

# White City & Emerald Park

OCTOBER EDITION, 2025

## Community Newsletter



### How to survive annoying relatives this holiday season

Social allergies are a lot like seasonal allergies. They're annoying, exhausting and hard to avoid. They're also especially common around the holidays. That's because the holidays put you at a high risk of exposure. Swap the dander and ragweed for your not-so-favourite acquaintances and relatives and there you have it — a full-blown case of social allergies.

Maybe it's the way your aunt constantly complains about frivolous things. Or perhaps it's how your father-in-law smacks his lips and wipes his mouth with the back of his hand when he eats. Or could it be the way your cousin can't have a conversation without droning on about himself?

All of us have allergies to people whose seemingly inconsequential behaviour irritates us. The emotional and physical symptoms these social allergens

produce arise within minutes of exposure, making us want to immediately evacuate the toxic environment.

#### THE HOLIDAY SEASON SOCIAL ALLERGY

Like seasonal allergies, social allergies are often inescapable. Triggers include the obligatory get-togethers that come with the holidays. For many, the season is supposed to be a time to recharge our batteries: recover from the unreasonable deadlines, numerous pressures and other demands we face on a daily basis. Social allergies can interfere with that plan.

Rather than having a few days off to decompress, we spend our time away from work filled with dread, anxiety and exasperation because we have to endure people we are allergic to.

Although we can get out of some noxious social situations, there are others

that are almost mandatory. So, what are the social antihistamines that will help us cope?

#### LIMIT EXPOSURE

One effective way to prevent a social allergic reaction is to limit your exposure. In the same way a person allergic to cats should avoid snuggling up in bed with a pride of domestic felines, a person with social allergies should avoid staying in an environment full of social allergens.

By minimizing the amount of time you are in contact with the allergens, you attack the problem directly, fostering resilience and recovery by reducing your exposure to a hazardous situation.

This means leave early or come late. Have a strategy to restrict the amount of time you spend surrounded by your social allergens. While you are at the gathering, be strategic about the social situations

you place yourself in. When finding a spot at the dinner table, don't sit next to cousin so-and-so or aunt M and definitely don't sit in full view of your lip-smacking father-in-law.

#### VALIDATE

We have the power to exert some control over many social allergens.

For example, when speaking with a self-centred toxic relative, she's looking for a certain type of reaction from you. In many cases, the wanted reaction is simple: it's support and validation.

While you may want to shut off the stream coming out of auntie's mouth, this will not actually help calm your allergic reaction. But if you spend some time to first provide the validation she seeks, you could potentially satisfy her craving and extinguish the behaviour you find repellent.

- Continued on page 2



## How to survive annoying relatives this holiday season

*Continued from page 1*

### GIVE FEEDBACK

If you can no longer tolerate your father-in-law's eating, consider speaking to him about his eating habits. But remember that conversations not only convey information, they also have implications for relationships and identities.

Make it clear to him that you're speaking to him about this because you love him. And see if you can bring up the topic indirectly so that you don't come across as intrusive. Giving feedback to people often fails to change their behaviour if we're not sensitive about how it might be received.

### MINDFULNESS

If giving feedback to your father-in-law doesn't seem like the best idea, you

can instead try practising mindfulness. Mindfulness is a non-judgmental state of present moment awareness.

When social allergens start bothering you, pay attention to your own internal irritation without evaluating it. Don't cling to it and don't push it away. Just follow it.

Watching the ebbs and flows of your experience has a way of putting distance between you and your reactions through a process called *reperceiving*. Mindfulness won't necessarily prevent the allergen from bothering you, but it will help you control how much it annoys you and how quickly you recover from its effects.

Social allergies can burn you out and change a

relaxing holiday into a stressful test of endurance. To get a boost during holiday time, you need to make sure that you spend your time with people who recharge and revitalize you.

Also, mitigate your aversive reaction to people's annoying habits. A few simple steps can transform your holiday into one that lets you enjoy a happy, healthy break, instead of having to contend with social allergies.

**Jamie Gruman**

*Professor of Organizational Behaviour, University of Guelph*

### THE CONVERSATION



Dr. Kelsey Ross



Dr. Chantara Lerner

## Emerald Park Dental Clinic

### Hours

Monday 8-5  
Tuesday 8-5  
Wednesday 8-5  
Thursday 8-5  
Friday 8-2

### Dentists

Dr. Kelsey Ross  
Dr. Chantara Lerner

New Patients  
Welcome

General Dentistry

Emergencies  
Welcome



Dangstorp  
Dental

306.949.2767 • DangstorpDental.com

312 Great Plains Road, Emerald Park S4L 0B8

## Feel-good campaigns that are easy to take part in

Many of us want to do our part for the community. But this year in particular, worries about the cost of donating to charities might be holding us back. Here are six easy, low-cost or free ways you can give back.

### Share on social media

You don't have to be an influencer with millions of followers to have an impact online. If there's a cause you care about, post a message about how you're contributing and encourage your contacts to take part as well.

### Donate unwanted items

After major natural disasters and other humanitarian crises, there are often campaigns to collect clothing, furnishing and other essentials for those impacted. Women's shelters and other aid organizations need donations throughout

the year.

### Join a fun run

You don't need to be a fitness buff to participate in a charity run. There are events held across the country that cover different lengths. There are also walking, biking, rowing events and more that you can participate in. However you join, you get a bit of exercise and might meet some new like-minded friends.

### Give money that multiplies

Many well-known charities have partnerships with corporations or government agencies that provide matching funds for public donations. In some cases, the funds are donated in multiples. So, for every dollar you donate, several more go to the charity.

### Volunteer your time

Many charities rely on volunteers to fulfil their goals.



While some require a regular commitment, many others welcome one-time, once-a-week or once-a-month participants. Other options, such as tutoring or mentoring, can be done online from the convenience of your home.

### Repurpose with purpose

If you have clothing that you no longer want or need, considering giving it to an organization that can give it a second life. Throughout the year, Canadian com-

pany la Vie en Rose collects used bras under the Be Your Own Breast Friend program. The bras are repurposed or recycled. For the month of May, the company donates \$1 to a variety of breast-cancer-related charities across Canada for every bra dropped off at one of their stores.

Learn more about the program at [lavieenrose.com/en/be-your-own-breast-friend](http://lavieenrose.com/en/be-your-own-breast-friend).

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



*40 Years of Excellence*

*"One of Saskatchewan's Best Managed Companies!"*



**SAND & GRAVEL LTD.**

**• WHITE CITY •**

*Since 1978*



**Serbu Sand & Gravel Ltd. Provides All Types Of Excavation Services**

- Concrete Removal
- Bobcat & Mini Bobcat Service
- Basements
- Track Hoe
- Snow Removal

*Proudly serving Regina and surrounding area*

**781-SAND (7263)**

**781-4595**

**Email: [nathans@sasktel.net](mailto:nathans@sasktel.net)**

**Website: [www.serbu.ca](http://www.serbu.ca)**

**Suppliers Of:**

- Fill Sand & Dirt
- Sand & Gravel
- Mortar Sand
- Top Soil & Manure
- Quality Aggregates Produced and Supplied Directly From Us To You!





**MADERA**  
KITCHEN + BATH

**[ free in-home consultation + measure ]**  
with no obligations or commitments

**[ cabinetry + furniture ]**  
**[ local + experienced ]**

we also provide 3D renderings of every project so you can truly visualize your space!

Call Ethan in White City!  
306.530.5466  
[maderakitchenandbath.com](http://maderakitchenandbath.com)



**Celebrate Canada with this heart-healthy fall harvest lasagna**

Harvest season in Canada brings savoury favourites and an abundance of fresh produce that's both healthy and full on flavour. Take advantage of those in-season offerings with a new take on a fall classic:

**Sweet Potato and Crisped Kale Lasagna with Apple and Sausage**

Prep time: 50 minutes  
Cook time: 55 minutes  
Makes: 8 servings

**Ingredients:**

- 2 large sweet potatoes, washed and scrubbed
- 2 medium onions, diced
- 2 Granny Smith apple
- 1 bunch kale, washed, stripped and torn up (about 4 cups, or 1 L)
- 5 Italian sausages (500 g), mild or hot



**BRONCO**  
Plumbing Heating & Cooling

**WATER HEATER & WATER SOFTENER RENTALS ARE BACK!**

 **306-781-2090**

1¼ lbs (560 g) ricotta cheese  
 1 cup (250 ml) grated parmesan  
 2 tbsp (30 ml) canola oil, divided  
 1/4 tsp (1 ml) ground nutmeg  
 4 cloves of garlic, minced  
 1 tsp (5 ml) dried sage  
 ½ tsp (2 ml) black pepper  
 canola cooking spray

#### **Directions:**

##### ***Lasagna mixture:***

1. Preheat oven to 400°F (200°C).
2. Pierce one sweet potato with a fork on all sides. Microwave on high until fork-tender, about 8 minutes. Let cool, remove skin, add to a large bowl and mash.
3. Add ricotta and nutmeg to the mash and mix thoroughly. Set aside.
4. In a large pan over medium-high heat, add 1 tbsp (15 ml) canola oil. Add onion and sauté for 5-7 minutes, until soft. Add garlic and dried sage, cooking for another 1-2 minutes.
5. Remove casing from sausages and crumble into pan. Cook with onion mixture for 10-12 minutes, or until cooked through. Add 2 cups (500 ml) of kale and wilt, about 1 minute.
6. Remove from heat and set aside.
7. Using a mandolin, slice the other sweet potato lengthwise. Slices should be about 1/8" (3 mm) thick. Set aside.
8. Quarter the apples and remove cores. Using the mandolin, slice quarters thinly, about 1/8" (3 mm) thick. Set aside.

##### ***Assembly and baking:***

1. Spray a 9 x 13" (23 x 33 cm) baking dish with canola cooking spray.
2. Line the bottom of the dish with half the sweet potato slices.
3. Top slices with half the ricotta mixture. Spread evenly using a rubber spatula.
4. Top ricotta mixture with half the apple slices, in an even layer.
5. Spread half the sausage mixture over top and sprinkle with half the parmesan.
6. Repeat steps 2 to 4 with remaining ingredients.
7. In a small bowl, toss remaining kale with 1 tbsp (15 ml) canola oil. Distribute evenly on top of lasagna.
8. Cover with tin foil and bake for 40 minutes. Remove foil and return to oven for 10-15 minutes, or until kale leaves are browned.
9. Let cool before serving.

**Tip:** Using canola oil lets you take advantage of its high smoke point to really crisp up the edges of the lasagna for contrast with the tender inside layers.

You can find more heart-healthy recipes that celebrate what Canada has to offer at [hellocanola.ca](http://hellocanola.ca).

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



### **Join the White Butte Museum Board of Directors**

*Love local history? Enjoy long walks in nature?  
 Want to make a difference  
 in your community?*

The White Butte Museum is looking for  
 enthusiastic volunteers to serve on our  
 Board of Directors.

Help preserve our heritage, share  
 community stories, and shape the  
 museum's future.

This is an excellent opportunity for young  
 and old alike.

To learn more or get involved, contact  
[info@whitebuttemuseum.com](mailto:info@whitebuttemuseum.com)

***Be part of history—join us today!***



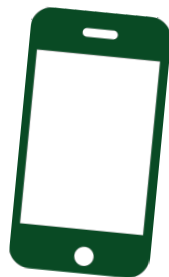
Council meetings are now being recorded and posted on the RM website after each meeting.

Agendas & Minutes are available to download and review online:

[www.rmedenwold.ca/agendas-and-minutes](http://www.rmedenwold.ca/agendas-and-minutes)



New phone  
number? Email  
Address?



Be sure to keep us  
updated by calling the  
RM of Edenwold office so  
you don't miss out!

306-771-2522



COMMUNISKATE

**Free Skating Wednesdays**

Noon  
to 1pm

Sponsored by the RM of Edenwold and Communiskate

(No free skating day scheduled  
on Dec 24th, Dec 31st or Feb 18th)



from Oct 1, 2025  
to March 25, 2026



**FIND ALL 12  
GEOCACHES!  
AVAILABLE UNTIL  
OCT 25TH**



[www.rmedenwold.ca/events](http://www.rmedenwold.ca/events)

**DEC 4**

**Christmas  
FIREWORKS  
& TREE LIGHTING**

At the  
RM office  
at 5pm  
with  
fireworks  
@ 7pm

**What's happening in the RM?** [www.rmedenwold.ca/community-calendar](http://www.rmedenwold.ca/community-calendar)

# Councillor's Corner

with Nichole Posehn

Building Community, One Connection at a Time



I am so proud to share that we have a second individual from Emerald Park and from Division 3 who has been awarded the King Charles III Coronation Medal — my friend, Dustin Tessier.

This medal is a tremendous honour, presented to individuals who exemplify service, leadership, and commitment to their community and country. Dustin's recognition is well deserved and reflects the hard work, vision, and dedication he has shown throughout his career.

Dustin is widely recognized for his leadership in the energy sector, particularly his contributions to advancing digital substations and modernizing the electrical grid — work that is critical for building efficient, reliable, and sustainable infrastructure for the future on the national stage. His achievements not only highlight his personal excellence but also shine a spotlight on the talent and innovation that exists right here in Emerald Park.



Dustin is the Managing Director of Tesco Automation, part of the Tesco Group of companies. Through his leadership at Tesco Automation, Dustin is shaping advancements in the way power infrastructure is designed and delivered, positioning Saskatchewan as a contributor to global energy innovation.

So proud to congratulate my friend and fellow Emerald Park resident, Dustin Tessier! Your hard work and dedication motivate us all, and your story is proof of the incredible things that happen when innovation, leadership, and service come together.

Over the past few months, I have received many calls and messages from ratepayers asking about what is happening with the Emanuel Villa Care Home, located in Division 3. I am happy to share the latest update.

As many of you already know, the care home has been purchased by the Saskatchewan Health Authority (SHA). The facility will now operate as

a long-term care home. The difference is that it will now be government-run, rather than privately managed as it was in the past. By the time you are reading this article, the process of admitting residents will already be underway, but the process is slow.

Emanuel Villa is an 80-bed facility, and all admissions will go through the formal SHA process. I did inquire whether there would be a specialized dementia or Alzheimer's unit, and at this time there are no plans for one.

It is important to note that Emanuel Villa will

serve as a long-term care home for individuals of varying ages who require a higher level and quality of care.

**Nichole Posehn,**  
Division 3 Councillor



# OktoberToss CORNHOLE

Aspen Links Fall Cornhole Tournament

**Saturday, October 18th, 2025**  
 **Registration begins at 6:00 PM**  
 **Tournament starts at 6:30 PM**  
 **\$10 per person — 50% payout**  
 You can also register **on the Scorehollo app**  
Or contact us at **Rick@aspenlinks.ca**

Proceeds going to the Emerald Park Cross Country Ski Club



WWW.SOUTHEASTLIBRARY.CA

## Souper Bowl

White City Public Library  
Branch

Wednesday, October 15th  
6:00pm

Sweater weather means soup weather! We are going to make a great fall soup to share. You will take the recipe home after you enjoy our creation! Please bring your favorite soup recipe to share and we will make our own "cookbook". Unfortunately, we're not able to accommodate individual dietary restrictions for this event.



Register early  
Space is limited  
Please call the library  
781-2118



WWW.SOUTHEASTLIBRARY.CA

## Adult Book Club

White City Public Library  
Branch

Monday, October 20th  
6:30pm

We will be discussing  
The Dutch Wife by Ellen Keith

Copies available  
at the front desk

NEW MEMBERS WELCOME!



FOR MORE INFORMATION  
CONTACT THE LIBRARY  
781-2118



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

We will be closed on October 13, 2025 for Thanksgiving

Visit us - [f](https://www.facebook.com/WhiteCityLib) White City Public Library Branch [t](https://www.tumblr.com/WhiteCityLib) WhiteCityLib  
**OCTOBER 2025 PROGRAM & EVENTS CALENDAR**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Canadian Library Month begins	2 Makerspace kits this month: Woodburning kit Embroidery kit	3 Preschool Storytime 10:00am Drop-in	4 Adult/Teen Woodburning 1:00pm Drop-in
5	6 Navigating Technology for Seniors 1:30pm Drop-in	7 EAL Language Circle for newcomers 6:00pm	8 Adult/Teen Embroidery 4:00pm Drop-in	9 Lego Club 3:45pm Drop-in	10 Preschool Storytime 10:00am Drop-in	11 Adult/Teen Embroidery 1:00pm Drop-in
12 Celebrate Saskatchewan Library Week: October 12-18	13 Closed for Thanksgiving	14 EAL Language Circle for newcomers 6:00pm	15 Souper Bowl 6:00pm Please Register Bring your favorite Soup recipe	16 Lego Club 3:45pm Drop-in	17 Preschool Storytime 10:00am Drop-in	18 Adult/Teen Woodburning 1:00pm Drop-in
19	20 Navigating Technology for Seniors 1:30pm Adult Book Club 6:30pm The Dutch Wife	21 EAL Language Circle for newcomers 6:00pm	22 Adult/Teen Woodburning 6:00pm Drop-in	23 Adult Book Club 1:00pm The Women by Kristin Hannah	24 Preschool Storytime 10:00am Drop-in	25 Adult/Teen Embroidery 1:00pm Drop-in
26	27	28 EAL Language Circle for newcomers 6:00pm	29 Lego Building 6:00am Drop-in	30	31 Storytime 10:00am Drop-in Halloween	



### CHILDREN'S PROGRAMS

#### Preschool Storytime

Fridays @ 10:00 AM  
October 3, 10, 17, 24, 31

A drop-in program for children 0-5 years and their caregiver. Join Gail for stories, rhymes and a simple craft. No registration required.

#### Makerspace kits this month

**Embroidery:** We'll go over basic stitches and provide you with the tools to get started. Suitable for adults/teens.

**Woodburning:** Create beautiful designs with a wide variety of burning tips with our Woodburning kit. Suitable for adults/teens ages 14+.

#### Navigating Technology for Seniors

Mondays at 1:30pm October 6 & 20th  
Bring the device you need help with.  
A Drop-in program

### ADULT PROGRAMS

#### Adult Book Clubs

**The Dutch Wife** by Ellen Keith will be discussed on Monday, Oct. 20th at 6:30pm.

**The Women** by Kristin Hannah will be discussed Thursday, Oct. 23rd at 1:00am. Copies available at the front desk.

#### Souper Bowl

Wednesday, Oct. 15th at 6:00pm.

Sweater weather means soup weather! We are going to make a great fall soup to share. You will take the recipe home after you enjoy our creation! Bring your favorite soup recipe to share & we will make our own "cookbook".

Unfortunately, we're not able to accommodate individual dietary restrictions for this event. **Register early, spaces are limited.**

To register for programs, please call 306-781-2118.

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



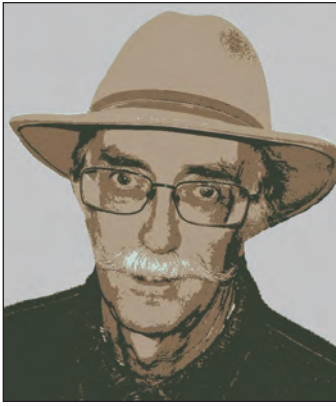
**Advertise With Us Today!**  
**White City & Emerald Park**  
*Community Newsletter*

Quarter Page Ad \$100 • Half Page Ad \$200

Full Page Ad \$400

Business Card \$360/year  
(business card min. 1 year)

Deadline for ad copy is the 20th of each month.  
Email: [shannon@westernlitho.ca](mailto:shannon@westernlitho.ca)  
for more information



# Off the Beaten Track

- By John Panter

There's not much I can add to flesh out the details of the scheme to defraud the R.M. of Edenwold and the Town of White City to the tune of \$497,000 and \$200,000 respectively. In a joint statement the two municipalities disclosed that a fraudster had electronically impersonated the Wastewater Authority, jointly owned by the two, and had made off with the loot. Of course, there's a criminal investigation underway and efforts are ongoing to recover the money. Will they be successful? Time will tell.

However, there's more to this story. At the R.M.'s council meeting back on October 8th, 2024, councillor Nichole Posehn, a modern-day Cassandra (Google it), suspecting (correctly, as it turns out) that there were I.T. security vulnerabilities, presented a cybersecurity assessment proposal which would see a recognized cybersecurity expert do an audit of the R.M.'s systems at a modest cost of \$3,500. Council rejected her suggestions.

She followed up with numerous e-mails to staff and the Reeve detailing her specific con-

cerns, all of which were ignored. The I.T. committee, of which Posehn had been a member, and which would have been the ideal forum for discussing, well, I.T. stuff and what can go wrong if there is inadequate security, was never convened again after October 8th.

The R.M. issued this statement after Posehn's proposal: "The RM's IT Specialist has already implemented the framework with technical controls reviewed. The RM has funds budgeted for tools for prevention over third-party assessments and for any emergency situations. The roadmap for IT infrastructure is being followed."

To which I would respond. "Oh yeah? How's that working out for you?"

I'm willing to bet that there are a number of people, councillors and staff alike, who are wishing that they had taken councillor Posehn's concerns and recommendations seriously. (insert horse/barn-door analogy here). They were, seemingly, more interested in compiling a dossier of code of ethics charges against her for such heinous activities as lingering at the coffee station, having the temerity to make a motion to amend a council agenda, and suggesting that the R.M. institute a "hire local" campaign. In fact, at the same council meeting at which Posehn sounded the alarm, the council

filed the formal code of ethics complaints against her. Hmmm. Priorities.

\*\*\*\*\*

The proposal for the Greensview high-density rental residential complex in Emerald Park will soon be moving into the Public Hearing phase. It is the considered opinion of your faithful scribe that residents of Emerald Park and White City are nearly unanimously opposed to this development. So it really comes down to our willingness to push back against it.

That means showing up at the public hearing. Watch for the notice of the date; it may already

have been announced by the time you are reading this. Write letters of opposition. Better yet, speak up against the project at the public hearing. Talk to your neighbours. Bring them to the public hearing. It's up to us to convince the councillors who will be voting on the issue to listen to their ratepayers.

Because, as sure as God made little green apples, if we all sit back and let "George" do the heavy lifting for us, the R.M. Council will approve this development.

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

## Everything for Christmas Sale



Fabulous  
Vendors

**Saturday, November 1st, 10:00 - 5:00**

**Sunday November 2nd, 10:00 - 4:00**

**Pilot Butte School Gym, 300 6th Street**

(Northeast entrance, off 5th St.)

Find Everything for Christmas at this event!

Lunch, Snacks, Beverages available!

**Crafters, Artists, Creators, Trades, and home-based businesses!**

For more information visit:

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

PILOT BUTTE

Arts

LET'S CREATE

# Advertise With Us Today!

## White City & Emerald Park

### Community Newsletter

Advertise your business card for one year - \$360! email: [shannon@westernlitho.ca](mailto:shannon@westernlitho.ca)

Advertise With Us Today!  
**White City & Emerald Park**  
 Advertise your  
 business card for  
 one year - \$360!  
 email: [shannon@westernlitho.ca](mailto:shannon@westernlitho.ca)

**JAYME MARIE R.M.T.**  
 Therapeutic, Deep Tissue,  
 Sports and Thai Massage  
 ONLINE BOOKING  
 DIRECT BILLING  
 INSURANCE RECEIPTS  
 306-540-9901  
[emeraldparkmassagetherapy.ca](http://emeraldparkmassagetherapy.ca)

WE'VE MOVED!  
**LIFT MOVE FUEL**  
 PERSONAL TRAINING STUDIO  
 NOW LOCATED AT  
 320 - 6 SOUTH PLAINS RD, EMERALD PARK  
[WWW.LIFTMOVEFUEL.CA](http://WWW.LIFTMOVEFUEL.CA)

BRINGING MORE "YES" TO REGINA  
 VISIT OUR REGINA LOCATION  
 4850 E Victoria Ave. |  
 Regina, SK S4N 7A9  
 306-271-0431  
**SUNBELT RENTALS**  
© 2020 Sunbelt Rentals. All Rights Reserved.

**CORY SAWCHYN**  
 306-789-0250  
 CorySawchyn@gmail.com  
 Regina & Area  
**SPEEDY STUMP CUTTER**  
 TREE & STUMP REMOVAL  
 TREES | STUMPS | HEDGES CALL TODAY FOR A FREE ESTIMATE

**HUB** Insurance Brokers and Consultants  
 6 South Plains Road  
 Emerald Park, SK, S4L 1B7  
 Ph: 306.781.2244 Fax: 306.781.0066  
[www.hubinternational.com](http://www.hubinternational.com)

*Esthetics by Shelley*  
 gel nails, pedicures, manicures, waxing  
 Shelley Benckhardt, Esthetician  
 • Over 20 years of experience  
 • Debit, Visa, Master Card, and Cash Accepted  
 • Tuesday, Friday - 8:30 am til 5:15 pm  
 • Wednesday, Thursday - 8:30 am til 8:00 pm  
 • By appointment only, no walk-ins  
**32 Fairway Crescent, White City • 306.527.8414**  
[ksbench@sasktel.net](mailto:ksbench@sasktel.net)

**KEE STORAGE**  
 42 Great Plains Rd.  
 Emerald Park, SK  
**306-781-5678**  
[www.keestorage.com](http://www.keestorage.com)  
[keestorage@sasktel.net](mailto:keestorage@sasktel.net)

**PHARMASAVE**  
 Charles Obeng  
 MPharm RPh (PHARMACIST / OWNER)  
 P: (306)347-1270 / (306)201-6970  
 E: [charles.ps436@sasktel.net](mailto:charles.ps436@sasktel.net)  
[ps436@sasktel.net](mailto:ps436@sasktel.net)  
**70 Great Plain Road • Emerald Park**  
**20% off for Seniors**  
 Specialty Compounding • Vaccinations • 3 Month Prescription Dispensing

**SHOPPERS DRUG MART**  
**DEVIYANI J. PATEL** BSP  
 ASSOCIATE OWNER  
 22B Great Plains Road  
 Emerald Park, SK S4L 1B6  
 T 306-721-7290 EXT 3.3  
 F 306-721-7294  
[asdm2464@shoppersdrugmart.ca](mailto:asdm2464@shoppersdrugmart.ca)  
**3 EASY WAYS TO ORDER REFILLS**  
 1 By phone  
 2 Online  
 3 Mobile App

**WESTERN LITHO PRINTERS**  
 DESIGN | PRINTING  
 SERIOUSLY SMART PRINTING  
 Serving Saskatchewan businesses with unprecedented speed, efficiency and accuracy  
 300 Dewdney Avenue, Regina, SK S4N 0E8  
 Bus: 306.525.8796 Toll Free: 1.877.475.4846  
 Fax: 306.565.2525 | [www.westernlitho.ca](http://www.westernlitho.ca)

**M&O CONSTRUCTION**  
**FORM FOAM BASEMENTS**  
[www.mandoconstruction.ca](http://www.mandoconstruction.ca)  
**306-757-9433**  
 SPECIALIZING IN ALL CONCRETE WORK

Advertise With Us Today!  
**White City & Emerald Park**  
 Advertise your  
 business card for  
 one year - \$360!  
 email: [shannon@westernlitho.ca](mailto:shannon@westernlitho.ca)

**HAAS PHYSICAL THERAPY**  
 Prof. Corp.  
 Strength - Balance - Stability  
[haasphysicaltherapy.ca](http://haasphysicaltherapy.ca)  
[admin@haasphysicaltherapy.ca](mailto:admin@haasphysicaltherapy.ca)  
**306-559-5676**  
 336 Great Plains Rd • Emerald Park, SK  
 • No Doctor Referral Needed  
 • Direct Billing To Insurance  
 • Online Booking Available

**Brad Crassweller**  
 MLA for White City - Qu'Appelle  
 (306) 520-5018 | [mla@wc-q.ca](mailto:mla@wc-q.ca)  
 A - 129 Railway St. East  
 Balgonie, SK S0G 0E0

More Flooring In Stock, More Prices You'll Love.  
**Let's get flooring.**  
 Hardwood | Laminate | Area Rugs | Luxury Vinyl | Carpet | & More!  
**END OF THE ROLL FLOORING CENTRES**  
[endoftheroll.com](http://endoftheroll.com)  
 Regina  
 2570 Victoria Ave E  
 306.585.7655

Advertise With Us Today!  
**White City & Emerald Park**  
 Advertise your  
 business card for  
 one year - \$360!  
 email: [shannon@westernlitho.ca](mailto:shannon@westernlitho.ca)

ENGINEERING TRUST SINCE 1976  
**GN GANG-NAIL TRUSSES**

**Cornerstone**  
CREDIT UNION

**DO MORE WITH  
A CORNERSTONE LOAN**

Emerald Park Branch, 15 Great Plains Road

1.855.875.2255 | cornerstonecu.com |

**JESSICA DUNN**  
REALTOR®  
Real Estate (Re/Max) | Styling  
www.athomewithjess.ca  
C: 306.531.8578

**JJ REALTY**  
REGINA

**twb home décor**  
LOCAL, HANDCRAFTED, GIFTS.

101-36 Great Plains Road  
Emerald Park, SK  
S4L 1B6

info@twbhomedecor.com  
306-775-3531  
@TWBHomeDecor  
TWBHomeDecor  
twbhomedecor.com

**Robin & Michele Tremblay**  
Owners

Cell: 306.535.1478  
Office: 306.359.1900  
jrumpel@royallepage.ca

**Jason Rumpel**  
REALTOR®

**db Dusyk & Barlow**  
INSURANCE BROKERS LTD

302 University Park Dr.  
Regina, SK S4V 0V8  
Facsimile: 306.791.3471  
Toll Free: 1.800.305.6737  
www.saskinsurance.com  
stephen.barlow@saskinsurance.com

**Stephen Barlow**  
Insurance Broker, CAIB  
Vice President Marketing/HR  
Ph: 306.791.3474

**SLACK'S ACCOUNTING & INCOME TAX SERVICES**

*Farm, Personal & Corporate Tax Preparation,  
Bookkeeping & Business Consulting*

**Howard and Mavis Slack**  
Box 511, Stn. Main, White City, SK S4L 5B1  
**Ph: 306.781.2213** Fax: 306.781.2522  
h.slack@sasktel.net or mjslack@sasktel.net

**Martin Dupont LLP**

Barristers, Solicitors, Mediators 200-1870 Albert Street  
Regina, SK S4P 4B7

Phone: 306.525.2737  
Fax: 306.565.3244  
sharon@martinlawfirm.ca

**Sharon A. Martin** | B.A., LL.B.

**KLEMP**  
PLUMBING & HEATING

NOW PROUDLY SERVING WHITE CITY, EMERALD PARK AND SURROUNDING AREA

**JARED JACKSON**

Offering Services in:  
• Residential & Commercial Plumbing  
• Furnace & Boiler Repair & Installation  
• Air Conditioner Repair & Installation

PH (306) 545-1487  
Fax (306) 731-6987  
Email: kpandh@sasktel.net

**Rispens**  
LANDSCAPING

306-522-1116 WWW.RISPENSLANDSCAPING.COM  
17350 RANGE ROAD 2190, REGINA, SK

**Advertise With Us Today!**  
**White City & Emerald Park**

Advertise your  
business card for  
one year - \$360!  
email: shannon@westernlitho.ca

**SHERWOOD**  
GREENHOUSE & GARDEN CENTRE

17350 Range Road 2190 | Regina, SK | 306-522-1116  
www.sherwoodgreenhouses.com

**COMMUNISKATE**  
**PRO SHOP**

**SKATE SHARPENING • TAPE, LACES AND  
MUCH MORE FOR YOUR SKATING NEEDS**

P: 306 781 7465  
E: communiskateadmin@sasktel.net  
www.communiskate.com  
201 Great Plains Road | Emerald Park, Saskatchewan

**Where the Open Road Begins**

**Village RV**

Sales & Parts  
306-525-5666  
Service & Hitches  
306-569-8733  
www.villagerv.ca

YOUR LOCAL REALTOR®

**Lex KRESS**

REACH OUT FOR A  
COMPLIMENTARY  
HOME EVALUATION  
306-501-0254

TEAM

**F.P.C. INDUSTRIES**  
CHAIN LINK FENCE SPECIALIST

Living in White City over 20 years  
email: fpcindustries@sasktel.net  
305 QUEBEC ST. S4R 1K5  
Fax 306-721-7811 REGINA

**Advertise With Us Today!**  
**White City & Emerald Park**

Advertise your  
business card for  
one year - \$360!  
email: shannon@westernlitho.ca

**RV RANCH**

**Dan - Lee Enterprises Inc.**  
Indoor/Outdoor Storage

White City Area **306-537-7372**  
dan.lee.inc@sasktel.net

**Andrew SCHEER**  
MP - REGINA-QU'APPELLE

ALWAYS ON YOUR SIDE!

984-A Albert Street  
Regina SK S4R 2P7  
(306) 790-4727  
Andrew.Scheer@parl.gc.ca  
www.andrewmp.ca

**STREIFEL'S LAWN & YARD CARE LTD.**  
Residential • Commercial • Condominium • Acreages

P.O. Box 159 White City, SK S4L 5B1  
Cell: 306-536-7180  
Fax: 306-761-0031  
Email: streifel@sasktel.net

Lawn Mowing, Power Raking,  
Vacuum, Core Aeration, Weed  
Control, Fertilizing, Hedge Trimming,  
Pruning, Rototilling, Sprinkler  
Blowouts, Seasonal Cleanups,  
Snow Removal, Bobcat Services

**FREE ESTIMATES • IN BUSINESS FOR OVER 20 YEARS**

**Harmony**  
BOOKKEEPING LTD.

BONNIE CARROLL  
OWNER/OPERATOR

306-535-2065  
harmonybookstld@gmail.com

**WORKING TOGETHER FOR SUCCESS**

Driveway Grates • Basement Braces  
Steel and Metal Sales • Fabrication  
CNC Plasma Cutting • Bending  
Welding • Design

**4S ALLWYNN STEEL**  
SOLID SOLUTIONS.

(306) 781-2226  
6 Percival Drive, Emerald Park

AUTOMOTIVE PARTS

AUTO BODY SUPPLY

TOOLS & EQUIPMENT

INDUSTRIAL & SAFETY SUPPLY

# AUTO



## electric service

**We are your local store for...**



Garant



Outrageously Dependable®

- Powersport
- Marine
- RV
- Automotive
- Agriculture



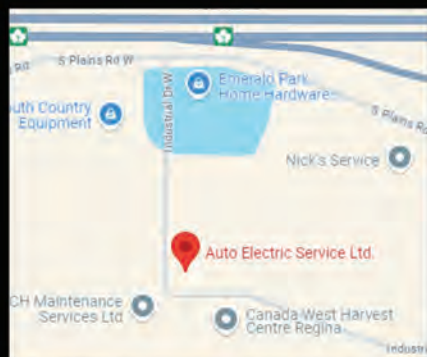
PRIME  
Wire and Cable



Plumbing  
Antifreeze  
available while  
supplies last



**For all this and more, come see us at our new location:**



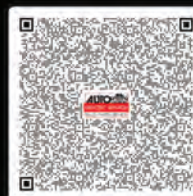
**11 INNOVATION  
DRIVE**

**EMERALD PARK  
(306) 993-1629**

### Store Hours

Monday - Friday 7:30a - 6:00p

Saturday 9:00a - 2:30p



**CANADIAN OWNED AND OPERATED SINCE 1943**

## Trust in local: Ways to buy Canadian

Patriotic pride is riding high with the surge of the “buy Canadian” movement. It’s a timely feeling, but not a new one: for generations, Canadian farmers, producers, manufacturers and retailers have supported their communities with unique, high-quality goods.

Whether you’ve been a die-hard buy Canadian shopper for years, or you’re looking to get started, here are some tips:

**Visit the farmer’s market.** It’s a proud Canadian tradition, and there’s no shopping experience quite like it. You can get fresh, high-quality produce, fresh bread and baked goods straight from the farmers and producers themselves.

Look for home items like beeswax candles and hand-made soaps or lotions. Most markets also offer food and refreshment, as well as local craft goods and thrift finds.

**Look for uniquely Canadian options.** Some things are just too Canadian to get from anywhere else: think maple syrup, wild blueberries or canola. In fact, canola, short for “Canada” and “oil, low acid,” is a Canadian invention dating to the early 1970s, coming from farmers and scientists working together.

It’s a heart-healthy cooking oil that’s trans-fat free, low in saturated fats, with plenty of omega-3 and “good cholesterol” monounsaturated fats. Canola grows right



here, with 70 per cent coming from Western Canada. It’s also in more things than you’d expect, from cosmetics to pet foods to sustainable biofuels and environmentally friendly bags and fabrics.

**You can buy Canadian online, too.** Every community has hidden gems, and you don’t have to live next door to support them. Even small stores usually have online ordering, which lets you access their unique offerings, no matter the distance. If there’s a particular

item you want, try adding “Canada” to the end of your online search, or switching the search to the maps tab to see which Canadian vendors can send it to you.

Buying Canadian isn’t just a slogan. It’s a way to connect with your community, and communities across the country, and to sample the best of what Canada has to offer. You can learn more about supporting Canadian-made goods at [hellocanola.ca/canadian](http://hellocanola.ca/canadian).

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



### Lyndon Penner Gardening Seminar

Saturday, October 25, 2025

Only 150 tickets, and only available until October 20, 2025.



Members \$25, Non-Members \$40

Spend the morning with Lyndon, as he covers not one, but two exciting topics:

1. Alliums - Not Your Average Onion
2. What NOT To Do in Your Yard

**Time:** Doors open 8:30 am, Program 9:00 am - 11:30 am (break at 10:00 am)

**Location:** Aspen Links Clubhouse, 310 Emerald Park Rd, EP SK

**Ticket Purchase** at WCGC event or WCGC website instructions.

- **Members** – Jul 15 - Oct 20<sup>th</sup>; **Non-members** -Aug 15 to Oct 20<sup>th</sup>.
- Purchase at any WCGC event or WCGC website for on-line registration.

**Accommodations:** Group rate before Sept. 23<sup>rd</sup>, ‘White City Garden Club’ at Ramada Hotel 32 Great Plains Rd, Emerald Park Phone: (306) 525-5300

**More Information:** <https://whitecitygardenclub.ca/events/>



## WHITE CITY / EMERALD PARK LIONS CLUB

**MEETINGS: 4TH WEDNESDAY  
OF EACH MONTH**

**LOCATION: WHITE CITY  
COMMUNITY CENTRE**

**TIME: 7:00 PM**

### WHO WE ARE

Our Club is all about serving others, building friendships, and strengthening our community.

Whether it’s fundraising, volunteering, or leading local initiatives, Lions are there to help.

**→ COME CHECK US OUT!**

No obligation – just great people working together to make a difference.

**WE SERVE.**

# Kids Corner

FIND 15 HIDDEN OBJECTS IN THE PICTURE



## ERES Community Council News

**ERESCC AGM: October 7** in the Emerald Ridge Elementary School Library  
All parents are encouraged to attend as your input & ideas are welcomed and valued!

### New Members!

The ERES School Community Council welcomes new members.

If you are interested in contributing to the success of our school community, we invite you to attend one of our meetings.

To learn more, contact us at:  
[ERESCommunityCouncil@gmail.com](mailto:ERESCommunityCouncil@gmail.com)



### Babysitting!

Want to attend an ERESSCC meeting but need childcare during the event?

Let us know — we're happy to help arrange a babysitter at our in-person meetings!



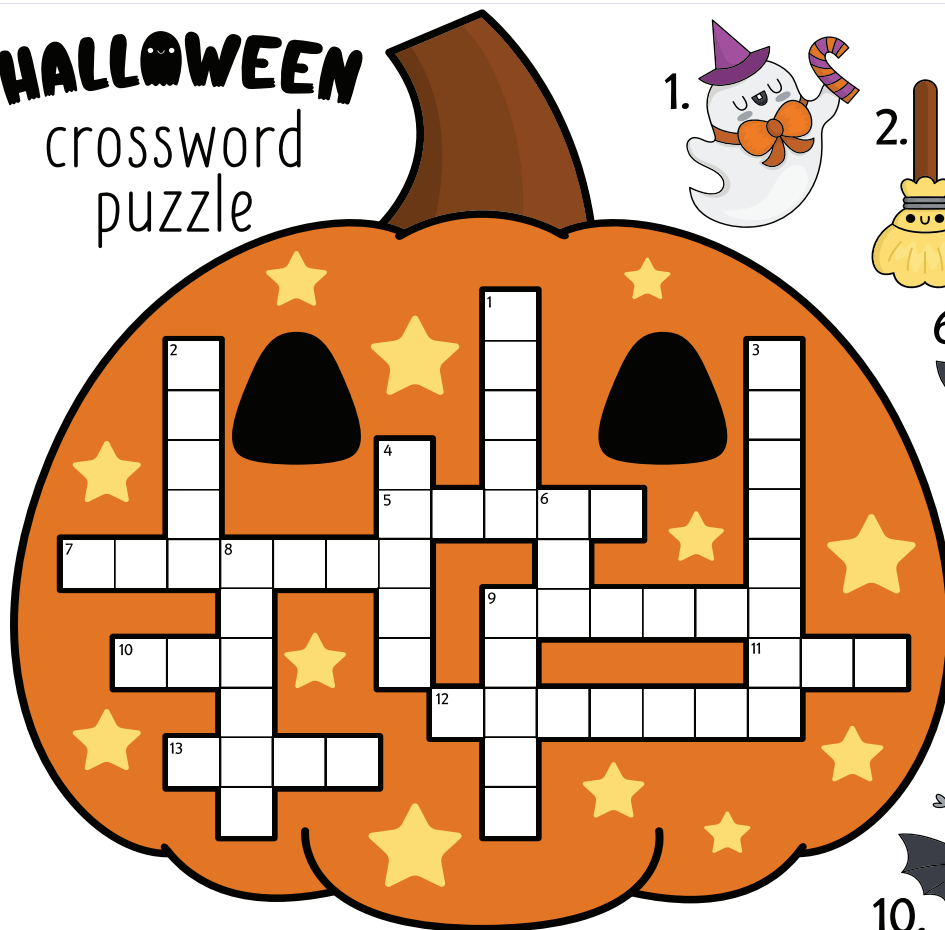
### Important Dates:

- **October 7** – SCC AGM at ERES
- **October 16** – Thunderbird Thursday (wear ERES Clothing and Colours)
- **October 13 & 14** – No School
- **October 30** – Halloween Dance (Grade 6-8)
- **November 12** – School picture re-take and/or those who missed pictures in September

Keep an eye on Edsby and your email for Apple Collection Date

# HALLOWEEN

crossword puzzle



Highway No. 1

48

48

48

WHITE CITY

EMERALD RIDGE ELEMENTARY SCHOOL

JAXON ROAD

PARK MEADOWS

BETTERIDGE RD

VISTA DRIVE

VISTA SPRINGS

HUNTER BAY

HUNTER CREEK

KENNEDY ROAD

## VISTA SPRINGS

Expansive Executive Acreage Lots

Scan the QR code for further information to make this your back yard

# OCTOBER 2025

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

All copy **MUST** be submitted  
on or before **October 20th.**

Everyone is welcome to put  
meeting dates, birthdays,  
anniversaries, etc.  
on the calendar, free of charge.

Please email:  
shannon@westernlitho.ca

Special thanks to the  
advertisers for supporting the  
distribution of our newsletter.  
By using their services you  
support our community.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CASA ROSA/JAMESON ESTATES Garbage pick up every Tuesday Recycling pick up every Thursday			EMERALD PARK Garbage WHITE CITY Recycling	EMERALD PARK Recycling 2	EMERALD PARK Composting 3	4
5	6	7	EMERALD PARK & WHITE CITY Garbage	9	EMERALD PARK Composting 10	11
12	THANKSGIVING DAY 13	14	EMERALD PARK Garbage WHITE CITY Recycling	EMERALD PARK Recycling 16	EMERALD PARK Composting 17	18
19	20	21	EMERALD PARK & WHITE CITY Garbage	23	EMERALD PARK Composting	25
26	27	WHITE CITY Composting 28	EMERALD PARK Garbage WHITE CITY Recycling	EMERALD PARK Recycling 30	EMERALD PARK Composting 31 HALLOWEEN	

## WC/EP RECREATION INFORMATION/REGISTRATION CONTACTS:

Baseball: registrar@whitebutteminorball.ca Web: broncos.whitebutteminorball.ca  
Softball: stormsoftballregistrar@gmail.com Web: storm.whitebutteminorball.ca  
Cityview Skating Club: cityviewskating@gmail.com or cityviewsc.uplifterinc.com  
Communiskate: Paula at 306-540-7704 or comuniskateadmin@sasktel.net  
Creative Beginnings Preschool: Keri 306-529-1200, keri@creativebeginningsps.ca  
Dance: Laurie 306-775-3722 lkweighill@hotmail.com, www.whitecitydancingschool.com  
Dance Plus EP: Amy 306-530-5108 or amyschienen@gmail.com  
Garden Club: wgcg2011@gmail.com, 306-584-9173, www.whitecitygardenclub.weebly.com

Girl Guides: Jolene 306-570-9179 or Balgonie1st@gmail.com  
Parks & Recreation: Shane Graefer 306-781-2355 ext.225 sgraefier@whitecity.ca  
Pickle Ball: Ambrose 306-536-9221 Playschool: Nicola 306-529-1292, nicola.mcnaughton2@gmail.com  
Soccer: Adam Slinn 306-550-4789 or www.whitecityfutbol.com  
Prairie Storm Hockey: registrar@psmha.ca or www.psmha.ca  
Buffalo Plains Ringette: registration@bpringette.ca or www.bpringette.ca  
Newsletter: Dale Schaeffer 306-525-8796 or dale@westernlitho.ca  
Newsletter Advertising: Shannon Snider, shannon@westernlitho.ca

Advertise With Us Today!  
**White City & Emerald Park**  
Advertise your  
business card for  
one year - \$360!  
email: shannon@westernlitho.ca

**PARAGON**  
FUNERAL & CREMATION SERVICES

**MILES & LOUISE ERNST**  
521 VICTORIA AVENUE, REGINA, SK  
(306) 369-7776  
PFCs@ACCESSCOMM.CA  
WWW.PARAGONFUNERALSERVICES.COM

- Family owned & operated
- Serving Regina and area for over 20 years
- Full service funeral provider

Celebrating 30 Years of Business

**EMERALD PARK HOMES LTD.**  
Custom Builder, Our Quality Shows

**Garry Sawchyn**  
President and CEO  
76 Great Plains Road  
Emerald Park, SK S4L 1C3  
Phone: 306-781-3383  
Cell: 306-596-0577  
emeraldparkhomes@sasktel.net

www.emeraldparkhomes.ca

Whatever it takes to **BUILD.**

REGINA | 306.721.2666 **Redhead**

**Serbu**  
SAND & GRAVEL LTD.

306-781-4595

Discounts For White City & Emerald Park Area  
Sand & Gravel • Topsoil • Aggregates  
Lorne Serbu White City

**RE/MAX**  
CROWN REAL ESTATE

**TROY GORDON**  
REALTOR®

Office: 306-791-7666  
Cell: 306-530-7862  
troy@remaxregina.ca



# BERGER CAVAN GROUP

Chartered Professional Accountants and Business Advisors

Phone: 306.347.2244 Website: BCGLLP.ca

Right on the money.