

# White City & Emerald Park

## Community Newsletter

MARCH EDITION, 2022



### Farmer John's Coming to Town

It is difficult to believe there was ever a time when running out of a simple grocery item in Emerald Park/White City was a big deal. A big deal because it meant a trip into the city to Sobeyes across from the

Victoria Square Shopping Centre, COOP or Safeway. There was no Costco just mere minutes away, nor was there a Save On Foods in the Greens, or a local grocery store to run to quickly for the missing ingredient

or a few things for the work-week ahead.

August 2016, the doors to our local IGA opened and it felt like heaven to have to drive only a few blocks for groceries.

And now we are about to

be doubly blessed with the entrance of Farmer John's Local Market and Kitchen opening by months end in Emerald Park (I am writing this in February - you are likely reading this in March). Farmer John's will

- Continued on page 2

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

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Group of Companies



# Farmer John's Coming to Town - Continued from page 1

bring a whole new experience in grocery shopping year-round with locally grown produce, naturally raised Saskatchewan meats and grocery items on the shelves and in the coolers plus an in-house coffee bar, drive thru and bakery.

Even better is their offered delivery service. Talk about convenience.

A look at the coffee bar menu on their Facebook page is enough of a reason to venture out to invest some time and money at Farmer John's. Who can resist house made sweet tea and lemonade or a caramel macchiato and crustless quiche made right in store? Can we really be



this fortunate to enjoy small town living with such wonderful variety just outside our front door?

Living by the mission of providing "Fresh Food Every Day" owners Audra and Jon (yes, it is spelled differently) are proud environmentalists and farm animal lovers. Jon, known as Farmer Jon to friends and family, is passionate about mitigating supply chain issues and supporting local. The couple have been supplying eggs and meat to our communities and beyond for years. So, it only makes sense to extend that service to be available and

convenient for current customers and newbies alike.

Local food growers and producers will have the opportunity to get their products in to the marketplace consistently and easily with a permanent store serving our communities and beyond.

When I heard they were opening here I sent a text to my 76-year-old mom, who looks like she is not a day over 65, because she has always subscribed to eating well, eating naturally, and seeking high-quality nutritional foods. Just a short drive from Regina's east end and she'll be here to enjoy the new store as well.

Says Audra, "We are excited to open in Emerald Park because this is where we've called home for the past 15 years and for my husband, since childhood. Our kids go to school here, play sports here, and we love the community we live in. After supplying farm fresh eggs and meat to the community

for a while we have always known that there has been a demand for more. We know amazing producers in the area who are so excited to have the opportunity to show off their products. It's a dream come true to be able to bring this service to Emerald Park and area!"

How lucky are we to have this store in our community?

**Trish Bezborotko**

PS: Be sure to follow Farmer John's on Facebook, Instagram and Twitter, and visit farmerjohns.ca



GRAB NUTRITIOUS

**EAT DELICIOUS**

TAKE & GO ITEMS COMING SOON!

## Pilot Butte Arts 2<sup>nd</sup> Annual ARTIST RETREAT



June 23 - 26, 2022

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Thursday 2:00 pm - 8:00 pm

Friday 8:00 am - 8:00 pm

Saturday 8:00 am - 8:00 pm

Sunday 10:00 am - 4:00 pm

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Get inspired. Benefit from other participants through mutual sharing of styles, ideas, and techniques.

**Early bird price until May 1st:  
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Register at: [www.pilotbutte-arts.ca](http://www.pilotbutte-arts.ca)  
Email: [pilotbuttearts@gmail.com](mailto:pilotbuttearts@gmail.com)

PILOT BUTTE

Arts

LET'S CREATE

# 5 ways to get involved in your neighbourhood

The last few years have taught us the importance of community care and staying local. We've also spent more time in our neighbourhoods than ever before. So, why not devote some of that time to getting involved in ways that can have a positive impact? Here are some ideas to get started.

## 1. Help maintain a local park rink.

Parks have become a haven for many of us during the pandemic. From a place to get some fresh air, to a playground for our kids, a dog park for our pups and an outdoor sports hub, parks are essential for healthy active living. Give back to yours by helping maintain your local park and outdoor skating rink with your neighbours.

## 2. Start a little free library book exchange.

Little free libraries are popping up everywhere because they're a great way to pass along books you've read and discover something new, all while taking a stroll through your neighbourhood. You can DIY your own if you're handy, or visit your local library to see what book donations they have available.

## 3. Learn about what's needed.

It's hard to get involved when you don't know a lot about your city or town. To get informed, start by checking out the latest census data, which have information on demographics, housing and more for every place in Canada. Use this information to advocate for

improvements that would benefit your community, like a new bus route, elementary school or local park.

## 4. Start a positive "YIMBY" club.

Most of us are familiar with the concept of NIMBY, or "not in my backyard." People thinking this way can accept social programs and improvements as long as they themselves are not impacted. A YIMBY (i.e. yes in my back yard) club is the opposite, turning "not" to "yes," giving you and your neighbours the chance to be leaders for positive social change.

## 5. Map out community artwork.

A mapping project is a fun way to connect with your neighbours and dis-

cover exciting new things in your area. One idea is to map art in your community and share this info on social media or through your local library, so others can engage with it too. You can even chat with the local artists behind the pieces to add colour and background to your mapping project. You can also leverage census data to gather interesting facts about your neighbourhood, such as top languages spoken, population count, most common fields of study, commuting habits, average family size and more.

Find more information on census data at [statcan.gc.ca/census](http://statcan.gc.ca/census).

[www.newscanada.com](http://www.newscanada.com)



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## Juicy rib recipe that's actually good for you

cooking fun again, even if you have restrictions in your diet.

If you're looking to cut back on beef, you can substitute pork tavern ribs, pork side ribs or pork back ribs. Whatever meat you choose, serve with steamed jasmine or basmati rice and enjoy.

### Korean-style Short Ribs

Serves: 6

#### Ingredients:

- 2 tbsp low-sodium soy sauce
- 2 tbsp rice wine vinegar
- 2 tbsp white vinegar
- 2 tbsp granulated sugar
- 1 tbsp Sriracha sauce
- 1 tsp ground black pepper
- ½ yellow onion, finely chopped
- ½ bunch green onions, thinly sliced
- 4-6 garlic cloves, finely chopped
- 1 ½ lbs beef short ribs
- ½ cup water

#### Directions:

1. In large bowl, whisk together soy sauce, water, vinegars, sugar, Sriracha and pepper. Add onion, green onion and garlic. Stir to combine.
2. Add short ribs to a resealable plastic bag and coat with marinade. Remove as much air from bag as possible to get a tight seal. Let marinade for at least 12 hours; 24 hours would be preferable.
3. Line a large baking sheet with foil. Remove ribs from marinade and remove onions and garlic left on ribs.
4. Wrap ribs in tinfoil and bake at 250°F for three hours. Unwrap and serve.

Find more recipes at [kidneycommunitykitchen.ca](http://kidneycommunitykitchen.ca).

[www.newscanada.com](http://www.newscanada.com)

Eating healthier doesn't mean giving up on your favourites — even ones you would never think could be made into something good for you.

Take this finger-licking-good recipe for Korean-style short ribs, which is low in sodium and could fit a kidney-friendly diet. It's made by chef Kris Gaudet for the Kidney Community Kitchen, a Kidney Foundation website that offers tasty recipes, tips and expert advice on how to make



## 4 tips for mindful eating

while feeling less satisfied. Focusing on what's on your plate can make a big difference. Give it a try — turn off the TV, put away your phone and pay attention to your next meal. It's not easy to stay focused, but the more you practice the easier it gets.

### 2. Slow down

Our bodies need about 20 minutes to signal to the brain that it has received enough food. Give your body a chance to feel full by slowing down your pace. If you're used to shovelling back your food in haste, try putting your cutlery down in between bites, taking a sip of water, engaging in conversation and chewing your food thoroughly.

### 3. Track how food makes you feel

People respond differently to different foods. Some might feel great after a big bowl of cereal, others not so much. While we can make foods morally equal, they're not all nutritionally equal and this can have an impact on how they make our bodies feel.

For example, most cows' milk you find in grocery stores contains a mix of both A1 and A2 proteins, and some

people have trouble digesting the A1 protein. Fortunately, making simple switches can help you ward off digestive discomfort. Try a2 Milk, which comes from Canadian cows that naturally produce milk with only the A2 protein and research shows can be easier to digest.

Then, after a meal, take time to check in with yourself. How does the food on your plate or in your cup make you feel?

### 4. Understand the source of hunger

Check-in with yourself to determine why you're reaching for food — is it physical hunger, emotional hunger or "mouth hunger" (a specific craving)?

There's nothing wrong with sometimes eating for reasons other than physical hunger, so it's important to ask these questions without judgement. But getting to know our patterns can help us make choices that feel best for our bodies while finding more effective coping mechanisms.

Learn more at [a2milk.ca](http://a2milk.ca).

[www.newscanada.com](http://www.newscanada.com)

With busy schedules, we're all guilty of eating lunch on the go or sitting down for dinner in front of a favourite show. Mindful eating can help, promoting a healthy lifestyle that lets us reconnect with what our bodies truly need.

Mindful eating is the practice of paying attention to food. It involves slowing down to truly experience a meal and then paying attention to how the body feels — the tricky part is doing all that with observation instead of judgement.

Here, Abbey Sharp, a registered dietitian, shares her tips on eating more mindfully:

#### 1. Put aside distractions

Research shows that eating while distracted can lead to eating more



## A veggie twist on a family favourite



Want a healthier twist on a takeout favourite?

Try this nutritious and delicious spin with cauliflower pizza, for those nights when you want a treat that's as good for you as it tastes.

This kidney-friendly pie is perfect for those looking to limit their intake of sodium and phosphorus. It was developed by dietitian Hanna Kim for the Kidney

Community Kitchen, a Kidney Foundation website that offers tasty recipes, tips and expert advice on how to make cooking fun, even if you have restrictions in your diet. Try this pizza to prove cooking on a kidney diet doesn't have to be boring.

### Roasted Red Bell Pepper Cauliflower Pizza

Serves: 2

#### Ingredients:

- ½ head of cauliflower, stalk removed
- ¼ cup grated parmesan
- 1 tsp turmeric
- 1 tsp Italian seasoning
- ¼ tsp of salt
- 1 egg
- ½ cup of shredded mozzarella cheese
- 2 red bell peppers
- 1 tbsp of olive oil + 1 tsp for drizzling on peppers and garlic
- 2-3 garlic cloves with peel
- 5 sprigs fresh basil
- 1 tsp cornstarch (or potato starch)

#### Directions:

1. Preheat oven to 450°F. Wash and pat dry the bell peppers and place them and the unpeeled garlic cloves (this prevents the garlic from burning) on a baking sheet.
2. Drizzle on 1 tsp of oil and a dash of salt, then bake peppers and garlic for 30 minutes on the top rack until peppers look soft and brown.
3. While peppers bake, pulse cauliflower in food processor until it's crumbly and a rice-like texture.
4. Line baking sheet with parchment paper, then spread riced cauliflower in a single layer and bake for 15 minutes in the same oven, on the rack below the bell peppers and garlic.
5. Check on peppers and garlic. Take out of the oven once ready and let cool for 10 minutes.
6. Peel and trim stems off peppers and peel garlic. Add peppers, garlic, olive oil and cornstarch to food processor and run on high speed until mixture is finely pureed and smooth.
7. In a small pot, stir bell pepper sauce for 10 to 15 min-



- utes on low heat until the sauce thickens; set aside.
8. Take cauliflower out of oven. After it cools, transfer to a clean cheesecloth or dishtowel. Squeeze out excess moisture and discard water.
9. In a large bowl, add riced cauliflower, spices, parmesan, salt and egg. Mix well.
10. Press dough into a circle onto a baking sheet lined with parchment paper at ¼-inch thickness.
11. Bake for 30 minutes at 400°F until golden. Flip crust over and bake again for 10 more minutes.
12. Remove from oven and add roasted red pepper sauce, mozzarella and basil. Bake for an additional 5 to 10 minutes until cheese melts.

Find more recipes at [kidneycommunitykitchen.ca](http://kidneycommunitykitchen.ca).  
[www.newscanada.com](http://www.newscanada.com)

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# How DeCluttering Can Help You Slash Your Food Budget

For those of you who have never really had to budget for food before or now facing a significant pay cut or and dealing with food inflation, let me tell you how I reduced our food budget by almost half by making these big changes. In 2019, our family decided to make a major life change by living with less and it all was triggered right in the kitchen. I was really sick to my stomach of the amount of food I was throwing out and that lead into a full-on tidying marathon that unravelled a lot of layers of how I was living and raising my girls. This lifestyle change honed in our spending habits, improved our family relationships, and created time, money, and energy to spend on things that mattered the most. Here are a few kitchen tips that your family can try to help you slash your food budget.

**en Like A Business.** If you have ever worked in the back of a restaurant, you know how important inventory is. That is why de-cluttering is the perfect place to start. It's difficult to shop and budget when you have no idea what you even have to begin with. So once you clean out your fridge, freezer, and pantry out, take stock of what you already own. Before you put it all back, look for patterns. Notice how many duplicates you have. Remove anything that has expired and take note of how much you have wasted. The next thing you need to do is start to look back to your last three months of statements and figure out how much money you have spent on groceries and eating out at restaurants. This will give you a baseline. From here on in, track every dollar you spend on your food. - Continued on page 10



**1.Begin Treating Your Kitch-**

## ERES Community Council (ERESCC)



### IMPORTANT DATES

- Mar. 21** Report Card Distribution
- Mar. 22 & 23** Parent-Teacher-Student Conferences
- Mar. 25** Day Off in Lieu of Conferences — No School
- April 15** Good Friday (No School)
- April 18-22** Easter Break (No School)
- May 10** ERESCC AGM @ 6:30pm

### 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 [emerald-ridgeschool@pvsc.ca](mailto:emerald-ridgeschool@pvsc.ca) and we will email you the registration form. Early registrations assist ERES to plan for the upcoming school year.

### BE INFORMED

All parents are members of the Council and are welcome to attend meetings. This is an excellent way to learn about the school / community, meet teachers, administrators and other parents. The Council is comprised of voluntary board members and your attendance does not imply future commitments but rather provide the opportunity to learn more about the school and community initiatives.



Next ERESCC Meeting  
Tuesday, May 10th  
6:30 pm  
via Zoom

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

### Home of the THUNDERBIRDS!



Link can be found on the school website or at:  
[www.emeraldridgeelementaryschool.entripshops.com](http://www.emeraldridgeelementaryschool.entripshops.com)





# GREENALL Update GRIFFINS

@greenallschool

Greenall High School

## WELCOME SEMESTER TWO!

Semester two of the 2021-22 school year officially kicked off this month! Students completed their final exams at the end of January and are ready to tackle the last portion of the year. Lots of exciting things ahead!

### SLC SPIRIT WEEK

SLC students put together their monthly spirit week that consisted of a number of special events to spread the love around Valentine's Day. Students participated in dress up days, the annual Matchmaker questionnaires, and a "Crush for a Crush".

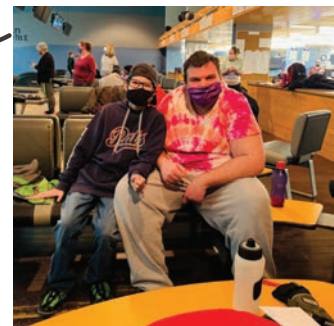
### PINK SHIRT DAY 2022

Greenall has teamed up with Sasktel in collaboration with their Be Kind Online social media campaign to raise awareness and understanding of the impacts of bullying. Greenall students partook in conversations about understanding how words are powerful and can have an impact - so choose to STAY KIND everyday!



### STAFF APPRECIATION WEEK

Students, community members, and staff celebrated Staff Appreciation week from February 7-11. Staff at Greenall were surprised with special thank you's from students, treats from the SCC, as well as some surprise pop in's from SLC students. It was a great week celebrating all the amazing people who make Greenall so special.



### GRIFFIN LIFE

L to R: Final ODE projects, mask making in PAA 9, clay cameras in Photography, and bowling - Griffins were busy this past month!





## 2022 ACTIVITIES PROGRAM

Celebrating our 10<sup>th</sup> anniversary  
beautifying our community

Education Sessions usually held the 2<sup>nd</sup> 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	Love Me as I Am 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 [wgcgcommunications@gmail.com](mailto:wgcgcommunications@gmail.com) 3 days prior

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



### Why Bats Make Good Neighbors in Urban Settings

Dr. R. Mark Brigham

Professor, Dept. of Biology, University of Regina



Removing a bat from pond net



*Eptesicus fuscus* Felicia

Dr. Brigham will inform us about some aspects of bat biology that may be surprising due to the prevalence of myths surrounding these animals. Then he will speak about how bats interact with us in urban settings, and how we can help them do their job!

**As our first 10th anniversary activity, we welcome members to invite a friend to join our March meeting for free. Members can invite a friend to join you in your home or send their email address to [wgcg2011@gmail.com](mailto:wgcg2011@gmail.com) by Mar. 5 to enable us to determine zoom meeting size requirements.**

**Wed. March 9<sup>th</sup>, 2022 at 7:00 pm**  
**Virtual Meeting Access any time after 6:30 pm**

**Zoom link will be shared the afternoon of March 9<sup>th</sup>**

Info: [www.whitecitygardenclub.weebly.com/wgcg-upcoming-events](http://www.whitecitygardenclub.weebly.com/wgcg-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](http://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

Visit us – White City Public Library Branch WhiteCityLib

#### MARCH 2022 PROGRAM & EVENTS CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 One Book, One Province begins	2 Library AGM 7:30 pm	3	4 Preschool Storytime 10 am	5 Cubelets for families 1:30 pm
6	7 Cricut 1:30 pm	8 Lego Club 6:00 pm	9 Cricut 6:30 pm	10	11 Preschool Storytime 10am	12 Cubelets for families 1:30 pm
13	14	15 Adult Book Club 6:30 pm	16	17	18 Preschool Storytime 10am	19 Cubelets for families 1:30 pm
20	21	22 Lego Club 6:00 pm	23 Cricut 6:30 pm	24	25 Playdough Time 10:30 am	26 Cubelets for families 1:30 pm
27	28 Cricut 1:30 pm	29	30	31		



#### CHILDREN'S PROGRAMS

Preschool Storytime Drop-in

Fridays @ 10:00 AM

March 4, 11, 18

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

Makerspace kit / Cubelets for Families

Saturdays @ 1:30 PM

March 5, 12, 19, 26

Cubelets are little robot blocks, and as you build with them they teach programming along the way. Suitable for ages 4 and up.

Lego Club Drop-in

Themed challenges for ages 4 & up!

Tuesday, March 8 & 22 @ 6:00 pm

**To register for programs, please call 781-2118.**

[WWW.SOUTHEASTLIBRARY.CA](http://WWW.SOUTHEASTLIBRARY.CA)

#### ADULT PROGRAMS

Adult Book club

Tuesday March 15<sup>th</sup> @ 6:30 PM

We will be discussing Before We Were Yours by Lisa Wingate. Please Register.

**Makerspace kit / Cricut for Adults & Teens**

Wednesday March 9 & 23 @ 6:30 PM

Monday March 7 & 28 @ 1:30 PM

Learn what Cricut crafting is. A drop-in program for Adults & Teens. Bring the project you want to apply the Cricut design to.





# Off the Beaten Track

- By John Panter

I stopped watching CBC about twelve years ago. It occurred to me at the time that, in an Internet/information age, we didn't need a state-funded broadcaster siphoning a billion and a half dollars out of our pockets every year. They were going to have to carry on without me as a viewer.

While channel-surfing a few weeks ago, around the time when the Truckers Freedom Convoy was nearing their Ottawa destination, I accidentally washed up onto the reef of a CBC news program. Back in my pre-boycott era the segment was called the "At Issue Panel" (maybe they still call it that, I don't know.)

This installment featured Andrew Coyne, Chantal Hebert, someone they called Rosemary and another person I have never seen before. At first I thought: are they still alive? They all looked like they don't ever get out into fresh air

and sunshine; out where the taxpayers who pay their salaries live.

They were looking down their patrician noses at the truckers in the convoy, whom they suggested were only a radical fringe element (parroting the Prime Minister's characterization of them as a "small fringe minority holding unacceptable views.") They estimated un-vaccinated truckers at only ten percent of the trucking fraternity and

cheered the convoy on and you have a pretty significant "radical fringe."

What this "At Issue Panel" missed was that what began as a protest against vaccine mandates for cross-border truckers quickly broadened into a protest against Covid lock-downs, lock-outs, mask mandates, vaccine mandates, vaccine passports and general screw-ups by the W.H.O. the C.D.C. the F.D.A. and other assorted S.O.B.s

weather at the side of the highway and on countless highway overpasses, sometimes for hours, waiting to wave on and cheer for the truck convoy.

Right here in Emerald Park there were entire young families, too late to be out on a school night, but out there anyway, in weather as cold as a well-digger's knee, waiting at the side of Highway One. (Hats off to the Plainsview Credit Union for opening their doors to let dozens of people in out of the cold.) The kids on that night learned more about the real Canada and real Canadians than they ever would watching a hundred hours of "At Issue Panels."

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

Two weeks to flatten the curve became two years to flatten the economy, and Canadians generally, not just truckers, were finally saying "Enough!"

broadly suggested that they should just get vaccinated and get back to work before the grocery stores run out of arugula, biscotti and espresso pods.

How many truck drivers are there in Canada? Statistics Canada says 227,000. Ten percent would be around twenty-two thousand truckers. Add in the hundred or so thousand people who

Two weeks to flatten the curve became two years to flatten the economy, and Canadians generally, not just truckers, were finally saying "Enough!"

What the "At Issue Panel" also didn't see was thousands of ordinary Canadians, ("anti-social jobs" Coyne has called them), standing in freezing cold



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# White City & Emerald Park

Community Newsletter

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# How DeCluttering Can Help You Slash Your Food Budget

- Continued from page 6

The more you are aware of your spending, the more disciplined you will be to not waste.

**2. Organize Your Kitchen For Optimal Usage.** When I help people de-clutter their kitchens, one thing I notice is that most people are prone to stockpiling, even on the best of circumstances. A visual trick I use is to make space around your food items. You will be able to see what you own better, utilize before it goes bad, and keep like-items together so your whole family knows where to find it. When you have a jam-packed pantry, you'll just end up shopping for items you already have because you couldn't see it hidden in the back of the fridge. If you look in my fridge or pantry, you will notice that it isn't really full. We have the basics and the amount of produce we can handle eating in one week.

**3. Watch Your Family's Eating Habits.** This was one of the biggest changes we implemented in our family. We don't eat a tonne of leftovers but I continued to cook big portions for our family of four. The leftovers would then get tossed because no one wanted to eat the same thing over and over. Watch what they eat a lot of, when they are eating, why they are eating. This will all reflect on the amount of food your purchase and cook.

**4. Reverse Grocery List.** Food waste was a big problem for me. I was wondering why we couldn't get through the food we bought before it went bad. One reason is that we were also eating out at restaurants because it was quicker and more convenient and I wasn't making the adjustment. Once I

tracked my spending and realized how big that restaurant tally actually was, I put that to a grinding halt. It adds up... that \$3.50 from Tim Hortons, that \$10.50 from Subway... it was nuts! It only takes \$27.40/day of miscellaneous spending to blow \$10,000 in a year, and I considered food waste to be one of these areas where I could improve our cash flow. The best way you can track your food waste is to complete a Reverse Grocery List. Just like when you make a list for your weekly grocery run, create a list of the food that is actually hitting your garbage can. Put a dollar amount beside these items and tally it each week. This will give you a better perspective of what your family is not eating and you can adjust your shopping or cooking accordingly. The week that I decluttered my kitchen, I had thrown out over \$75 worth of groceries. Visualize the food that's going into the garbage as actual money.

## **5. Flip Your Meal Planning On Its Head.**

I often resorted to planning my meals for the week by sifting through recipes, asking my family what they are wanting to eat, but that was completely the wrong way to approach it. The best way to save money on your grocery bill is to utilize what you already have in your kitchen and build your meal plan from there. Decision fatigue is the biggest culprit of getting stuck with figuring out what to make for

supper, especially if you had a long day and have to get out the door to race your kids to their extracurriculars. Break through it with figuring out what base do you have in the fridge/freezer, example... I have ground beef, shrimp, chicken breasts. What can I make with this that is quick and how can I incorporate my produce and pantry items. Sometimes, it's like a full-blown episode of Chopped up in my house, but it's the best way to use up what I have, make quick meals on the fly, and save time and money running to the grocery store every few days.

## **6. Shop With Intention, A List, And A Budget.**

The best tool I use is Superstore's online Click & Collect option where there is an actual budget tracker that tallies as I'm shopping. It eliminates me from going over my budget. Lastly, finding ways to utilize an entire food item also takes a bit of planning... I've been getting really good at making soups, stocks, and stews!

One trick I use is to cook an entire protein and use it in different ways like a whole chicken, pot roast, or ham. Price/pound is significantly cheaper this way. You can't go wrong cooking from scratch.

These are just a few tricks up my sleeve that helped me significantly slash my food budget. If you need help in this department, I gotcha! I am available for virtual consults or personal one-on-one appointments.

Decluttering and living with less can help you significantly slash your spending. It magnifies your habits so you can live more intentionally. Connect with me if you have some trouble spots in your home that you feel stuck in. You will be surprised how impactful letting go, organizing, and identifying patterns will truly be on your wallet, your state of mind, and ultimately your energy towards your loved ones. Visit [www.athomewithjess.ca](http://www.athomewithjess.ca) for more tips or how to connect with me.



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

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[www.athomewithjess.ca](http://www.athomewithjess.ca)





# The Truth About Lying

- By Gwen Randall-Young

The minute one does this, the relationship with the other is compromised. The one who lied now has to pretend. They have to pretend that what they said was really true. They have to pretend they have been honest.

The one who lied also has to carry guilt. They must carry the knowledge that they have been dishonest to someone they care about, and who has complete trust in them. If this happens in a love relationship, it can be very dangerous.

Dangerous is a strong word, but I use it because I have seen relationships irreparably damaged when the lie is discovered. Once one has shown he or she is capable of lying, his or her word can never again be trusted as it once was. Albert Einstein said, "Whoever is careless with that truth in small matters cannot be trusted with important matters."

Furthermore, the partner agonizes over how many other lies there may have

Obviously, it would be to not do things you will have to lie about. If you are doing something of which your partner would disapprove, he or she has the right to know, and to make decisions accordingly.

Honesty and openness are the cornerstones of trust. Trust, in turn, creates security.

In adult relationships, a lie can leave the other always feeling they are walking on thin ice.

You may fear that telling the truth would jeopardize

the relationship. However, accountability is about not doing the things that would jeopardize the relationship in the first place. I leave you with this thought, expressed by Bo Bennett: "For every good to tell a lie, there is a better reason to tell the truth."

*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](http://www.gwen.ca). Follow Gwen on Facebook for inspiration.*

No one likes to be lied to. From the time our children are very young, we emphasize the importance of always telling the truth. Most parents feel strongly about this and find it distressing when their child is lying to them.

In recent years, especially in the political realm, lying, sadly, has become commonplace. It even is seen as a "strategy" to undermine opponents. Lying, or misrepresenting the facts, has led so many in our world left not knowing who to trust. To my mind it is a form of brainwashing.

There is also a lot of lying in personal relationships. Often when confronted with a mistruth, the listener says, "Why did you lie?"



**"Lying is done with words and also with silence."**

**Adrienne Rich**



People lie for many reasons. Generally, it is because they feel someone would be mad or upset with them if they knew the truth. What this means is that they betray the trust of another to protect themselves from the consequences of their behavior.

been in the past. The lie has thus contaminated both the past and the future. The entire relationship has tilted on its axis, and while work can be done to regain trust, things will never again be quite as they were.

What is the bottom line?



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# Tips on managing a virtual health appointment

Many physicians and other healthcare practitioners are providing care through phone or video calls. While this took off because of the pandemic, virtual appointments seem here to stay. They're a great way to help keep everyone safe while still addressing many of your healthcare needs.

To make sure you get the most out of your time with your doctor, follow these tips:

## Before your appointment

- Choose a private and quiet location with minimal background noise.
- If it's a video appointment, make sure there is ample light so your doctor can see you clearly. If you need to show them a part of your body, wear loose-fitting clothing.
- Have on hand any devices your doctor may have recommended, such as a ther-

mometer, bathroom scale or blood pressure monitor.

- Gather any information you may need, including your current medication list and pharmacy name, location and phone number. Also take note of any healthcare data such as recent blood pressure readings or glucose levels.
- Write down a list of questions and concerns. Have a paper and pen to take notes.

• Keep an open mind. Although the appointment might feel different, try to treat it like a regular visit. Ask questions. Schedule follow up appointments if needed.

## Technology tips

- Choose whether you'll use a smartphone, tablet or computer. Ensure that your device is charged and that you have access to a reliable connection.
  - Video calls work best with high-speed internet. If possible, consider using a wired connection.
  - When booking or confirming your video appointment, ask which app or program your provider will use and download it before your session.
- Find more health tips and information at [kidney.ca](http://kidney.ca).

[www.newscanada.com](http://www.newscanada.com)

## During your appointment

- Keep in mind the call from your healthcare provider may come in as a blocked number.
- Give yourself extra time, as the call may come in a bit before or after your scheduled time.
- Let your doctor know if someone else is with you and introduce them.





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# Diversions

## CRISS-CROSS (or KRISS-KROSS, else FILL IN) CROSSWORD PUZZLE

Fill in the blanks with the words provided. Two letters are already in place.

4 letters:

AEON  
AREA  
KNOT  
LUTE  
MEZE  
MILK  
POME  
PONY  
STAR  
SWAN  
TRIM  
ZEBU

5 letters:

ASK ME  
ASSET  
KYZYL  
OKAPI  
ORBIT  
RHINO  
RHYME  
TROVE

6 letters:

ANIMAL  
BANANA  
EASILY  
LIMITS  
MODEMS  
RIDGED  
SPATES  
THREAD

7 letters:

AUSTRIA  
DISPOSE

8 letters:

LICENSE  
PASTIME  
POPULAR  
RAG DOLL  
REMOVAL  
UNIFORM  
ALLERGEN  
ALLIANCE  
AUGSBURG  
CENTAVOS  
INTEREST  
LANGUAGE

LINOLEUM  
MOLESKIN  
PICTURES  
POSITIVE  
SCABIOSA  
USE AGAIN

9 letters:

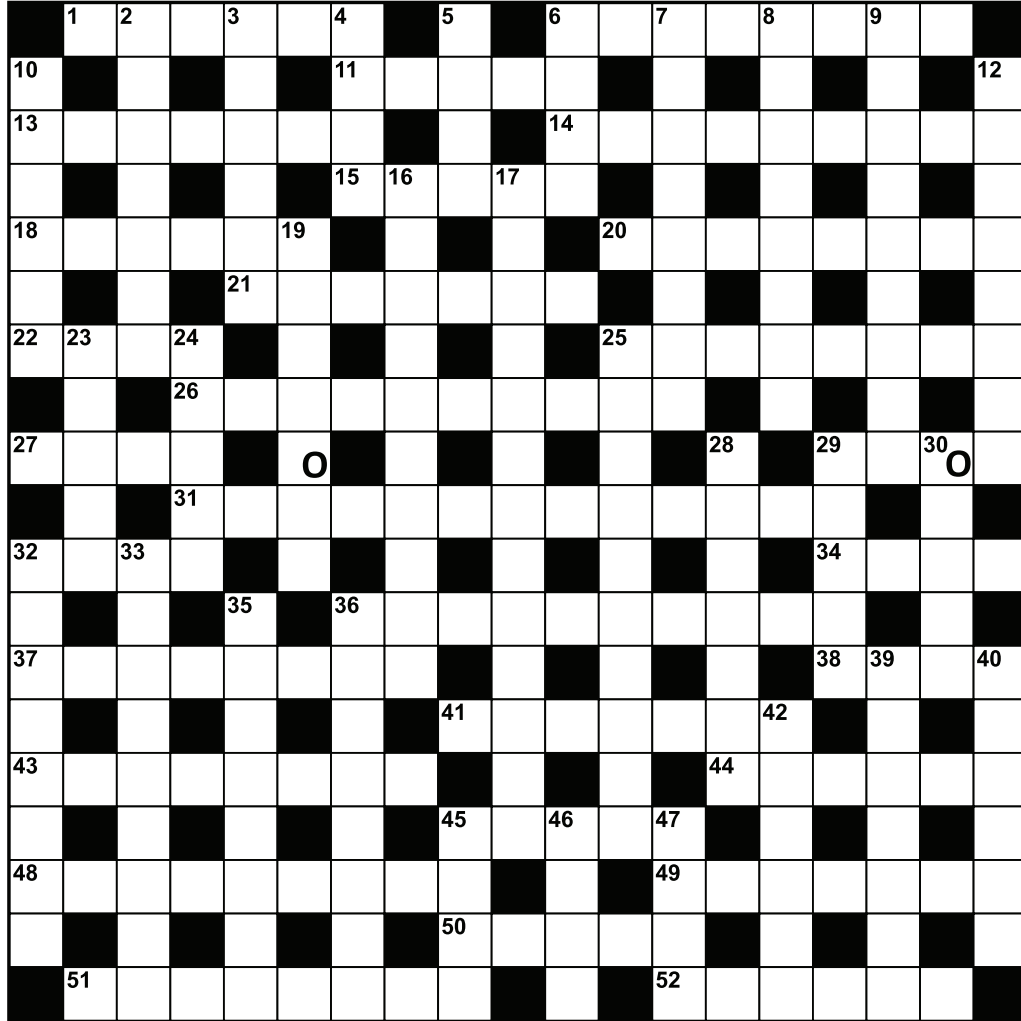
EDUCATION  
INDENTURE  
MANNEQUIN  
ZINFANDEL

10 letters:

ASYNCHRONY  
HYPOTHESIS  
PILOTHOUSE  
SKEPTICISM

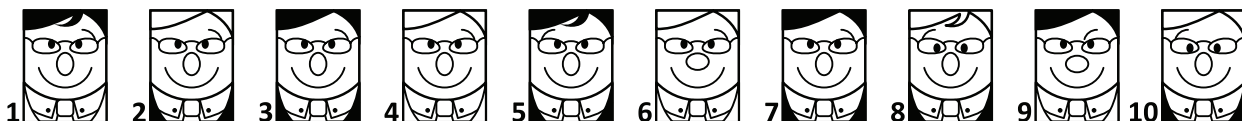
13 letters:

MISCELLANEOUS  
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## VISUAL PUZZLE

Can you find the two identical pictures?



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## Sudoku

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



The right answer



HOW MANY

KIDS

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ANSWER  
16





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# 2022 MARCH



*Spring is around the  
corner!*

## Upcoming Council & Committee Meetings

March 7, 2022

Corporate Services Meeting

4:00PM

Regular Council Meeting

7:00PM

March 21, 2022

Development Services Meeting

4:00PM

Regular Council Meeting

7:00PM

## Babysitter Course presented by the YMCA of Regina!

March 12 & 13, 2022

White City Community Centre

This training course is focused on child care, planning, and preparation. Check [whitecity.ca](http://whitecity.ca) for details and to register!

**2022 Budget will be available  
for viewing on our website at  
[whitecity.ca](http://whitecity.ca) end of March!**

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Regional meeting - March 16, 2022  
Next ÉWCSCC - May 18, 2022

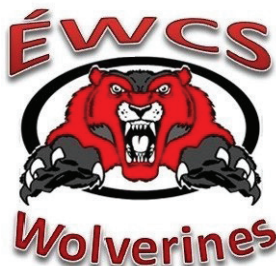
Virtual meetings held on the third Wednesday of the month @ 6:30. **ALL PARENTS WELCOME** - Please contact the school by email at [ecolewhitecityschool@pvsd.ca](mailto:ecolewhitecityschool@pvsd.ca) to pre-register!

**Watch Facebook for upcoming fundraisers!**

### KINDERGARTEN REGISTRATION 22/23:

Contact the school at [ecolewhitecityschool@pvsd.ca](mailto:ecolewhitecityschool@pvsd.ca) or 306-781-2115 if you have a child turning 5 by December 31, 2022.

Working Together For Success | Travaillons Ensemble Pour Réussir



Principal Brown started the 100 hours outdoor challenge for all ÉWC families! Submit your hours in May for a chance to win an SCC prize basket!

### IMPORTANT DATES

Mar 3	Little Caesars Pick Up
Mar 7	Non-student day (no school)
Mar 18	Report Cards
Mar 22/23	Parent Teacher Conferences
Mar 25	No School
Mar 28	Non-student day (no school)

Online: [whitecity.pvsd.ca](http://whitecity.pvsd.ca) -> click the "SCC" menu

ÉWCSCC on Facebook: @EWCS



# March 2022

The next issue of the  
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first week of December.

All copy **MUST** be submitted  
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We do offer a classified section  
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		WHITE CITY Composting 1	EMERALD PARK & WHITE CITY Garbage 1		EMERALD PARK Composting 4 Preschool Storytime at White City Public Library 10am	5
	Corporate Services Committee Meeting - 4:00pm Regular Council Meeting - 7:00pm 6 7		EMERALD PARK Garbage WHITE CITY Recycling 8	EMERALD PARK Recycling 10	Preschool Storytime at White City Public Library 10am 11	12
			EMERALD PARK & WHITE CITY Garbage 15		ST. PATRICK'S DAY 17	18 19
	Development Services Committee Meeting - 4:00pm Regular Council Meeting - 7:00pm 20 21		EMERALD PARK Garbage WHITE CITY Recycling 22	EMERALD PARK Recycling 24		25 26
			EMERALD PARK & WHITE CITY Garbage 29			CASA ROSA/JAMESON ESTATES Garbage pick up every Tuesday 31
	Preschool Storytime at White City Public Library 10am 27 28					

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Girl Guides: Jolene 306-570-9179 or Balgonie1st@gmail.com  
Parks & Recreation: Shane Graefer 306-781-2355 ext.225 sgraef@whitecity.ca  
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Soccer: Adam Slinn 306-550-4789 or www.whitecityfutbol.com  
Prairie Storm Hockey: registrar@psmha.ca or www.psmha.ca  
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