

# The Greenwise Gazette

*Tending to Creation at Immanuel Anglican Church, Regina*



## Getting Ready for Christmas

### How to have a Green Festive Season

Christmas is a time for giving and a time for family. What a great opportunity to start a family tradition of giving back to the earth and instilling the values of sustainable living to your children, friends, and community. Here are a few ideas to get you going.

1. **Annual Christmas Day** (or Christmas Eve, or Boxing Day) **Bird Count**. Take a small pad and pen or your phone/camera and walk through your neighborhood or local park. Try to note and count every bird you see, by writing it down or taking a picture. When you get back to the house, identify the species and the number of birds per species. There's always a surprising discovery, and the activity highlights the presence and value of our feathered friends.

2. **Decorate a tree for the birds**. Place seed bells, suet, pinecones with peanut butter, and seed trays on a tree in your yard. It's a great activity, plus offers an important food source for birds during the winter.



3. **Decorate by bringing the outdoors in**. Forage for natural materials for holiday decorating such as pinecones, twigs, and evergreen boughs. Stringing popcorn, drying citrus slices, and wreath-making are wonderful exercises in patience and purposeful work.

## Growing Ginger

From Gardeningsoul.com – Whether you have an upset stomach or a cold, drinking ginger tea can make all the difference. In fact, ginger has so many health benefits that it's hard to list them all. Growing ginger in a container at home is easy.

1. Buy a ginger root, and let it soak in water for 24 hours
2. Look for growth buds
3. Choose a wide container because the roots grow horizontally. Fill the container with a rich potting soil that will drain well.
4. Plant your ginger by placing the piece of ginger with the eye facing up and cover with about an inch and a half of soil.
5. Watch it grow! Place it in indirect sunlight, in a warm place. Soil should be damp but not soggy. The ginger plant will be mature in about 8 months.



Check out this [LINK](#) for more detailed information.



## City of Regina - Free Sand

The city provides free sand/salt mix at 19 sandboxes throughout Regina for residents to help make icy sidewalks safe. Bring a small container and something to scoop with. Check out this [LINK](#) to view a map showing where the 19 sandboxes are located.

We acknowledge that we are on Treaty 4 territory, the original and traditional lands of the Nehiwayak (Cree), Saulteaux, Assiniboine and Metis Nations. We respect and honor the Treaties that were made on all territories; we acknowledge the harms and mistakes of the past; we are committed to moving forward in partnership with Indigenous Nations in the spirit of reconciliation and collaboration.

## Environmental Impact Calculator

ClimateHero helps you go carbon neutral in three steps:



1. Calculate your carbon footprint – it only takes 5 minutes. Here is the link: <https://climate-calculator.climatehero.me/>
2. Reduce your footprint with climate pledges
3. Offset your remaining footprint to 200%

### Ready, Set, Winter!

In addition to the 5 tips we reported last November to make your indoor space more energy efficient through the winter, here are some other low-cost ways to keep warm:

1. Layer up. Put on a sweater, socks, and slippers, and turn the thermostat down a bit
2. Turn the thermostat down 3-5 degrees at night
3. Eat and drink hot foods and beverages
4. Remove ice hanging from window frames
5. Keeps the snow around doors and windows – it acts as an insulator!
6. Invite people over – their body heat will help you keep the thermostat low.

For more energy saving Tips from SaskEnergy, check out this link:

<https://www.saskenergy.com/ways-save/energy-saving-tips>

## SARCAN – Drop and Go for Immanuel!



A DIVISION OF SARC

Remember to drop off your cans and bottles to help us with environmental projects at Immanuel. The code is our phone number **3065864420**. If you prefer to bring your cans and bottles to the church, just let Jessica in the office know, so we can get them to Sarcan.

In 2023 we hope to have enough money to purchase and install rain barrels!

## Save the Date for FROST Regina 2023



February 3 – 12, 2023

**Frost Downtown** – free activities in Victoria Park including skating, fire pits, Indigenous stories, art and more.

**Frost Wascana** – free programming for youth and families. Centered around the Rink on Wascana, taking in the public skating, dog sledding, horse sleigh rides and much more.

**Frost at REAL** – A single admission gives you access to Snow Maze, Ice Slides, Ice Sculptures, Marketplace, Mostos – Indigenous Village, Entertainment, Kids Play Zone & more

**Frost Warehouse** – explore the Soul of the City and historic buildings with live music, ice sculptures and light projection

### It's Cold Outside!

And not everyone has a warm place to stay and warm clothing. There are several easy ways to help out...

**Immanuel is collecting socks** all winter – see the box in the church



The Salvation Army's **Waterston Centre** located at 1845 Osler St. is welcoming donations of clothing and blankets. They are open 24/7 for donations.

**Souls Harbour Rescue Mission** will be accepting donations of clothing Monday through Friday, 10 am to 6 pm beginning January 9, 2023. 1632 Angus St.

Note that our next issue will be at the end of January  
*Merry Christmas everyone!*



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