

White City & Emerald Park

FEBRUARY EDITION, 2023

Community Newsletter



Suspicious text, email or call from the CRA? It's probably a scam

We've all gotten texts, emails and calls claiming to be from the Canada Revenue Agency. Some of us may even feel like we hear from scammers more than our loved ones.

But there's no love here. Fraudsters trick people into providing personal and financial information. Their scams are getting more believable, which means more people are at risk of losing their money.

It's important to know how to spot a scam so you can protect yourself.

Scammers may:

- Demand your personal information claiming they'll send you a refund;
- insist you take action right away with little explanation;
- scare you into paying a fake debt;
- threaten arrest or deportation;
- request unusual forms of payment such as gift cards, pre-paid credit cards or cryptocurrencies like Bitcoin;
- ask for numbers for your credit card, bank account or passport;

- urge you to visit a fake website to verify your identity; or,
- ask you to click on a link to fill in an online form.

When you get a call, email or text like this, stop and listen to your voice of reason.

Before you act:

- 1) Ask yourself:
 - Do I owe them money?
 - Is there a reason for them to be contacting me?
 - Does this sound too good to be true?
 - How does the CRA normally reach me?
- 2) Check to see if you have

a message in your online MyAccount.

3) Delete the scammer's message or if you're unsure, call the CRA.

There are real reasons the CRA may need to get a hold of you. When this happens, legitimate employees will provide their name, office location and a callback number.

Learn more about what Canada Revenue Agency employees will and won't do when contacting taxpayers, at canada.ca/be-scam-smart.

www.newscanada.com

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

Scoring the perfect touchdown this Valentine's Day

Everyone's favourite football Sunday is fast approaching, and whether you're a sports fan or not, most of us can get behind one of the most enjoyable food events of the year. This probably includes chicken wings, nachos, soft pretzels and dips galore. But as you prep your festivities this year, make sure to think of your valentine.

With the excitement of the big game, it's easy for Valentine's Day to sneak up. Avoid relying on a "hail Mary" this year, and get in formation with these tips:

Stock up on essentials

If you're shopping for the big game, make the most of your trip by picking up Valentine's basics at the same time. By spending a few minutes getting your card and chocolates on your pre-game grocery run, you'll save a whole lot of time which you can spend with your beloved.

Less preparation, more celebration

Whether you're hosting a get-together or just spending a quiet day at home, simplify your life with more accessible food and beverage options. Instead of doing homemade wings or tacos, look for ready-made or frozen options. These rules apply to Valentine's Day as well as game day ... the less time you spend in the kitchen, the more you have for enjoyment.

Create a game plan

Going shopping without a game plan can lead to your wallet taking a major tackling. Before you head out, check your local Loblaws flyer for promotions and exclusive PC Optimum offers, and build your list around that. Being on the offensive and proactively looking for discounts can keep more money in your pocket to treat your sweetheart to something special.

www.newscanada.com



5 ways to be your own Valentine this year

Valentine's Day is a holiday all about celebrating love. The most popular, of course, is romantic love, however, there are many other types of love that we can celebrate. Parental love, sibling love, friend love, pet love, and most importantly, self-love. Whether you're single, or in a relationship, it's important to treat yourself.

Here are the essential tips for a date night with yourself this year:

1. Give your skin some TLC

Give yourself the gift of a spa day in your own home by masking up. Don't just stop at facial masks, you can get moisturizing masks for your hands, feet, and lips, too. Life Brand has a great selection for your entire body to leave your skin feeling nourished and smooth.

2. Scrub-a-dub

Bath bombs are a quick and easy way to feel pampered. Transport yourself to a tropical destination with a Pina Cola-

da bath fizzle, or have your cake and bathe in it too with a fragrant Vanilla Cupcake fizzle.

3. Indulge

Did you know that eating chocolate releases the same chemicals in the brain as romantic love? Since today is all about you, the best news is that you don't have to share your box of chocolates with anyone.

4. Give the gift of scent

Another timeless Valentine's Day tradition is to give flowers. This year, freshen your home with the scents of spring and buy yourself some roses.

5. Get cozy

Cozy up with some herbal tea or hot chocolate, put on your fuzziest socks and press play on your guilty pleasure TV show or movie. This is the perfect time to laugh, cry, or scream at the television like no one is watching.

You can find all the essentials you need, and more, at your local Shoppers Drug Mart.

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Little ways to show your love all month long



Expressing your love doesn't need to be reserved just for Valentine's Day. Show you care all month with little touches that will let that special someone know you are thinking of them. Whether it's your significant other, friend or family member, personal gestures like writing a note on their coffee or warming up their car can let them know they are special to you.

If you are planning a night in, make movie night pop by subbing a bowl of popcorn for a special treat like these salted caramel popcorn bars. Made with Orville Redenbacher microwave popcorn, which is made without any artificial colours, flavours, or preservatives, they are a delicious blend of sweet and salty, perfect for a night on the couch with your favourite person.

Ingredients:

- Non-stick cooking spray
- 1 bag (82 g) Orville Redenbacher simply salted microwave popcorn
- 40 small pretzel twists, coarsely broken (1 cup broken pieces)
- 2 tablespoons (30 mL)

- unsalted butter
- 20 caramels unwrapped
- 1 tablespoon (15 mL) water
- 1/8 teaspoon (1/2 g) salt
- 3 cups (360 g) miniature marshmallows
- ¼ cup (30 g) peanut butter

Directions:

1. Spray large bowl, rubber spatula and 13x9-inch (33x23-cm) baking dish with cooking spray. Prepare popcorn according to package directions. Remove all un-popped kernels and place popped corn in large bowl. Add pretzel pieces to bowl.
2. Melt butter over medium heat in medium saucepan; add caramels, water and salt. Heat 5 minutes or until caramels melt completely, stirring occasionally. Add marshmallows and peanut butter; heat 1 to 2 minutes more, stirring until blended.
3. Pour caramel mixture over popcorn mixture. Toss with rubber spatula to coat. Press into baking dish; cool completely. Cut into 24 bars.

www.newscanada.com

At the heart of healthy eating



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 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



Delicious French toast recipe for romance

While flowers are lovely, there's something very special about a homemade treat from your sweetheart. Waking up to the smell of a delicious meal is a great way to start the day, so treat your loved one to breakfast (or brunch) in bed.

Paul Lowe, food and craft stylist and founder of Sweet Paul Magazine, shares his recipe for whipping up an easy heart-shaped dish of love — perfect for Valentine's Day or any other day you're feeling romantic.

To make the recipe just for two, Lowe says to simply reduce ingredients by half. Score even more points by cleaning up the mess afterwards with a floral scented cleaning product, like honeysuckle dish soap from Mrs. Meyer's Clean Day.



I Heart French Toast Casserole

Prep time: 2 hours 10 minutes
Cook time: 35 minutes
Servings: 4

Ingredients:

- 20 slices of good quality white bread
- 1 1/2 cup (350 ml) whole milk
- 4 large eggs
- 1 tsp (5 ml) vanilla extract
- Pinch of salt

Directions:

1. Start by greasing a baking dish.
2. Cut out hearts in the bread using a cookie cutter and layer the hearts in dish.
3. Beat remaining ingredients until nice and smooth. Pour evenly over bread. Place in fridge and let stand for at least two hours or overnight.
4. Bake at 350°F (175°C) until golden brown, about 35 minutes. Top with berries and whipped cream or syrup and serve.

Tip: To make this into a savoury casserole, omit the vanilla and sprinkle with grated cheese, crumbled bacon and chives.

Find more inspiration at www.mrsmeyers.com.

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What are bivalent vaccines? What you need to know



Manufacturers have updated their vaccines to provide better protection against these variants.

Original COVID-19 vaccines and bivalent vaccines are both very effective in protecting against severe illness and outcomes from COVID-19.

Why get a booster?

Protection from COVID-19 vaccines can decrease over time. Additional doses give you better protection from getting seriously sick or developing complications.

Even if you've been infected already, staying up to date with your vaccines -

including booster doses - is recommended for longer-lasting, more effective protection.

If it has been six months since your last dose or since being infected with COVID-19, it is time to get another booster dose. This is especially important if you are at high risk for severe illness from COVID-19.

Bivalent mRNA vaccines are available to everyone 12 years of age and older. Children 5 to 11 years old can still get a booster dose of an original mRNA vaccine, which continues to provide protection against severe illness and complications.

Talk to your local public health authority to learn more about which vaccines are recommended and available for you. You can find more information at canada.ca/covid-vaccine.

www.newscanada.com

You might have heard of bivalent vaccines, but are you still not quite sure what they are? Here's a quick primer about them and their role in protection against COVID-19.

What is a bivalent vaccine?

Bivalent means a vaccine is made to target two strains, or variants, of a virus.

The virus that causes COVID-19 has evolved over time and some of these changes have created new variants of concern, such as Omicron.

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. We appreciate your focus on the education of our youth and everything you do to make a positive impact in our children's lives.



Upcoming Events:

Please watch for more information on an upcoming Family Movie Night!



Family Day & February Break
Feb. 20-24

Home of the THUNDERBIRDS!

Important Notice

**NEXT ERESCC MEETING:
TUESDAY, MARCH 14TH @ 6:30 P.M.
VIA ZOOM**

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



GRIFFIN DRAMA

Over 60 students have already started rehearsals for One-Act Plays at Greenall. Students will be performing three plays – Alky, The Actor’s Nightmare, and Law & Order: Fairy Tales Unit – at Greenall on March 29 and 30 before performing these plays at Regionals in Wolseley in April. Alky is a dramatic play about the dangers of alcohol abuse. The Actor’s Nightmare is a mistaken identity comedy about one man’s misadventures in the theatre. Law & Order: Fairy Tales Unit brings the classic TV franchise to comedic life in a magical world. Several students are assisting in roles such as Student Director and Stage Manager, and all students and staff are very excited about their roles!

UPCOMING DATES:

- **February 1:** Semester 1 Report Cards Published in EDSBY
- **February 2:**
 - 6 PM Course Registration Parent Meeting (Gr. 10/11)
 - 7 PM Parent Meeting for Gr. 9

GRIFFIN ATHLETICS

Basketball is well underway at Greenall!

- Jr. Boys and Girls have had great success at their tournaments.
- The Sr. Boys hosted a tournament January 21 and 22.

Watch social media for more results!



Course Selection

PARENT MEETING

Feb. 2nd in Library

6PM Current Grade 10/11s

7PM Current Grade 9s



“Spring and fall bulbs – Care, Planting and Storage”
Helen Shook, U of S



Join Helen for tips to get the most out of your bulb plants.
Helen holds a Prairie Horticulture Certificate from the University of Saskatchewan and is a Master Gardener as well. Since 2017 she operates Gardenline, where she answers questions from the public, and writes for the website and social media.

Helen hasn't met a plant she doesn't like and grows a little of everything (actually a lot of everything) indoors and out, at her home in Saskatoon.

Wed. Feb 8th, 2023 at 7:00 pm

Virtual Meeting

Virtual Access after 6:30 pm

Zoom link will be shared the afternoon of Feb. 8th

For virtual meeting send email address to and then e-transfer \$5.00/person to wgcg.communications@gmail.com by Feb. 06th

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



DRAWS EVERY THURSDAY @ The Ice House @ 7:50 pm

60 Great Plains Road, Emerald Park, SK, S4L 1C3

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The White City Public Library Branch is located in the White City Community Centre, 12 Ramm Avenue East. Online at www.southeastlibrary.ca. Drop by or give us a call 781-2118.

LIBRARY HOURS:

Monday - Wednesday 12:30-4:30 & 5:00-8:00 pm
Thursday - Friday 9:30 am-12:30 & 1:00-5:00 pm
Saturday 9:30 am-12:30 & 1:00-3:00 pm

Please note: The branch will be closed Feb. 20 for Family Day

Visit us – [f](https://www.facebook.com/WhiteCityPublicLibrary) White City Public Library Branch [i](https://www.instagram.com/WhiteCityLib) WhiteCityLib
FEBRUARY 2023 PROGRAM & EVENTS CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Saskatchewan Aboriginal Storytelling Month begins	2	3 Preschool Storytime 10:00 AM	4 Physical Literacy Storytime kit 11:00 AM
5	6	7	8	9 Craft & Chat 1:30 PM Drop-in	10 Preschool Storytime 10:00 AM	11 Physical Literacy Storytime kit 11:00 AM
12	13 Adult Book Club 6:30 PM Indian Horse	14	15 Cubelets 6:30 PM	16	17 Preschool Storytime 10:00 AM	18 Crochet 10:30 AM Louise BigEagle 1:30 PM
19 Freedom to Read Week: Feb. 19-25	20 Closed for Family Day	21 Creative Bound Book Club 6:30 PM Please register	22 Cubelets 1:30 PM	23 Craft & Chat 1:30 PM Drop-in	24 Board Games 1:30 PM Drop-in	25 Teen Book Club 1:00 PM Keeper of the Lost Cities
26	27	28				

SASKATCHEWA Aboriginal Storytelling Month 2023

SOUTHEAST REGIONAL LIBRARY
NOT THE LIBRARY YOU REMEMBER

PRESENTS

Louise BigEagle is from Ocean Man First Nation, Saskatchewan, and currently lives in Regina. She holds a Bachelor of Arts in Film and Media Studies from the University of Regina.

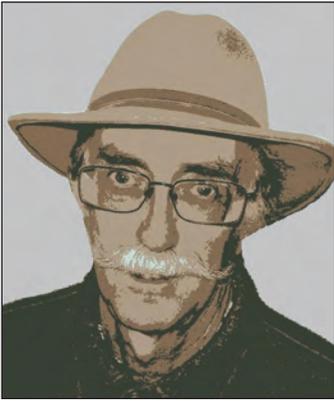
ABOUT

Join us as filmmaker Louise BigEagle shares her storytelling process through filmmaking. She will be screening her 2017 film *To Wake Up the Nakota Language* and discussing her other film work. All are welcome to attend!

White City Public Library Branch

Saturday February 18th at 1:30 pm

Made possible by our community partners:



Off the Beaten Track

- By John Panter

A few years ago White City Council held a budget debate at an unannounced, unscheduled council meeting. I blistered the council in this column when I found out about it and I described a budget debate as the most important date on a municipal calendar, deciding how much money was going to be spent and where the money was to come from. For the following year's budget debate I received the equivalent of an engraved invitation to attend the meeting, encouraging me to believe that progress was being made.

with a pencil, (and nothing better to do), might attend these sessions and report to his breathless readers how much their taxes will be going up and which councillors, if any, were in favour of holding the line against those tax increases.

White City says that they believe in public engagement. "Transparency and communication are a top priority for council. We are dedicated to increasing public engagement and communication with our residents. In 2022 we will focus on listening more and gaining valuable input from our residents to help support the decision-making process..." (Mayor Brian Ferguson). As my old Latin teacher, Nan Hosford, used to say: "Non verba, sed facta" or "Deeds, not words," so let's see if the deeds match these noble words. [She also used to

confidential Budget Presentation", which might have been a legitimate reason for a "closed session" but a council meeting has to be "open" first before it can go into "closed". Again, there was no mention of this meeting on the White City website.

November 14th was an "Informal Council Budget Discussion with elected officials only", and no mention on the Town's website. [Back in the day this "discussion" would have been held at the Ice House where, at least, councillors could have enjoyed a beer after a regular council meeting and on their own dime.]

White City residents were apparently invited to complete a survey to help plan the 2023 budget. However, no one responded to the invitation on the Town's website and we don't know how many, if any, surveys were completed.

The first budget meeting open to the public was a Committee of the Whole meeting on November 28th. The discussion was around how, and by how much, to raise taxes (a \$100 hike to the base tax.). This discussion took all of 25 minutes before being voted on.

By December 12th, in a meeting described as the "Final Public Review" (I was the public), it was all over but the shouting (and there was a bit of that). Having previously decided to raise everyone's taxes, they now set about deciding what to spend the extra money on in 2023. Councillor Hal Zorn took issue with the substantial increase in employee costs and asked, rhetorically, how he would explain the increase to his constituents. Responses from councillors were imag-

inative if not very instructive. Finally, in exasperation, councillor Zorn asked this question: "If someone is making \$100,000 and gets an 8% raise, how much would they be making?" [I probably could have answered that one without even taking off my shoes and socks.] Councillors, however, did not rise to the bait. The mayor eventually ended the discussion with this zinger: "We are here to approve the budget, not to second-guess the staff." One could be forgiven for asking, "whose budget is this anyway?"

There was a time (not too long ago) when a municipal council debated, in public, capital and operating budgets line by line, and such members of the public as might have been in attendance could see how their elected officials dealt with the most important aspect of their mandate, the public purse. The way the 2023 budget was arrived at may be less time consuming but it seems to sacrifice a lot of that "transparency and communication" mentioned above. A very public budget debate could serve as a reminder to councillors to never do in private what they wouldn't do in public.

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



One: 100% of ratepayers don't want their taxes to go up. Two: 20% of ratepayers show up to vote in municipal elections. Three: 0% of ratepayers show up at council meetings...

Times have changed.

Let me put the issue into perspective with a few numbers. One: 100% of ratepayers don't want their taxes to go up. Two: 20% of ratepayers show up to vote in municipal elections. Three: 0% of ratepayers show up at council meetings, so it's hard for me to argue that people care about the budget debate.

However, it's also possible that a wandering Sherpa

say "Studens, flunkus est" but that's a story for another day.]

The "Budget Kick-Off" (the Town's description, not mine) to launch the budget process was held on September 26th, which was not a regular council meeting, nor was it listed as a meeting at all on the White City website.

The next date in the budget process, November 7th, was described as a "Con-

LET'S PUT ANNEXATION BEHIND US AND WORK TOGETHER.

After four years, the annexation hanging over the RM of Edenwold is now over. The Saskatchewan Municipal Board (SMB) rejected the Municipal Boundary Alteration Application by White City for almost 4000 acres of RM land, including all of Emerald Park.

With cooperation, both municipalities can prosper and be good partners to all the communities in the region.

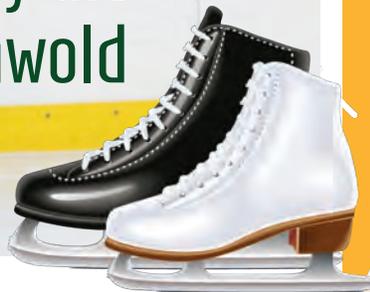


February 20th

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Stepparents and Stepchildren

- By Gwen Randall-Young

ciation are generally not issues. Usually when they are, it is because of underlying tension between the stepparent and the stepchildren. Sometimes an ex-partner is resentful of the new spouse, and the children show their loyalty by being cool to the new partner.

Alternatively, the children may resent the newcomer, especially if they have had a period of time when they had Mom or Dad all to themselves. Sometimes the stepparent tries too hard

a mutually respectful parenting relationship might evolve.

Before moving in together, it is important for both parents in the blended family to discuss how parenting will be handled. Accept that there will be different rules and expectations at the bio parent's home. Do not try to "compensate" for what you feel is lacking. Changing what the child has grown up with because of a stepparent's view is unfair to the children. If changes are introduced it should happen gradually, and quite a while after the blending. Otherwise, the stepparent will be blamed.

It is also important that

children be involved in discussions about the role the new adult is to play in their lives. Really listen to their concerns; this is a big change. If they are involved and have input in these discussions, they are more likely to co-operate. Blending a new family is an extremely delicate process, and so it is best to proceed slowly, gently, and with a willingness to be flexible.

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.

The blended family is one of the most complicated set of relationships. Two people fall in love and eventually want to live together. One or both may have children, as well as exes. While every situation is different, much of what follows

“Blending a new family is an extremely delicate process, and so it is best to proceed slowly, gently, and with a willingness to be flexible.”

will be applicable.

It's true that children should respect their elders and appreciate their parents. This is an area where parents may occasionally run into difficulty with their biological children, but the issue seems to become even more intense in the case of stepparents.

It is a touchy area, because most stepparents want to be liked and respected by their partner's children. However, the step-parenting relationship is different than being a biological parent. You cannot demand to be treated in a particular way, because that will only exacerbate an already difficult situation.

If the children instinctively like you, respect and appre-

to be a parent, to be accepted, or to have some control over the stepchild. This will create resistance in the child, who already has a Mom and a Dad, and does not want a second of either! It is so important to try to view the situation from the child's perspective.

Most children want their parents to be together, and unless a parent is deceased, they do not necessarily want their parent to find a new partner. When the new person is introduced to the children, it is usually as Mommy or Daddy's 'friend'. They seem to be able to handle the idea of a friend. I think if stepparents thought of themselves as friends of the stepchildren, and acted that way, that

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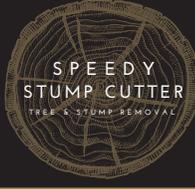
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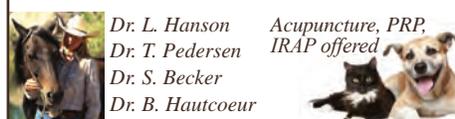
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Take A Bite Out Of Your Grocery Bills With The Kitchen Crasher

I've become a pro at helping my clients stage and declutter their homes so they can maximize the potential of procuring an offer over the last 15 years as a REALTOR®. But I never in my wildest dreams would have thought that my decluttering methods and inten-

tional spending habits would lead to one of the biggest money-saving hacks that I ever stumbled upon. In fact, a few years ago (pre-pandemic), I had a big "AHA" moment standing in my kitchen when we had to race around yet another night to get our kids to their extra-curriculars, trying to figure out the daily nagging question... what's for supper? I opened the fridge when I was blown back by a pungent smell of rotten produce jammed in the back of the fridge. Grabbing the garbage can, I quickly started throwing out food, item by item because they had gone bad. It wasn't the smell that was making me nauseous, it was the fact that my little

girls were watching me do this as if it was a normal thing to do: wasting food that we hadn't even opened yet, dollar signs adding up in my head, with food scarcity and Regina homeless rate headlines re-running in mind over and over again. This was NOT OK with me and it wasn't sitting well in my stomach. That was the moment where we decided to make some changes and made intentionalism the centre of how we run our home. The KITCHEN is where it all started. So I create the Kitchen Crasher: a course to help you get back on track and show the kitchen who's boss! These small yet effective changes work so well because they aren't complex, they are quick to do, and it's so damn reward-

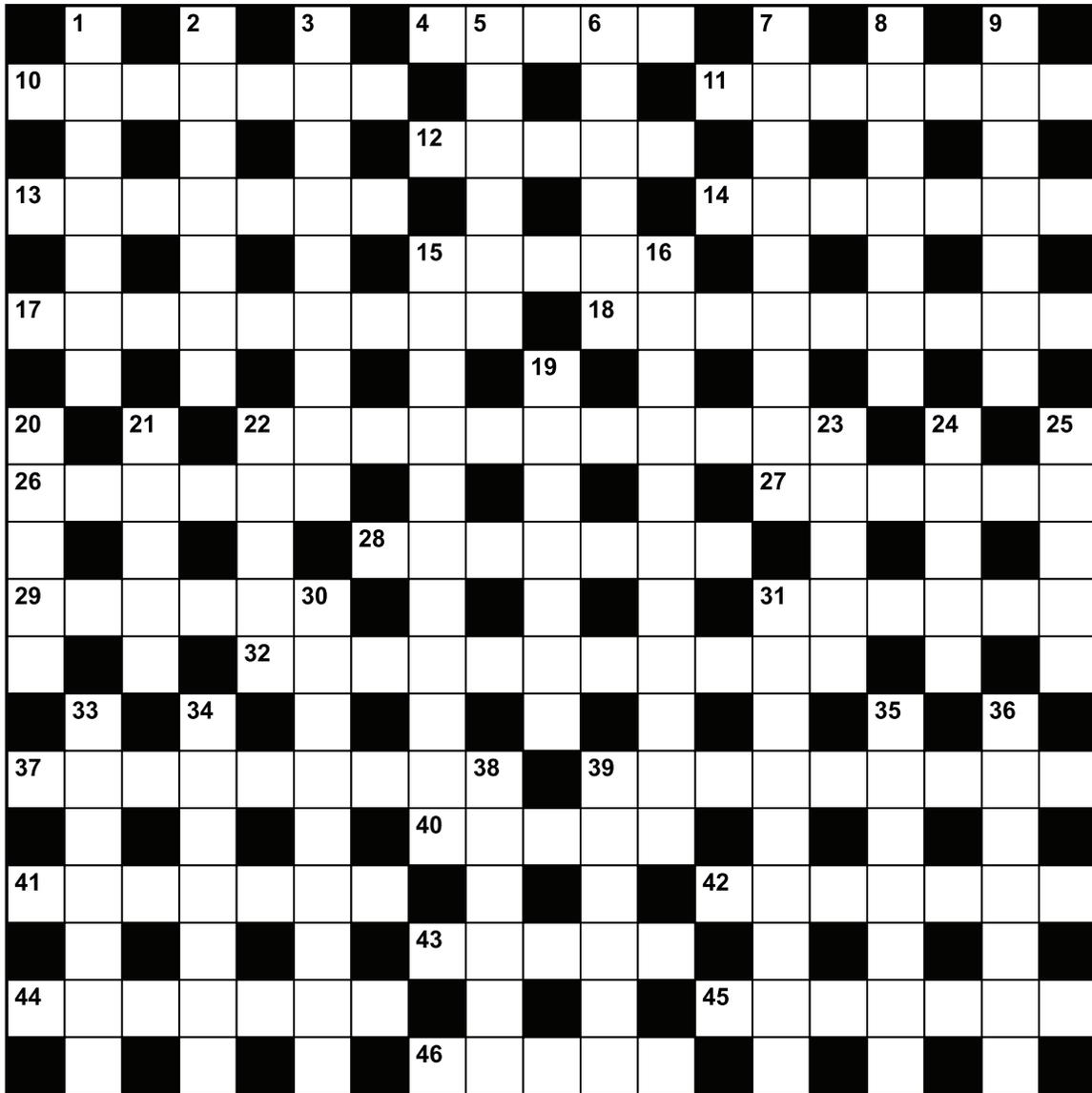
ing to see how quickly the benefits roll in. I've felt all of your kitchen pain problems, so this course covers:

- how to determine where the hell all your money is going in the first place and how much you are really spending on food
- how to alleviate some tension around the money talk discussion with your partner to get on the same wavelength with grocery spending
- how to reduce the arguments at the dinner table and develop better food relationships with your kiddos
- how to flip your meal planning on its head so you use up what you have on hand
- how to organize and set up your kitchen for optimal food usage to reduce

- Continued on page 17

Diversions

FILL IN THE BLANKS



- | | | | | | |
|-----------|-----------|-----------|---------|-----------|--------------|
| 5 letters | UMIAK | MOHAWK | BALANCE | SHELTER | SOYA BEANS |
| AMBER | UNITE | SCALES | CLOTHES | STETSON | SUBMARINE |
| BLOOM | USHER | SNOOZE | REPAINT | TOURNEY | THOUSANDS |
| CHICK | | | DURANGO | | |
| GLORY | 6 letters | 7 letters | ESQUIRE | 9 letters | 11 letters |
| IVORY | ACCESS | AGELESS | PANCAKE | AGREEMENT | LIFE SCIENCE |
| NOVEL | ARARAT | AMATEUR | PRECISE | MICROCOSM | NETHERLANDS |
| SCENE | ELEVEN | AMIABLE | PROTECT | NEWSPAPER | SIGHTSEEING |
| SWISS | EMBLEM | ANDORRA | QUETZAL | REYKJAVIK | SOLAR ENERGY |
| TRIBE | MIRROR | ASH TREE | ROTATED | SCIENTIST | |

Kids Corner

Crossword

1. POTION, 2. CANDY, 3. CUPID, 4. BALLOON, 5. STRAWBERRY, 6. CAKE, 7. ROSE, 8. BOUQUET, 9. LOCK, 10. PRESENT, 11. CAULDRON, 12. CANDY

Valentine's Day

Word Search

H	C	R	L	K	I	S	S	P	Z
U	N	Z	E	O	S	S	B	R	D
G	A	B	E	C	A	R	D	Z	T
S	B	A	L	L	O	O	N	S	H
V	A	L	E	N	T	I	N	E	E
R	P	B	G	B	P	I	N	K	A
C	U	P	I	D	V	F	N	L	R
W	A	R	R	O	W	E	R	O	T
R	J	A	I	M	I	S	W	V	Z
L	I	I	C	G	G	K	Z	E	K

ARROW
BALLOONS
CARD
VALENTINE
KISS

LOVE
HUGS
HEART
PINK
CUPID

I Love You!
meow

FIND SIMILAR COUPLES

Take A Bite Out Of Your Grocery Bills With The Kitchen Crasher - Continued from page 14

waste

- 10 shopping hacks so you can streamline this task with minimum distraction including what apps are amazing to help you save time and money

This course is perfect for those busy parents who seem to be running short on time, always racing from one thing to the next. It's also great for those frequent shoppers that already have freezers of food stocked and continue to go for groceries or eat out 2-3 times a week. It's for those who are sick and tired of carrying the kitchen load on their own, are exhausted by the

end of the day and don't know how to get more support from their family, want to make small changes that will save money without cutting coupons and shopping at multiple stores, and have had it with throwing out food. Once you've taken this course, you can transfer the skills and ideas you have learned and apply it throughout every room of your home.

Creating small little habits that were easy and rewarding not only helped us reduce over half of our food waste, but the benefits starting rolling in one after another, only rein-

forcing me to continue on with them. One of the biggest rewards we saw was a savings of \$5,200 in one year just by making these small changes to how we approach grocery shopping. We had money left over to save or splurge, we had intentions every month to give back to the local community fridges in the city, the kids were gaining more responsibility and appreciation of what goes on in the kitchen, and we had so much more time and energy to do the things we loved because we weren't wasting time in grocery lines.

So if you are interested

in taking the \$125 Kitchen Crasher E-Course, you can find all the information at **www.athomewithjess.ca**. It's a one-hour e-course that's broken down into small chunks so you can take it all at once or a little bit at a time whenever you are available. Take it on the weekend, in your pjs, with a glass of wine! Take it on your own or with your partner! You might think why should you bother if you have an organized kitchen already... this course is so much more than making your pantry pretty and having a clean fridge. It's about making small sustainable changes that can save you a lot of money, get your family on track with supporting one another, help your little ones develop a positive relationship with food, and reduce a tonne of food waste. With food inflation expected to soar another 7% this year, this may be the best thing you do to invest in your family! What are you waiting for? Sign up today.

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 too with decluttering and home organization.

**Jessica Dunn,
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Upcoming Events & Meetings

Committee of the Whole Meetings

February 6 - 4PM

February 21 - 7PM

Regular Council Meeting

February 6 - 7PM

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



Family Day
Monday February 20, 2023
Town Office Closed



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To learn more visit <https://whitecity.ca/pages/urban-deer>

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WCFC is an excellent opportunity to gain exposure and sales through supporting our year-round, not-for-profit soccer club. We provide soccer to a growing population, currently 400 players annually. These players use the Emerald Park field during the summer season, and Ecole White City School during the winter season. Our club works to provide quality equipment, and a great recreational experience for all of our players and their families at an affordable cost. Our sponsors are greatly valued as they allow us to continue to provide this level of experience to our community. We have 2 packaged sponsorship opportunities, and are happy to accommodate different sponsorship options as possible.

Community Partner Jersey Sponsorship Package (2 years - \$500 for both)

This package offers complete year-round association with our club promotional opportunities. Your logo will go on one set of jerseys (each set costs about \$500) and will be used year round for 4 years. Current sponsors are Emerald Dental Clinic, Emerald Physiotherapy, and Western Litho Printers. You will get a photo of team wearing your jersey, and a host of other marketing and advertising benefits and opportunities such as:

- Your company name/logo permanently listed as sponsor on our website homepage, other pages except field pages.
- One set of jerseys with your logo in play year round, and one team

name including your business name

- Inclusion in all WCFC sponsor communication (newsletter, website, etc)
- Opportunity to place your banner at our outdoor season tourney in June (every 2 years)
- Direct to home sponsor communication with our player / coach emails
- Opportunity to provide service / product at tournament concession area, with approval from board

Billboard/Net Sponsor Sign (\$350/\$450)

This package offers tournament-focussed exposure for sponsors who can directly benefit from either a 2 X 3 or 4 X 3 foot double sided sign on Emerald Field year

round, except for the 8 weeks of our season, when the net frames are being used. The signs are visible to traffic both on Great Plains Road locally and generally to #1 hwy traffic.

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- Your company logo and name on our field condition webpage which receives 1000's of visits each season from people in White City, Emerald Park, Pilot Butte, Balgonie and neighbouring communities.
- Onsite sign during year end tournament. Approx 700 kids and families in June every 2nd year.

We welcome any interest or inquiries – please contact

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You can check out our website as well at
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Thank you for your consideration.

