

The Greenwise Gazette

Tending to Creation at Immanuel Anglican Church, Regina

FROST Regina

February 3 – 12, 2023

Where winter comes to life!



Check out all the events and activities that are planned at frostregina.com. There are free events as well as those you need a ticket for.

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

WARM HEARTS: Jacket Repair Project

Do you have a clean jacket that needs mending that you don't want anymore? The Saskatchewan Waste Reduction Council has



volunteers ready to fix them and then they'll be donated to organizations that hand them out for free! Drop off at Dean Renwick Design Studio, 1922 12th

Ave, Regina Tues – Sat 11 – 5 or contact Meg at meg@swrc.ca. Check out this [SITE](#) for more information.

Regina 2023 Seedy Saturday

March 4 at St. Paul's Cathedral, 1861 McIntyre St.

This event is where local farmers, gardeners, and seed suppliers come together to share, trade and sell seeds of various plants. You'll find a wide selection of heirloom and organic seeds, as well as seedlings and plants.



In addition, there will also be informative workshops and presentations on topics such as gardening technique, composting, and sustainable living.

Trees and Lichens in Wascana Park

Saturday, February 18, 2023, from 9:30 to 11:30 am. Meet at the Queen Elizabeth Statue in front of the Legislative Building in Wascana Park. We will walk around the Legislative Building looking at and learning about the trees we see. We will also be watching closely for lichens! Birds we see will be a bonus!



Walking distance will be 2 – 3 km along sidewalks, roads, and paths. Dress warmly! All ages and skill levels welcome. Hosted by Nature Regina.

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.

The Betty White Challenge 2023

Many people participated in the Betty White Challenge in January of 2022, donating money and pet food to local animal shelters on what would have been her 100th birthday after she passed in late 2021. In 2023 we again saw many people donating in memory of Betty White. In Regina, one local woman put out the word on social media that she was collecting cat food and had amazing response. She was able to donate over \$600.00 worth of cat food to the Regina Humane Society. Can you help and keep the Challenge going?



Recycling Corner – Light Bulbs

The federal government put a partial ban on regular light bulbs in 2014. Most people have replaced them with fluorescent lights, either tubes or compact bulbs, which provide the same light using about one sixth of the energy and generally lasting 4-5 times longer.



So what do you do with your Fluorescent lights when they do burn out? These tubes use mercury vapor to

produce light. Human exposure to mercury can cause brain, nerve, kidney, and lung damage. The mercury is sealed in the bulb, so it is only hazardous if the tube is broken.

Here in Saskatchewan, fluorescent bulbs and tubes are collected for recycling by a few retailers, including London Drugs and RONA. They are also collected as part of Household Hazardous Waste Collection events. Regina is home to K-Light

recycling, who process commercial lights as well as the ones collected by London Drugs.

Note that LED light bulbs are a mercury-free alternative that are extremely long-lasting and even more energy efficient than fluorescent bulbs.



[K-Light Recycling](#) is proudly Saskatchewan-owned and operated since 2003.

SARCAN – Drop and Go for Immanuel!



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!*

It's Cold Outside!

And not everyone has a warm place to stay and warm clothing. Here is how you can help out...

Immanuel is still collecting socks – 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 at 1632 Angus St.

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