Inuit, and Métis communities." In other words, they are studying Land Back."

Maybe indigenous people





Fuss-free ways to try camping

ting store can be intimidating – with so many options for tents, sleeping bags, cookstoves and endless other gadgets, where does a new camper even begin?

First, it's important to know that you don't have to make a big investment in gear to give camping a try. One of the great outcomes of a recent camping boom is that campgrounds

have recognized there are many types of campers and they have adjusted offerings to provide many different types of camping experiences.

A great way to get started

without buying a ton of gear is to look for campgrounds that offer cabins, yurts or other tent-alternatives. There's a lot of variety out there – some include all the amenities of home, while for others, you might still need to pack a few things (sheets, towels, etc.). It's a good idea to check with the campground to confirm what's provided and what you're expected to bring.

Don't forget there are many more options out there beyond national and provincial parks. Private campgrounds often get overlooked and may have availability for last-minute stays and short-term stays during weekdays. Parkbridge is one campground operator that has locations across Canada, including ready-to-camp cabins and

yurts at many of its locations.

RV camping has also seen a huge increase in popularity since the start of the pandemic. But, again, there are great ways to try before you buy. Several online services now make it easy to rent a trailer or RV. You can often have them delivered right to your campsite, so you don't even have to worry about towing (or parking) a trailer. Usually, a rental trailer will also come packed with much of what you need for a great getaway.

Whatever you're looking for – from ultra-luxe glamping to a rustic retreat – affordable options are out there. There's never been a better time to give this great Canadian pastime a try.

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Camping is part of Canadian culture, right up there with plaid shirts and maple syrup. But if you haven't tried it before, that first trip can be a bit daunting. Even visiting an outdoor outfit-

No cottage? No problem!



Cottaging is a quintessential Canadian pastime – satisfying the desire to escape the urban bustle and kick back with friends and family. But as owning a cottage or cabin becomes more and more expensive, many Canadians face a dilemma: "How can I get out of town for a few days without breaking my budget?"

Short-term rentals or resort-style hotels have become the go-to solution for many, but finding something in the right price range can be a challenge. If you're not a cottage owner and

still want that cottage-like experience, there are alternatives you can explore.

Vacation options have seen a real revolution in recent years in response to increasing demand for outdoor escapes within Canada. New accommodation choices like cabins, yurts and glamping tents are popping up in campgrounds across the country. They can offer outdoor experiences that vary from rustic escapes to deluxe retreats. Some private options even come stocked with necessities like kitchen utensils,

small appliances and barbecues. With minimal packing required, you can take advantage of these ready-to-camp sites and get your cottaging fix without much hassle.

"Our cabin accommodations can be described as 'cottage-lite,'" says Rafael Gonzalez, regional manager at Parkbridge, which offers a number of accommodation choices at its cottage and RV resorts across Canada. "The value and scenery are unbeatable and have a strong cottage-country vibe – beautiful lakes surrounded by rolling hills."

Perhaps the best part of these many glamping options is that they're much more affordable than renting a cottage. Bargain hunters can often find discounts for mid-week stays at many campgrounds.

Some private campgrounds also offer seasonal rental sites as an alter-

native to cottage ownership. Typically, seasonal sites are intended for RV units, sometimes known as trailers; but the word "trailer" doesn't do modern options justice. RVs have come a long way, and some of the newest models easily compare to a small cottage, without the same cost. They can include custom luxurious finishes like engineered hardwood floors and stone countertops, multiple bedrooms and smart-home technology. Getting a season-long site usually involves signing a lease with the campground operator but still typically offers savings over owning a traditional cottage or cabin.

With all these cottage alternatives available, it's worth considering your options. You're bound to find something to help you recharge and relax at a price point that works for you.

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Are You a Conversational Narcissist?

- By Gwen Randall-Young

I have frequently heard mostly from women, that they have a friend who talks endlessly about her life but seems uninterested in what they have to say. A version of this is when women tell me they spend hours supporting a friend who is struggling, but the support is not reciprocated. Finally, there are those who never reach out unless they want something.

are self-centered and self-absorbed.

They constantly interrupt. It might at first feel they are being helpful, but quickly the conversation is no longer about you but becomes all about them. Often, they can be critical or judgmental, and their situation is always more important than yours.

They act like they know best. It is like they see themselves as an authority on almost everything. You feel like there is no point in saying anything. This is because they seek approval and want to be the center of attention.

You may feel they are competitive. Everything they do or have is better than any-

versational narcissist. The defining features are not letting anyone else talk for long, being uninterested in what you have to say, and acting like an expert.

It is important to realize that people are like this because of experiences going back to childhood. If they were judged or criticized, the inner child still has the feeling of being not good enough, even if they are very accomplished. The way they talk is to continually reassure themselves not just that they are okay, but they are better than everyone. With this belief, in their conscious or unconscious mind, they think they avoid ever being judged or criti-

cized.

The sad thing is that this behavior will result in others judging, criticizing, and even distancing from them. If it is someone you really care about, you can gently share your concerns. If they become defensive and attack you, then you really must begin to ask yourself why you stay in an unhealthy relationship that makes you feel bad.

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.

They tend to brag about themselves, their children, their experiences and even how much money they have.

To be clear, a conversational narcissist is not necessarily a narcissist per se. Let's look at the behaviors that are typical of the conversational narcissist. This person will monopolize the conversation. A conversation is supposed to be an interactive sharing. Instead, they dominate the conversation by focusing on what they want to talk about, which is generally themselves. If the topic turns away from that, they will disengage or use whatever another is saying to bring the conversation back to themselves. They

one else. They tend to brag about themselves, their children, their experiences and even how much money they have.

They do not like it when someone else has the floor and will turn the conversation back to themselves, even if it means interrupting. The truth is that no one enjoys being in the presence of people like this. If anyone ever calls them on their behavior, they will insist it is because they are jealous!

Someone who just talks a lot is not necessarily a con-



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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

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SET

4 letter words

AUNT
WAVE

5 letter words

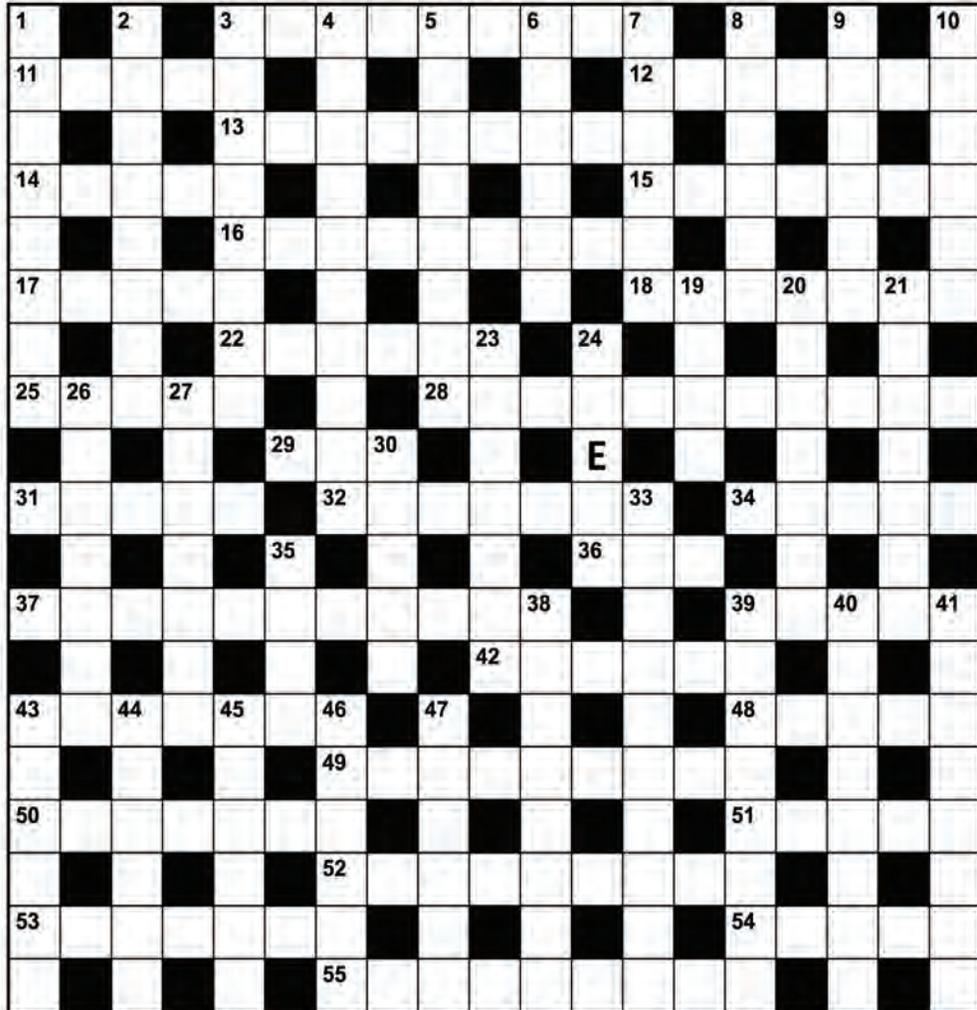
ASSET
AUDIO
AWFUL
CHEEK
ELFIN
NOISE
NORMA
PASTE
SKEIN
TABLA
TOOTH
TREND

6 letter words

AFRICA
AUTEUR
BIG SUR
EFFORT
GANDHI
IRIDIC
ISLAND
PRAGUE
RELIEF
SAKEEN
SPIRAL
WINDOW

7 letter words

AQUIFER
ELIXIER
EQUINOX



EVENING

FULFILL

HAWK-OWL

NARRATE

RANKINE

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TRAFFIC

WOLF-DOG

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PASTRAMI

PINE TREE

RESTROOM

SPIN-OFFS

TOMAHAWK

9 letter words

EXISTENCE

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10 letter words

BLUEBONNET

CORDONBLEU

11 letter words

MOCKINGBIRD

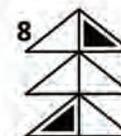
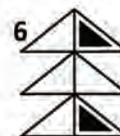
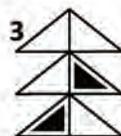
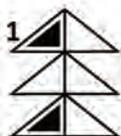
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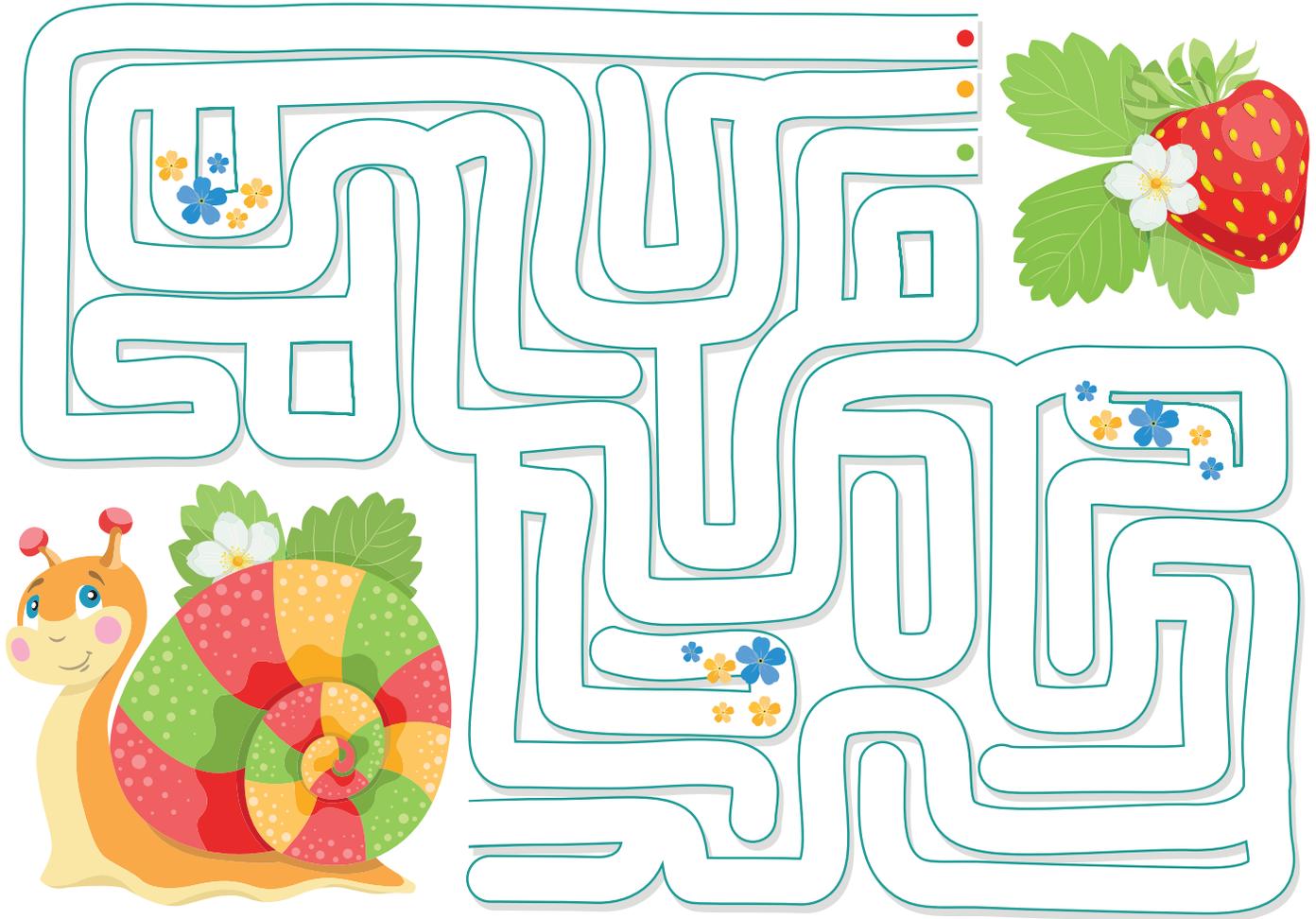
VISUAL PUZZLE



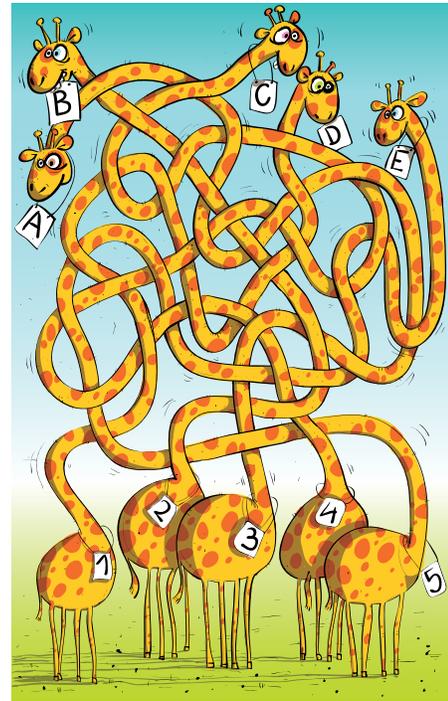
Spot the two identical graphic elements (rotation allowed).



Kids Corner



**FIND
15
HIDDEN
OBJECTS
IN THE
PICTURE**



TASK
Those five giraffes have extremely long necks which are totally interlaced. Help them by connecting numbers of necks with letters of heads!

ANSWER
See answer on the flip
(renewable for vector mode)



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4 ways to reduce energy costs at home

If you haven't already made the switch, you should consider swapping out old incandescent lightbulbs for LEDs, CFLs or halogen bulbs. LEDs are the most energy efficient option, using only a fraction of the energy of incandescent lights. Incandescent bulbs also give off heat. Replacing them will help lower your cooling costs in the summer.

Install a smart thermostat

Heating and cooling are the largest consumers of energy in the home. So, it makes sense to focus on ways to reduce the amount of energy your HVAC system consumes. With a programmable thermostat you can set the cooling (or heating) to decrease while you're asleep or while the house is empty during the day, and

then kick in to your comfort level just before you wake up or arrive back home.

Measure and manage your consumption

The only way to truly understand where and how you're using energy around the home is by using a monitoring system, such as Wiser Energy. While the system can be used on its own, you can pair it with Wi-Fi enabled switches. This allows you to use your smartphone to turn devices on and off using an app. With such detailed information in hand, you can make adjustments to your lifestyle at home to reduce your monthly bills.

Learn more about home energy monitoring at se.com/ca/en/home/smart-home/wiser.

www.newscanada.com



With rising inflation impacting the cost of pretty much everything we need and use in our daily lives, it's no wonder that homeowners are increasingly looking for ways to lower the amount of energy they use to heat and cool their homes. Plus, conserving energy helps reduce a household's carbon footprint in the battle against climate change. Here are four ways you can reduce energy consumption in your home.

Seal the gaps

When windows and exte-

rior doors are installed, they're sealed in place with caulking. Over time, that caulking dries out and shrinks, exposing gaps around the frames where air can leak into or out of your home. Inspect ground-level windows from outside and upper-level ones from the inside to see if you spot any gaps. A reasonably skilled DIYer can remove the old caulking and reseal with new. Or hire a pro to do the job for you.

Invest in efficient lighting

2023 July

Upcoming Events & Meetings

Committee of the Whole Meeting

July 10 - 7PM
July 24 - 4PM

Regular Council Meeting

July 24 - 7PM

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

Summer Play Program

July 10th to August 25th, 2023,
for kids aged 5-12.

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8AM - 5PM
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@ the WC Community Center

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What is RSV? Why older Canadians need to know about it

Of all the things you can get sick with, respiratory syncytial virus – known as RSV – might not be top of mind. But it's an important one to be aware of, especially for older adults.

The common, highly contagious virus is sometimes perceived as a bug that children pick up in daycare or other group settings and typically presents itself similar to a cold or flu. However, RSV can make anyone sick, and older adults are among those at increased risk for serious infection. In fact, most deaths attributed to



RSV occur in adults 65 and older.

Underlying conditions

common in adults such as diabetes and lung or heart disease, can increase the risk of serious effects from RSV, but even those without chronic conditions are more vulnerable to infections and health complications than younger people. This is because of the natural decline in how well our immune system functions as we age.

The immune system – like our vision and metabolism – typically peaks in young adulthood and then starts a slow and steady decline, which leaves older adults more susceptible to infections and health complications.

While preventative options for RSV are in development,

there's currently no vaccine or specific treatment available in Canada for adults. Further, immunity gained from previous exposure to RSV is short-lived, making it possible to catch the virus again and again.

Without vaccines or treatment, practicing general infection control measures to avoid it can help. Washing your hands frequently, not touching your face, covering your coughs and sneezes in public, regularly disinfecting surfaces you touch often and avoiding time spent close to anyone who is ill are all things you can do to help reduce your risk.

www.newscanada.com



Ambassadors for Christ 2023

Vacation Bible School (VBS).

With summer around the corner and plans on how to engage your children in different camps and activities, please include our VBS in those activities.

Date: July 16 - 21, 2023

Please watch out for other details.
Have a question? Text 3063473272 or call and leave a message.

JULY 2023

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

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

Everyone is welcome to put meeting dates, birthdays, anniversaries, etc. on the calendar, free of charge.

Please email: shannon@westernlitho.ca

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2	3	WHITE CITY Composting	EMERALD PARK & WHITE CITY Garbage	EMERALD PARK Recycling	6	7
	Committee of the Whole Meeting - 7 PM	WHITE CITY Composting	EMERALD PARK Garbage WHITE CITY Recycling	Town Council BBO & Theatre in the Park	13	EMERALD PARK Composting Summer Reading Club at White City Public Library 10:00-11:30am
9	10				14	15
		WHITE CITY Composting	EMERALD PARK & WHITE CITY Garbage	EMERALD PARK Recycling	EMERALD PARK Composting Summer Reading Club at White City Public Library 10:00-11:30am	21
16	17	18		20	22	22
23	24 Regular Council Meeting - 7 PM Committee of the Whole Meeting 7 PM	WHITE CITY Composting	EMERALD PARK Garbage WHITE CITY Recycling		EMERALD PARK Composting Summer Reading Club at White City Public Library 10:00-11:30am	28
30	31	25		27	29	29

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