

White City & Emerald Park

FEBRUARY EDITION, 2022

Community Newsletter



Universal Collision Centre in Emerald Park

Last fall my husband gave me some bad news about my vehicle. Rust. Rust starting on the passenger side inside the door. Despite being ten years old, my SUV still looks minty and this news was not welcome. We

made the decision to get the rust fixed and having had good experiences with Universal Collision Centre in the past we thought we would send it there for the TLC it needed.

But first, I needed to make

sure it wasn't going to cost me a fortune, so it had to go in for an estimate. Being that UCC North is light years away from Emerald Park I wasn't sure when (or quite frankly if) I would have time to pack a lunch and head to

the north-west end of the city for them to take a look at the work I needed done.

Even though we live in Emerald Park it really hadn't crossed my mind that Universal actually has a location out here and could eas-

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

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Group of Companies

Universal Collision Centre in Emerald Park - Continued from page 1

ily take care of getting it where it needed to be to be looked at.

Isn't it great when something you think is going to be a big gong show isn't?

After calling UCC out here and talking to Amber Rae Lyn Davidowich (who is a long-time resident of White City and runs the shop out here) we made arrangements for the estimate and were good to go!

It was the sweetest thing dropping it off just a few blocks away (right near the All-Rite Plumbing and Heating building) for it to make its journey to Regina for its "check up" without me having to take the time out of my day to get it there.

The estimate came back

quickly, the price to fix the rust was reasonable, so we told them to book it. We dropped it off out here once again and off it went to Regina for them to do their magic.

And then...bad things happened.

That exact evening (before it was parked in the shop) my baby sustained major damage from a freak hailstorm in north Regina. Seriously, what are the odds that the only time my vehicle isn't garaged in Emerald Park is the exact day that a hailstorm rolls through and does some major damage?

Now the list of repairs needed was even longer and not only was there the initial project (dealing with

that tiny bit of rust on the inside of the back passenger door) but also all the hail damage needed to be dealt with. Sigh.

But as always Universal was amazing. Thankfully I have loaner coverage on my package policy

that came in awfully handy after the hail incident. And being that I was literally at the front of the line for repairs, ahead of all the other vehicles that got hit that night, they had her in the shop for her make-over immediately.

The rust was fixed (it looks brand new) and every single little dent the freak hailstorm caused also erased.

While it was great to have the loaner it is never quite the same as driving my own vehicle and I was so happy to get it back looking as good as new.

The friendliness and efficiency displayed by the staff at UCC was awesome. I can't say enough good things. If you need them to, Universal will literally pick your vehicle up from your house, or you can drop it off at the EP location. From there it will be brought into Regina repaired and shined up to look brand new, and they will bring it back to you



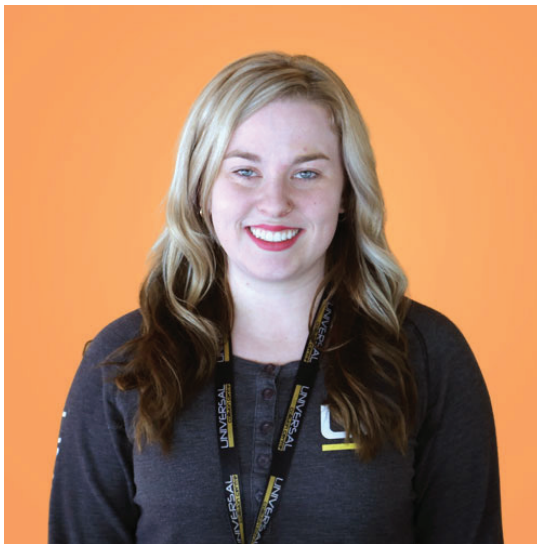
Haley Monteith

in Emerald Park/White City. Talk about service!

One of the best things about the location out here is the auto spa option so if your vehicle is filthy, like 99% of Saskatchewan cars are this time of year, I definitely recommend you book it in for some TLC. With boat season fast approaching (seems like light years away however) you should know they will shine that baby up for you as well and get it ready for summer fun.

To Amber and Haley Monteith (at the north location) and team UCC - thanks for the great service.

Trish Bezborotko



Amber Rae Lyn Davidowich

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3 characteristics of a good partner

Finding a compatible partner in the dating world can take a lot of time and soul searching, but a few characteristics are beneficial for just about everyone.

Dependable

Relationships are about enjoyment, but they also serve the more functional role of allowing partners to combine forces to take on challenges together. This means being available and willing to step up when things become challenging during any of life's important moments. With a dependable partner who's there when you need them, you're ready to take on anything.

Open

Communication is a major

factor in the success of any relationship, and it's often what makes us compatible or incompatible. Psychologically speaking, this kind of openness plays an important role in allowing couples to manage stress, overcome problems and even provide positive feedback when things are going well.

Appreciative

Simple acts of appreciation and gratitude have been correlated to positive emotions and even physical health, so it's no wonder many of us want appreciative partners. Expressions of gratitude and kind words are not only validating, but they contribute to our energy and motivation to work as a team.



Surprisingly or not, these qualities we look for in a life partner are also some of the same that we want from our service providers too. For instance, when it comes to your cellphone, you need a dependable 4G network, all the openness of unlim-

ited talk and text, appreciation with points back on top-ups and no demanding long-term commitments. Find out more about these coveted qualities at pcmoble.ca.

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Diabetes friendly meals to keep you warm and nourished this season

During the late winter months, it's easy to hibernate and lean into warm comforting meals. But for most of us, months of comfort food and sedentary lifestyles come at a cost. For the over three million Canadians living with type 2 diabetes, it's even more important to stay on track.

The great news is that by incorporating healthy foods into your diet, you can help balance blood sugar levels and manage health-related risks.

Have the best of both worlds; hearty and comforting meals, while keeping your diabetes top of mind.

Try this simple and fun spin on two family favourites:

Chilli Skillet Mac

Prep time: 10 minutes

Cook time: 25 minutes

Serves: 6 cups / 4 (1 ½ cups per serving)

Ingredients:

1 lb (454 g) extra lean beef (or ground turkey/chicken)
1 tsp (5 mL) canola oil
1 onion, chopped
4 cloves garlic, minced
1 stalk celery, chopped
1 carrot, chopped
1 tbsp (15 mL) chili powder
2 tbsp (25 mL) tomato paste
1 tbsp (15 mL) yellow mustard (optional)
2 cups (500 mL) sodium-reduced beef broth
1 cup (250 mL) canned, cooked, no-salt added red kidney beans, drained and rinsed
1 cup (250 mL) cooked small shell, bowtie or elbow pasta

Directions:

1. In a non-stick skillet cook beef for 8 minutes or until no longer pink. Drain in colander.
2. Return skillet to medium heat and add oil. Cook onion, garlic, celery,



carrot, and chili powder for about 5 minutes or until softened. Stir in beef, tomato paste, and mustard if using, to coat.

3. Add broth and bring to a simmer for 5 minutes. Stir in beans and pasta; simmer for about 5 minutes or until heated through and thickened slightly.

*Find more recipe ideas at cart2table.ca.
www.newscanada.com*



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

While we're focused on matters of the heart for Valentine's Day, have you stopped to think about your heart health lately? Heart disease is one of Canada's leading causes of death, and Hypertension Canada estimates that 7.5 million Canadians are living with hypertension, with millions more likely to be diagnosed.

The good news is that heart disease

At the heart of healthy eating

and stroke is preventable by adopting healthy habits, such as moving your body, refraining from smoking, introducing a diet rich in fruits and vegetables, omega 3s and fibre, while limiting sodium, sugar and saturated and trans fats. Taking medication as directed and limiting alcohol consumption, as well as regular blood pressure monitoring are also important steps.

This may seem overwhelming, but you don't have to go it alone. Jacklyn Villeneuve, a Loblaws registered dietitian, provides a few tips to help you take control.

Look at your whole plate. When meal planning, using the whole plate method can help you to ensure you're getting all the nutrients your body needs, while helping to maintain a healthy heart. Half of your plate should be filled with fruits and vegetables, while a quarter should be filled with a protein such as a chicken breast or legumes and the remaining quarter should include whole grains such as quinoa, bulgur, or brown rice.

Focus on fibre. Fibre slows the digestion and absorption of your foods and can help you manage cholesterol and blood glucose levels. You can get fibre from fruits, vegetables, whole grains, beans and legumes, as well as nuts and seeds. Chia seeds, flaxseeds and hemp hearts are all easy options for adding fibre to your diet. These seeds are similar in their nutritional benefits as they provide heart-healthy omega-3 fats, fibre and some protein. Although they are similar, they do have their own unique nutrient profiles so including a variety is key. You can sprinkle these seeds on cereals, yogurt and salads, and add them to smoothies or baked goods.

Monitoring is key. Registered dietitians at grocery stores may be able to work closely with pharmacists to take a 360-degree look at heart health. Services can include free blood pressure checks, help with smoking cessation or a heart-to-heart talk about meal planning. Find more information or book a free 15-minute consultation at loblaws.ca/dietitians.

www.newscanada.com



A healthy dip for the ultimate game night

Put down the food delivery apps and level up your snack game for the next match day with this amazing avocado dip recipe – and no, it's not guacamole.

This healthy and colourful snack combines creamy avocados from Mexico, beet hummus, fresh salmon, crunchy vegetables and a hint of jalapeño — just enough to spice things up. It's easy to make and also for clean up.

The Ultimate 7-Layer Dip

Prep time: 30 minutes | Cook time: 0 minutes | Serves: 6 to 8

Ingredients:

- 3 tomatoes, diced
- ¼ jalapeño, chopped
- 2 green onions, minced
- 60 mL (¼ cup) coarsely chopped fresh cilantro
- 4 avocados from Mexico, peeled and pitted
- 1 garlic clove, chopped
- Juice of one lime
- 500 mL (2 cups) beet hummus
- 375 mL (1 ½ cups) store-bought roasted peppers, chopped
- 2 mini cucumbers, sliced into thin rounds
- 300 g (2/3 lb.) hot-smoked salmon, shredded
- Fresh chervil leaves for garnish
- Salt and pepper
- Crackers, sliced baguette and endive leaves for dipping

Directions:

1. In a bowl, mix tomatoes with jalapeño, green onions and cilantro. Season with salt and pepper and set aside; drain any excess liquid.
2. In another bowl, use a fork to mash avocados from Mexico with garlic and lime juice. Season with salt and pepper and set aside.
3. Pour beet hummus into a bowl of approximately 1.5 litres. Add in layers: tomato mixture, guacamole, roasted peppers, sliced cucumber, cilantro and smoked salmon. Top with chervil leaves and serve with crackers, baguette bread and endives.

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How The Pandemic Will Forever Change The Real Estate Landscape Of Our Province



Covid has changed every facet of our lives, and we will feel the impact for many years to come. It's been incredibly difficult for everyone to adapt, change, and find new ways to navigate through our worlds besides just surviving it. Parents, homeowners, kids, and entrepreneurs are all trying to make sense of what has happened and how to move forward into our future. The way we live, work, learn, and play is forever changed, which has major impacts on our economy and our real estate market. This is what I foresee here at home in Saskatchewan. And though many of these changes were slowly coming our way anyway, this virus has forced

us to adapt and accept a lot more quickly than we may have expected.

Retail Spaces

Local brick and mortar stores took a significant blow, but that was to be expected since they were already feeling the pinch thanks to the big box store's online presence and rock-bottom prices. It's incredibly difficult to compete against the likes of Amazon, and local businesses needed to adapt or die in a damn hurry even to stay alive. Online purchasing options are now an absolute MUST to break even or turn over a small profit. Some businesses realized that they can still make a go of it operating

out of their residences and move solely to online and delivery, or either cost-sharing space with other like-minded companies. Sadly, we saw some of our treasured old favorites just flat-out throw in the towel. We have already seen a drastic increase in retail spaces for sale and lease in Regina, and we anticipate more in the months to come.

have been sitting empty as major corporations pause and analyze if all this square footage is even necessary anymore. Many companies are reporting productivity levels have either been on par or have even exceeded expectations with employees working from their own homes and will question if leasing an entire floor of a building is still a necessity.

Corporate Office Towers
Office towers in Regina

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ERES Community Council (ERESCC)



February is Teacher Appreciation Month at Emerald Ridge Elementary School. We would like to take this time to send a big thank you to all the teachers and staff at ERES. You inspire us with your flexibility, strength and dedication during this challenging time. We appreciate your focus on the education of our youth and everything you do to make a positive impact in our children's lives.



Home of the THUNDERBIRDS!



Upcoming Events:

Due to the current COVID-19 situation the March Outdoor Fun Day has been postponed.

Please watch for more information on an upcoming Mental Health Online Education Session and an Online 50/50 Fundraiser!

Family Day & February Break
Feb. 21-25

Important Notice

**NEXT ERESCC MEETING:
TUESDAY, MARCH 8TH @ 6:30 P.M.
VIA ZOOM**

**ALL PARENTS ARE
ENCOURAGED TO
ATTEND. NEW IDEAS ARE
WELCOME**



GREENALL Update GRIFFINS

@greenallschool

Greenall High School

#WHYYOUMATTER PROJECT

Grade nine students created a collaborative interdisciplinary art project, led by Ms. Wiebe and Mrs. LaRocque, to finish this Arts Education courses this semester. #WhyYouMatter is a public art campaign that empowers students to speak their truths, build self-worth, and connect to community while fostering a positive school climate where all people feel safe, supported, and valued. Students took part in a presentation and discussion about the many important traits they bring to their community. The Mental Health Capacity Builders, Ms. Bradley and Ms. LeBlanc, supported students with statement writing, along with Ms. Gibbs' Mental Health course. Ms. Linke supported French Immersion students with writing their statement in French. Ms. Sunderland took photos of each student with their handwritten statement about why they matter. The photos will be displayed in the halls of Greenall High School.



ODE'S ICE FISHING EXPERIENCE

Mr. Moore's ODE 10 class took to the Qu'Appelle Valley to go ice fishing. The fish were biting and above seasonal weather made it an extra enjoyable day! Students were excited to catch 29" and 31.5" walleyes! All fish were live released.



GRIFFIN CELEBRATIONS

This past month we had a number of athletes to celebrate for their excellent feats on the ice! Griffin students Jada, Alexis, and Nikita who play with the Regina Rebels U18AAA won gold in Brampton, ON at the 2 Nations Tournament (pictured left). CurlSask Curlers Elizabeth, Tesa, and Mya are headed to Timmins, ON for Curling Nationals (pictured right)!



VIRTUAL BAND CONCERT

The bands and choir are very pleased with their first concert in 24 months! The students were super excited to see so many of their community members, family, friends, and school community to tune into watch them play or sing! They are so happy to share their craft and it does mean a lot when others watch what they spend so many lunch hours and after schools doing. Congratulations to these talented Griffins!





2022 ACTIVITIES PROGRAM

Celebrating our 10th anniversary
beautifying our community

Education Sessions usually held the 2nd Wednesday at 7 PM

Zoom links for winter events are emailed on day of event.

JANUARY 12	Growing in Containers
FEBRUARY 09	Native Plantings Along Our Roads
MARCH 09	Why Bats are Good Urban Neighbours
APRIL 13	Seed Collecting
MAY 11	Attracting Birds
JUNE 8	Fruit for the Prairies
JULY Sat TBC	<i>Love Me as I Am</i> Garden Tour 10 am - 4 pm
JULY	Wine Wednesday TBC
AUGUST	Wine Wednesday TBC
SEPTEMBER 14	Preserving Your Harvest
OCTOBER 12	The Underground World of Plants
NOVEMBER 16	AGM & Holiday Social

Drop-ins: send email address to and then e-transfer \$5.00 to wgccommunications@gmail.com 3 days prior

More information on Facebook or <http://whitecitygardenclub.weebly.com/wcgc-upcoming-events.html>



Native plantings along our roads Shauna Lehmann



Join us as Shauna Lehmann, an Environmental Engineer and on the Board of Directors for the Saskatchewan Invasive Species Council, describes the native plantings we can enjoy while driving along our roads.

7PM Wed. February 9th, 2022
Zoom Meeting

Zoom link will be emailed on date with access any time after 6:30 pm

Visitors send email address to and then e-transfer \$5.00/person to
wgccommunications@gmail.com by Feb. 6th

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



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 library will be closed
Monday, February 21st for Family Day.

Visit us – [f](https://www.facebook.com/whitecitypubliclibrary) White City Public Library Branch [t](https://www.tiktok.com/@whitecitylib) WhiteCityLib

FEBRUARY 2022 PROGRAM & EVENTS CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Saskatchewan Aboriginal Storytelling Month begins	2 A virtual cooking session this month with Dickie Yuzicapi of Sioux Chef Catering		4 Preschool Storytime 10:00 AM	5 Light Therapy AM use Wood Burning Crafting
6	7 Wine & Chip Pairing 6:30 pm Please Register	8	9	10 Light Therapy AM use	11 Preschool Storytime 10:00 AM	12 Light Therapy AM use Wood Burning Crafting
13	14	15	16	17 Light Therapy AM use	18 Preschool Storytime 10:00 AM	19 Light Therapy AM use Wood Burning Crafting
20 Freedom to Read Week: Feb. 20-26	21 Closed for Family Day	22	23 Teen Author Talk Ariena Vos 6:30 pm	24 Light Therapy AM use	25 Light Therapy AM use LEGO Time 2:00 pm	26 Light Therapy AM use Wood Burning Crafting
27	28					



CHILDREN'S PROGRAMS

Preschool Storytime—Drop-in

Fridays @ 10:00 AM

February 4, 11, 18

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

[Teen Author Talk with Ariena Vos](#)

Wednesday, February 23 at 6:30 pm

Come meet local teen author Ariena Vos. Her novel "Pieces of the Truth" is a story of Cadence who loses her love Emilio to a car accident and her journey of rediscovering her life following the tragedy. Teens 13-19 welcome!

To register for programs, please call 781-2118.

ADULT PROGRAMS

[Wine and Chip Pairing](#)

Monday, February 7th @ 6:30 pm

Join Penny Apperley, Ernest & Julio Gallo and Kristen Kish for a fun evening pairing your favorite wines with your favorite potato chips! Adults must be 19. Proof of vaccination and ID will be required. Registration is required.

[Makerspace Kits this Month!](#)

Light Therapy is recommended for morning use.

The Wood Burning kit is available for your many crafting ideas.

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Off the Beaten Track

- By John Panter

If anyone has some Florida swampland, or maybe a Brooklyn bridge or two you want to sell, I'm in the market. That's how naive I am.

Last December I wrote a column describing the RM's Municipal District initiative to join the RM of Edenwold with the mighty metropolis of the Village of Edenwold.

In that column I assumed that before the Municipal District process has been finalized by way of a Provincial Government Minister's Order, the council of Edenwold and the council of the RM would begin a public consultation process to consider what the new council would look like. Would it be elected on a ward basis, or a division basis, or maybe elected at large, all of which options are stipulated for consideration in Saskatchewan law, The Municipalities Act.

I wrote that we would have to be vigilant so that when the public consultation pro-

cess began, Emerald Park's representation on council (currently two out of seven councillors) would not be diluted in the new municipal structure.

As it turns out, Edenwold and the RM council decided behind closed doors that a council elected at large is off the table.

Off the table, too, is any additional representation for Emerald Park, to bring it into line with its position as having nearly 40% of the

benefit their ratepayers at the expense of the Emerald Park urbanites, they're going to get it.

RM ratepayers, and particularly those in Emerald Park (since it's our ox that is being gored here), should have been asked for their input.

However, there's an old principle: don't ask a question if you won't like the answer. The RM has taken that principle to heart. If ratepayers had been asked

examples to choose from, and, buried deep within those examples was this one: "council representation." Not surprisingly, they received no response to the question.

Nearly four years ago the RM came up with the idea of a Municipal District. They needed an urban partner. Pilot Butte said "No". Balgonie said "No". White City said "Hell No"! That left the Village of Edenwold which was clever enough to get its own councillor on the new Municipal District council in exchange for trading away its sovereignty. The Village had the RM over a barrel. They were not going to sign on unless they were guaranteed their own council slot. The RM caved. The rest is history.

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



There's an old principle: don't ask a question if you won't like the answer. The RM has taken that principle to heart.

RM's population. Instead, the Village of Edenwold, with 265 residents, will have their own councillor and their own Division.

So, the rural perspective on council will be expanded to 75% of the council while Emerald Park's perspective dwindles from two of seven councillors to two out of eight (25 %). As we have seen in the past, when the rural councillors want something that will

if they wanted to have less Emerald Park influence at the council table, and more rural councillors to contend with, they would have said "No," so they simply weren't asked.

The RM will say that they conducted an on-line survey (open for 9 days) to solicit public opinion. Buried deep within the survey was a question "what services would you like to see changed?" They gave 13

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How The Pandemic Will Forever Change The Real Estate Landscape Of Our Province

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Moving forward, we foresee employees provided the option to work from home, full or part-time, or job-share as a great way to help them navigate these waters while staying safe and remaining productive. This also opens up the opportunity for companies to hire outside of the geographical talent pool. The right candidate for the job can work from virtually anywhere and doesn't have to be tied to a suitable commuting distance. There are significant adverse impacts to empty buildings; however, the biggest one is the lack of local business spin-off in Regina's downtown. As fewer people work in Regina's downtown, more vacancies will arise, hurting all the businesses in the area.

Restaurant Space

What a major blow the local restaurant industry took this year, but those who embraced online ordering and delivery options have made it manageable. Those restaurants that are known for their strong service and provide an incredible dining experience will be the ones that make it through this. In the future, restaurants will closely examine layouts to maximize the number of patrons with safety in mind or maybe do away with the dining area altogether and focus on incredible food and delivery.

Residential Homes

We've been doing everything in our homes these past two years. Baking, exercising, creating, working, teaching, learning. We quickly realized what our homes were lacking, whether that was privacy, square footage, or outdoor space.

Despite what many were thinking, we experienced record-high sales in 2021, well over the 10-year average. Why is this? Many variables played into this, such as those re-evaluating their travel budgets, low-interest rates, and a little claustrophobia of needing more space and functionality than their current living situation was providing. Pent-up demand continued from the year before where we were at a stand-still during the lockdown. Recreational properties also saw a drastic surge since many realize that quiet isolation at a place that offers outdoor fun to make family memories may be the only safe "get away" for the next number of years. The low amount of single-family homes for sale flipped the market dominated by buyers to one that is a fierce seller's market. The homes that are selling quickly are quality, solid single-family properties that have at least three bedrooms and two baths with a garage and some private yard space predominantly in the \$280,000-\$300,000 range. Owners that took great care of their properties and have done an exceptional job cleaning and decluttering making a great first impression are rewarded. Many neighborhoods have seen multiple offer scenarios during this pandemic.

One thing is for sure; people are strongly re-evaluating their current layouts, whether that means reno-

vating, adding-on, or flat out making a move. A dedicated home office is on many people's wish lists, along with a backyard that is fun and relaxing for the whole family to enjoy. Location is also critical for those wanting to enjoy walking paths and open spaces. Since families were spending so much time in their homes, we saw a lot of people sprucing up their current digs, whether it was tackling the "honey-do" list, taking home organization on with a vengeance, or completely updating that tired and dated living room with some new decor and paint.

We have definitely felt an uptick in residential home sales this past year, mostly on positive notes, but we know that there are also many people financially hurting from this. We know what can come of that burden as well. Mortgage defaults, bankruptcy, and separations are on the rise too. We also have to acknowledge this variable and its repercussions

on our economy and real estate market. It's too soon to tell how these negative factors will impact our market, but it's close on our radar.

It's tough to predict what will happen in the next few months. Everything depends on how quickly we can manage this new wave. It depends on how our leaders will guide us through this uncharted territory. It depends on how we, as a community, can pull together, help one another. It depends if we can learn to live with this new normal. Support local if you can. Be safe and follow protocols. Work on the little things to help you and your friends and family get through this one day at a time. We've been in survival mode for months, and now it's time to begin thinking about how we can flourish again.

Reach out if you need help navigating these crazy waters.



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

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Let Others Speak for Themselves

- By Gwen Randall-Young

There is a practice that has the power to sabotage communication and relationships. We all do it or have done it. It is so prevalent in the way we think about others that we are scarcely aware we are violating others when we do it. It is like a computer virus that has the potential to disable all of our programs.

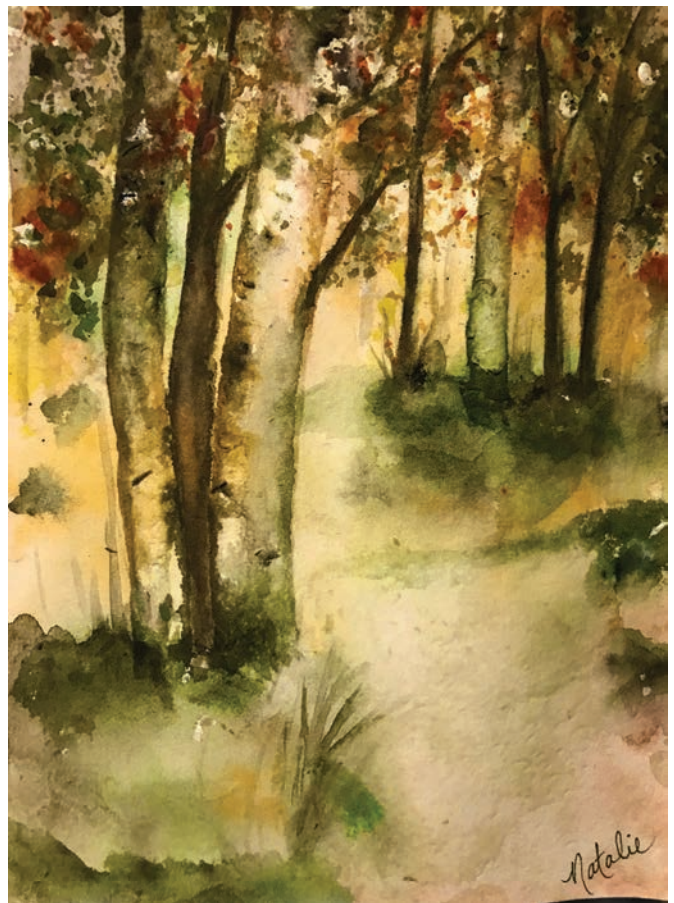
What could it be? It is when we make assumptions about what others are thinking. How often sentences begin with, "you think", "she thinks", "they think", or even, "everyone thinks". It is not an assumption when you report directly and accurately what another has said. Telling someone your preschooler thinks there are monsters under the bed may be a statement of fact, if

Statements such as, "You think you can just walk all over me", "You think the world revolves around you", or "You just don't care", are actually very invasive, hostile and judgmental. It is hard for the recipient of such messages to respond in any reasonable way. Denial of the allegation generally invites further judgments, as the speaker tries to prove his or her assumption is accurate. Saying, for example, that he does care, may cause the speaker to cite a litany of examples "proving" that he does not. Unable to respond reasonably, the one attached may resort to tossing out a few assumptions of his own, reacting angrily, or simply walking away. Of course this "proves" to the initiator that she was right all along.

Right? Wrong! This is what we call crazy-making. It distorts the communication process and takes on a life of its own. We must let others speak for themselves. We honor them when we take the time to ask what

their heads. If there is any doubt in your mind about how this affects others, just try to remember a time when someone either told you what you thought, or otherwise insisted he knew more about what is in your head than you do. It is to communication what a red flag is to a bull.

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.



Statements such as, "You think you can just walk all over me", "You think the world revolves around you", or "You just don't care", are actually very invasive, hostile and judgmental. It is hard for the recipient of such messages to respond in any reasonable way.



that is what she told you. However, to say that your teenager thinks everyone should pick up after him, because he never puts anything away, is an assumption, unless he actually made that statement.

their thoughts and feelings are. We must accept what they say as their truth. There is simply no point in arguing with someone about what they think, because we cannot get into

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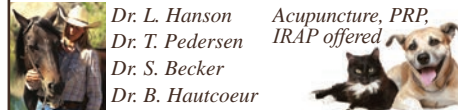
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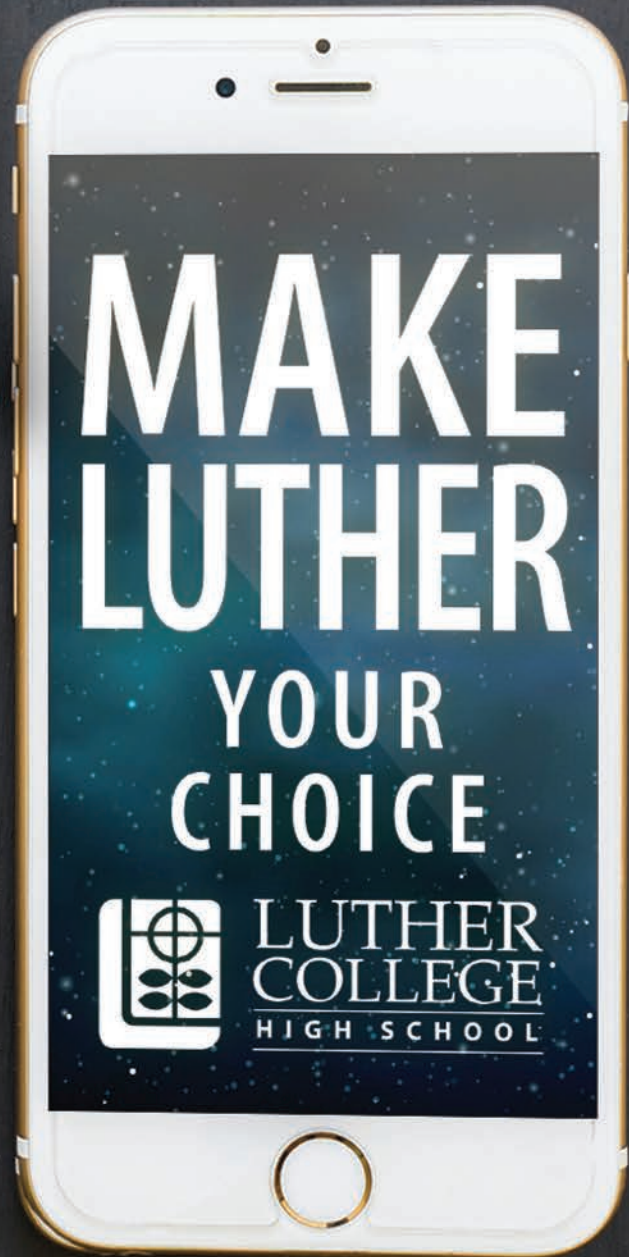
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Fill in the blanks with the words. To help you get started two letters are already in place.

4 letter words

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5 letter words

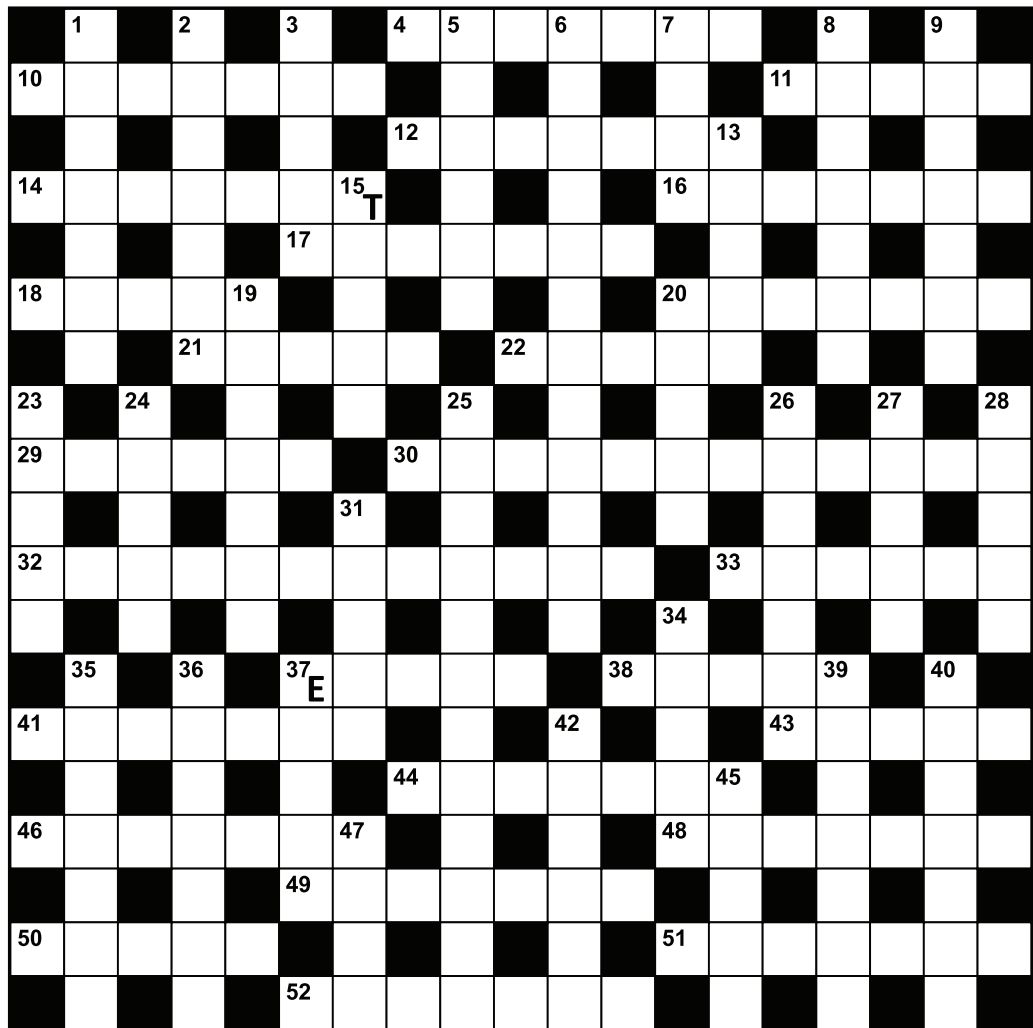
AGAMA
ARRAY
AZURE
BRIEF
COCOA
DIARY
ELBOW
ETHOS
EXIST
GOOSE
LUPIN
PROXY
RIDGE
SALES
SCENT
STYLE
THING
TRUST
TYPOS
YACHT

6 letter words

ARCADE
AWHILE
QUORUM
WINTER

7 letter words

AGNATES
AIRPORT
ANALYZE
ATHLETE



BRITTLE
CENTURY
DECIMAL
ERELONG
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FOUNDRY
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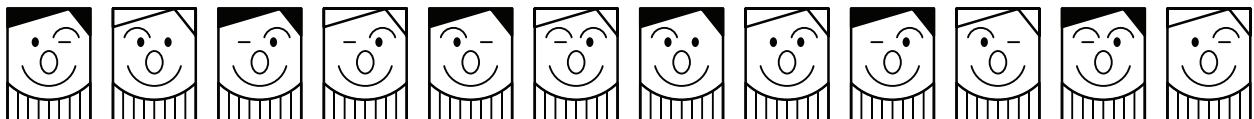
OAKLAND
PITCHER
SHRIMPS
SLOPING
SPARKLY

SPROUTS
TROUPER
WALLETS
WATCHES
YUCATAN

12 letter words
CHIMNEYSWEEP
HONEYCREEPER
INTERSTELLAR
SNOWBOARDING

VISUAL PUZZLE

Spot the twins

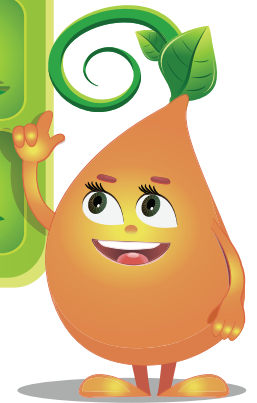
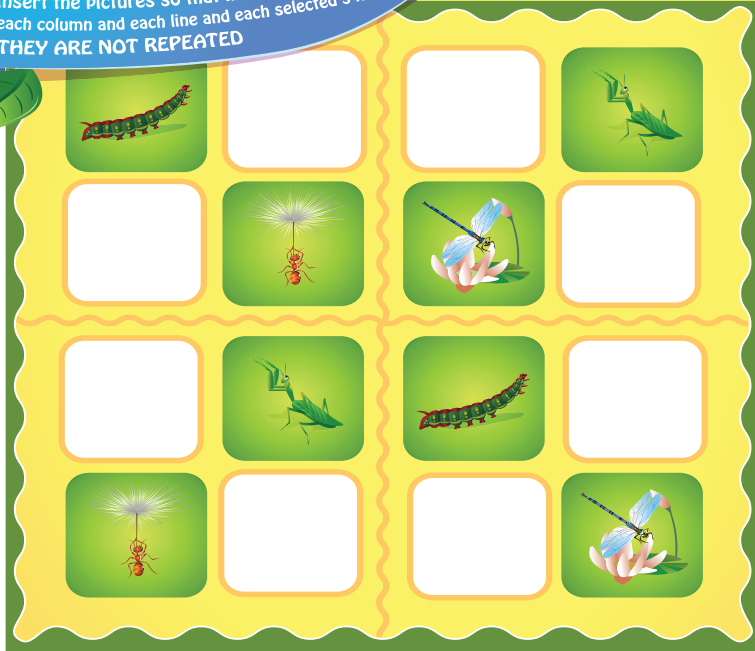


1 2 3 4 5 6 7 8 9 10 11 12

Kids Corner

Sudoku

Insert the pictures so that in each column and each line and each selected square THEY ARE NOT REPEATED



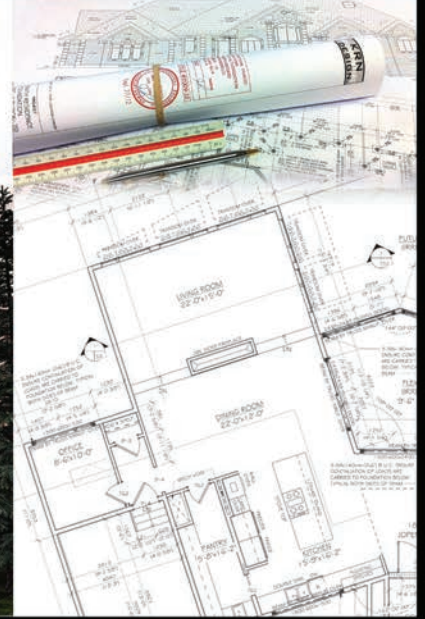
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2022 February



2022-2025 Strategic Plan

This plan is the framework that is intended to guide Council and Administration in the decision-making and forward progress of the Town of White City and direct our resources where they are needed over this term of Council.

Now available on our website: whitecity.ca

Town Office
CLOSED
February 21, 2022
for Family Day!

Winter Festival! March 5th, 2022



Details to follow!

Upcoming Council & Committee Meetings

February 7, 2022
Community Services Meeting
4:00PM
Regular Council Meeting
7:00PM

February 22, 2022
Protective Services Meeting
4:00PM
Regular Council Meeting
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Watch Facebook for upcoming fundraisers!

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IMPORTANT DATES

- | | |
|-----------|----------------------------|
| Jan 31 | Non-student day |
| Feb 1 | Start of semester two |
| Feb 21 | Family Day (no school) |
| Feb 22-25 | February Break (no school) |

Online: whitecity.pvsd.ca -> click the "SCC" menu **EWSCC on Facebook: @EWSCC**

February 2022


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

All copy **MUST** be submitted on or before **February 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.

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		WHITE CITY Composting 1	EMERALD PARK & WHITE CITY Garbage 1		EMERALD PARK Composting 3 Preschool Storytime at White City Public Library 10am 4	5
	Community Services Committee Meeting - 4:00pm Regular Council Meeting - 7:00pm 6		EMERALD PARK Garbage 8 WHITE CITY Recycling 8	EMERALD PARK Recycling 10	Preschool Storytime at White City Public Library 10am 11	12
			EMERALD PARK & WHITE CITY Garbage 15		Preschool Storytime at White City Public Library 10am 17	18
	VALENTINE'S DAY 14			EMERALD PARK Garbage 22 WHITE CITY Recycling 22	EMERALD PARK Recycling 24	25
	Development Services Committee Meeting - 4:00pm Regular Council Meeting - 7:00pm 20					26
						27
						28
 CASA ROSA/JAMESON ESTATES Garbage pick up every Tuesday						

WC/EP RECREATION INFORMATION/REGISTRATION CONTACTS:

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