# White City & Emerald Park APRIL EDITION, 2023 Community Mewsletter

#### 7 common scams targeting seniors

Scams targeting older adults are on the rise, but being informed and knowing how to spot the signs can reduce your risk of falling prey to one.

Here are seven common scams to watch out for according to Royal Bank of Canada:

#### 1. Romance scams

Initiated on dating or social media sites, scammers build relationships over time before asking for large sums of money. The perpetrator says they can't video chat for technical reasons, but it's because a video call would reveal that they aren't who they say they are.

#### 2. Sweepstakes scams

Scammers claim you won a lottery or other prize, but you must pay taxes or fees to claim the prize. It's often a contest or lottery the victim never even entered.

3. Grandparent scams Impersonating a relative, often a grandchild, the fraudster phones in a panic saying they're in trouble and need money to be sent immediately. The phone is then handed to their "attorney" or "representative" before you can clearly recognize the voice. Often the fraudster will say "Don't tell my parents," and "You're the only one who can help."

#### 4. Computer software or virus scams

A pop-up ad or email says your computer has been hacked and demands payment from you. Once you engage, they use extreme pressure tactics to push for more funds or gift cards.

#### 5. Government agency scams

The scammer impersonates someone from the Canada Revenue Agency or another government agency, demanding payment or a transfer of funds so you can avoid a penalty or jail time.

#### 6. Gift card scam

If someone posing as a legitimate source or business asks you to pay for something by putting money on a gift card, it's a scam. They say it's urgent, may tell you to purchase several different gift cards, and then ask you to share the gift card number and pin. Once you do, your money is gone.

7. Undercover investigation scam

Criminals pose as legiti-



enforcement or your bank and trick you into providing money to help with a criminal investigation. There are many variations, but the scammer often claims they are investigating an employee at a bank branch and they need the victim to withdraw a large sum of money to be used as evidence. It may happen over multiple days. The victim is told not to tell anyone they're involved and that the money will be returned.

government agency or your bank will never ask you to participate in an undercover operation to prevent fraud.

To help avoid becoming a victim of one of these scams, remember to think twice, ask questions and take your time if something doesn't feel right.

Find more information on how to protect yourself at rbc.com/privacysecurity.

www.newscanada.com

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



## My Environmental Impact: Never Saw That Coming



I never realized the benefit bomb I would encounter when I started living with less. The money savings was incredible, I gained mental clarity, improved my creativity, and developed an even greater purpose of serving my community. But one of the biggest impacts I never saw coming was how my small changes would impact our environment and reduce waste. Our garbage bins were no longer heaping full, our food waste

was slashed by 60%, and we were buying less things, instead, repairing, borrowing, or going without. When we did have to purchase, we looked for zero waste options and found out very quickly that you don't need to be an eco-warrior to make a huge impact to our environment. I made a few changes here and there that were sustainable for our family, and it snowballed into something powerful.

Here are a few small changes that your family can give a try:

• Reverse Grocery List
- Write down all the food
you are throwing away and
pay attention as to what
is regularly getting tossed
and why, and adapt your
meal planning. This powerful visual tool will not only
force you to focus on what
you are wasting, but the
money you are also throwing away as well.

• Look At Swapping Out To A Few Zero Waste Products - The Alternative in Regina offers products that are zero waste and also provides a refillery station for your bath and cleaning products. This reduces the garbage that is involved with packaging.

• Getting A Handle on Impulse Shopping - Buying less things will make a massive impact on using less raw resources, reducing emissions, and eliminating less garbage for packaging.

• Consider Consignment - When you do have to shop, consider great clothing that deserves a second chance! There are amazing places to check out like Hanger & Rack and Once Upon A Child in Regina!

• Borrow, Rent, or Cost-Share - Our community is full of amazing like-minded neighbours who would gladly lend a rarely used item. Consider cost-sharing a snow-blower, renting that rotor-tiller, or borrowing that dress!

• Look Into Repairing Vs Replacing-It's so damn easy to buy new things, and it's often cheaper sometimes to replace than repair. But keeping something out of the landfill is also valuable and needs to be considered before you toss it.

Remember, it's not all or nothing. Small little changes at home can make a big impact, and you will notice the difference quickly when you are living with less!

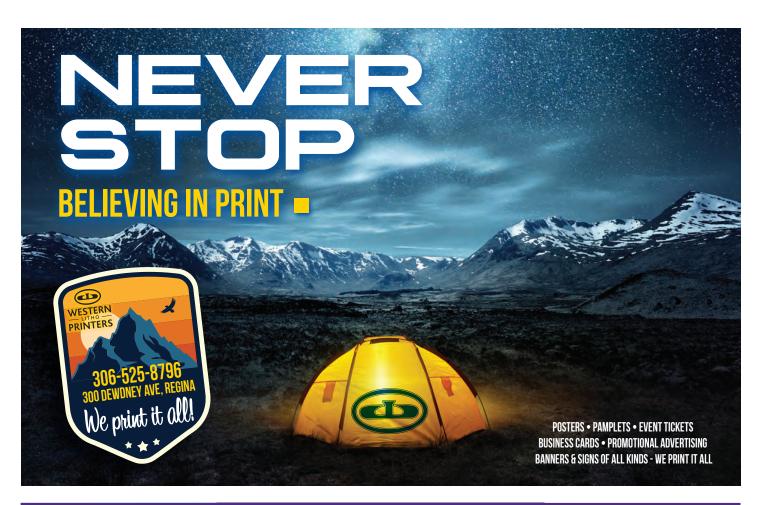


Jessica Dunn is a REALTOR® with JC Realty Regina and has resided in White City since 2009. She specializes in marketing and listing preparation but has also recently been helping people outside of real estate too with decluttering and home organization.

Jessica Dunn, REALTOR® JC Realty Regina 2241 Albert Street Regina, SK. | S4L 0A9 www.athomewithjess.ca









#### How to support mood and mental wellness with food and nutrition



According to Statistics Canada, 46 per cent of Canadians say their perceived stress level is somewhat or much worse than before the pandemic.

Food and nutrition can impact multiple processes that influence our mood and behaviour. These also affect our brain processes, including higher-level cognition, such as social decision-making. This means that you may be able to support

better mood and mental wellness by being selective with what you choose to eat. Below are four things you can do to help reduce anxiety and better manage your mood.

It's important to note that unchecked anxiety can seriously affect your day-to-day life. Be sure to take the care and time to give your-

self what you need to feel more balanced, and seek professional help if you need to.

# Balance mood and anxiety with help from magnesium

The mineral magnesium is responsible for over 300 biochemical functions in the body. Most notably, it plays a role in helping us calm the nervous system and find a night of better sleep. It's also involved in

the production of melatonin, a hormone that helps control sleep and wake cycles.

#### Help from healthy fats

Getting enough healthy fats does so many wonders for the body and mind. Foods like avocados, walnuts, ground flax, organic eggs and wild fish are thought to support mood regulation, blood sugar regulation, sleep and energy levels. These foods may help keep our cognitive and emotional health in check since they can affect our hormonal system.

# Find calm with help from adaptogenic herbs

Ashwagandha is an exciting adaptogenic herb that is well studied and proven to be beneficial for stress and anxiety and overall enhancement of well-being. It can be used for acute stress, which is great for

someone experiencing anxiety, or long-term use for someone experiencing chronic stress.

#### Get enough zinc

The hippocampus, an area of the brain, controls learning and mood and contains some of the highest zinc concentrations in the body. One study on 100 female high school students found that zinc deficiency may negatively affect mood. The best food sources of zinc include oysters, red meat and poultry. Pumpkin seeds, legumes and other plant-based foods also offer high amounts of zinc.

When shopping for natural medicines and supplements, consider places that specialize in this area, so you can seek expert advice and tips.

Find more wellness tips at naturesemporium.com.

www.newscanada.com



## Happiness in a lunchbox

Eating your daily portion of fruits has never been easier than with this moist matcha and avocado from Mexico bread recipe. Easy to prepare and colourful, it will be the envy of colleagues and friends at lunch. A good time to teach them that avocado is a fruit and not a vegetable.

#### Avocado and matcha bread

Prep time: 40 minutes Cook time: 50minutes Servings: 6-8

#### **Ingredients:**

Matcha glaze

1 cup (250 ml) icing sugar 1 1/2 tbsp (22 ml) soy milk 1 1/2 tbsp (22 ml) lemon juice 1/2 tsp (2 ml) matcha powder Pinch of salt

#### **Bread**

2 ripe avocados from Mexico, mashed
3 tbsp (45 ml) lemon juice
1 tbsp (15 ml) matcha powder
3 tbsp (45 ml) water
1/4 cup (60 ml) sour cream
1 tsp (5 ml) baking soda
1/4 cup (60 ml) + 1 tbsp (15 ml) butter, room temp.
1 cup (250 ml) granulated sugar
2 eggs, room temp
1 tsp (5 ml) vanilla
1 ½ cups (375 ml) flour
¼ tsp (1 ml) salt

#### **Directions:**

- 1. For the matcha glaze, whisk all ingredients together and place in a small bowl or jar.
- 2. Preheat oven to 350°F (175°C) and place the rack in the middle position. Grease an 8x4 inch loaf pan and set aside.
- 3. Stir mashed avocado and lemon juice together in a small bowl and set aside. For a more uniform colour, you can use a hand blender.
- 4. Mix matcha powder and water until there are no lumps.
- 5. Combine the baking soda and sour cream, set aside.
- 6. In another bowl, mix the flour and salt together and set aside.
- 7. With the aid of a hand blender or stand mixer, beat



the butter and sugar over medium speed until well blended and fluffy. Add the eggs one at a time, mixing well in between. Add the vanilla, matcha mixture and the sour cream.

- 8. In three stages, alternate between the avocado puree and dry ingredients until the mixture is well blended.
- 9. Pour batter in prepared pan and bake for 40 minutes.
- 10. Cover in aluminum foil and continue cooking for another 10-15 minutes until a wooden skewer comes out clean when placed in the centre of the bread.
- 11. Serve with matcha glaze if desired.

www.newscanada.com



This fertilizer is known to cause

lawn envy what better

#### • 16% Nitrogen

your lawn's major requirement for overall growth and development.

#### • 10% Phosphate

essential for healthy roots and shoots and critical for photosynthesis.

#### 3% Potassium

like a radiator, creates tolerance to climate conditions, grass hardiness.

#### • 17% Sulphur

aids in maintaining dark green color and correlates with Nitrogen addition.

#### • 3% Iron

necessary for chlorophyll reaction contributes to green coloration of lawn.





HIGHEST NUTRIENT %

PER RESEALABLE

BAG

LAWN FERTILIZER / ENGRAIS

16-10-3-17-

12.5 kg

#### **EMERALD PARK, SK**

#2 South Plains Rd W • 306-781-1077 nicksserviceltd@sasktel.net www.nicksservice.com

# ERES Community Council (ERESCC)



Do you have Extra Bottles and Cans taking up space in your garage?

Learn how you can help us fundraise. The funds received from your donation to Sarcan will be used for our school's learning improvement plan initiatives.

Check out the ERES Facebook page for more details at: www.facebook.com/EMRidge/



#### 2023—2024

#### Kindergarten Registration

Emerald Ridge Elementary School is accepting registrations for the 2023-2024 school year. Any child who will be five years of age by Dec. 31, 2023 is eligible to register for Kindergarten for the fall of 2023. 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 emeraldridgeschool@pvsd.ca and we will email you the registration form. Early registrations assist ERES to plan for the upcoming school year.

#### **Upcoming Dates:**

May 9: ERESCC AGM @ 6:30pm

May 22: Victoria Day (No School)

Home of the THUNDERBIRDS!

ERESCC Annual General Meeting Tuesday, May 9th @ 6:30 pm





# GREENALL Update GRIFFINS





Greenall High School



#### **PVSD GSA UPDATE**

Greenall High School is excited to host the PVSD GSA (Gay-Straight Alliance) Summit on May 27, 2023 at our facility. The Summit is an opportunity for all PVSD schools with Alliances to come together for a day of learning and sharing. Planning is already underway and we are looking for support from our community members in a variety of ways. Firstly, we are looking for donations to include in our 'swag' bags. This can include coupons, keychains, notebooks, pens, or any other item you might have in bulk. Secondly, we are looking for presenters to run sessions. If you are interested in sharing your talent with students in grades 7 through 12, as well as some parents, and are able to integrate our theme within your craft, we would love to talk to you. At this time, we are looking at creating three - 45 minute sessions OR full afternoon sessions. Lastly, we are looking for vendors who would be interested in coming and sharing their talents.

If you are willing to volunteer your time or skill set, we would love to hear from you. Feel free to contact either Sharon Johnson (sharon.johnson@pvsd.ca) or Tracy Shaw (tracy.shaw@pvsd.ca) at 306-771-2566.

#### **GREENALL VISITS BES**

On Tuesday, March 14 grade 9 students from Miss Marley's ELA class visited kindergarten through grade 4 classrooms at the Balgonie Elementary School to read aloud their digital storybooks. Our high school students planned, drafted, illustrated, and recorded themselves reading the children's stories they created to show evidence of their learning on narrative structure and elements of fiction.

It was an afternoon filled with funny voices, great imagery, laughter, and wonderful themes shared through literature.

#### SAY CHEESE!

Greenall students who are a part of winter teams and clubs had their opportunity to have their photos taken for the yearbook!





#### **UPCOMING DATES:**

- Greenall One Acts -March 29/30 (Evening)
- P/T/I Nights April 4/5 (Evening)
- Easter Break:
   Good Friday April 7
   Break April 10-14
   Return to School -April 17







#### 2023 PROGRAM

ry 11<sup>th</sup> and February R<sup>th</sup> are Virtual Meetings only

Jan. 11th From Canola Field to Field of Dreams - Developing an

Acreage - Jeff Holland & Bob Baker

Bulbs - Care, Planting & Storage -Feb. 8th

Helen Shook - UofS

Mar. 8<sup>th</sup> Love Your Veggies -Renee Kohlman, Saskatoon

Planning a Community Garden speaker TBD Apr. 12<sup>th</sup>

Roses - Tough Guy or Princess -May 10th

Sheila Bonneleau

Growing Grapes in the Prairies -Jun. 14<sup>th</sup>

The Collective WCGC Experience

2023 WCGC Garden Tour Sat. July 15th

July & August Summer Wine Wednesdays - Members only events

Sept. 13<sup>th</sup> Unusual Plants to try -

Helen Hugh

Fermented Foods -Oct. 11th Back to Your Roots, Reginal

Nov. 15th Holiday Social & AGM

#### Do you want to join? It is easy:

- Complete a membership application available at: https://whitecitygardenclub.weebly.com
- Scan and email it to wcgc2011@qmail.com
- Send an e-transfer for your membership fee (PW Membership) to weed.communications@email.com, or
- mail the application and a cheque to: White City Garden Club, c/o Arlene Janzen, Box 541, White City, SK, S4L 5B1







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 9:30 am-12:30 & 1:00-5:00 pm Thursday - Friday 9:30 am-12:30 & 1:00-3:00 pm Saturday

We will be closed on April 7 for Good Friday.

#### Visit us – 🕤 White City Public Library Branch 📴 WhiteCityLib **APRIL 2023 PROGRAM & EVENTS CALENDAR**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					One eRead Canada and National Poetry Month Begin	I Teen Book Club I:00 pm Exile by Shannon Messenger
2	3	4 K'Nex Building 6:00 PM Drop-in	5 Adult Crafting I:30 PM Drop-in	6	7 Closed for Good Friday	8 K'Nex Building 10am to 2pm Drop-in
9	LEGO Club I:30 pm Drop-in	II K'Nex Building I:30 pm Drop-in	Teen/Adult Embroidery 1:30 pm	Board Games 1:30 pm All ages	Play Dough Time 10:30 am	Teen/Adult Embroidery 1:30 pm Please Register
16	I7 Adult Book Club 6:30 pm Verity by Colleen Hoover	Closed Staff Workshop	19	20	Preschool Storytime 10:00 AM	K'Nex Building 10am to 2pm Drop-in
23 30	24	25 K'Nex Building 6:00 PM Drop-in	Adult Crafting I:30 PM	27	Preschool Storytime 10:00 AM	29 Adult/Teen Creative Writing Club 1:30 PM



#### **CHILDREN'S PROGRAMS**

Preschool Storytime Drop-in Fridays @ 10:00 AM

April 21 and 28

For children 0-5yrs and their caregiver. Join Gail for stories, rhymes and crafts.

No registration required.

#### Makerspace Kits for April

K'Nex Building: A building toy that leaves the bricks behind and incorporates gears, wheels, and much more.

Embroidery: We'll go over basic stitches and provide you with the tools to get started.

#### Take & Make Craft Kits

Visit our Facebook page for updates and availability of crafts for children in the

month of April!

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

WWW.SOUTHEASTLIBRARY.CA 0 0 0 0

#### **ADULT PROGRAMS**

Adult Book Club

Monday, April 17, 2023 at 6:30 pm Verity by Colleen Hoover

New members welcome!

#### Teen Book Club

Please register.

Saturday, April 1, 2023 at 1:00 pm Exile book 2 (Keeper of The Lost Cities) by Shannon Messenger.

Please register.

#### Creative Writing Club

Open to Adults and Teens who love to write

#### Adult Crafting

Bring your own craft projects or try our embroidery makerspace.

Can't visit us in

rson? Check out

these great

eResources, all FREE

with your library card!

SILS App - Digital

earch, place holds.

diobooks, eBo

AudioBookCloud -



One of the reasons why the Saskatchewan Municipal Board (SMB) rejected the recent proposal to annex Emerald Park was because it found that White City had enough undeveloped land to last for the next 10 to 12 years. This is another way of saying that in 10 to 12 years White City won't have enough undeveloped land to accommodate expected growth. So, while the R.M. of Edenwold has dodged the bullet for now, it won't be clear sailing forever.

Many Emerald Park residents are happy with the SMB's decision. A good number of them, however, are not, and here's the main reason why: Emerald Park's interests have been underrepresented on the R.M. Council for years now and the only people who could do anything about it, the rural councillors, have no interest in doing so. This, despite a clear path to fixing the problem. Stick with me here.

Saskatchewan's Municipalities Act, the Provincial law that regulates municipalities, requires a municipality to establish a Policy setting out how it proposes to equalize the populations within each of its electoral Divisions. The Provincial law is a simple recognition

## Off the Beaten Track

- By John Panter

of the common law principle of "representation by population."

In order to induce the Village of Edenwold to join the R.M.'s proposed Municipal District, Council had to agree to the Village becoming the Eighth electoral Division, with their own councillor. Of the eight electoral Divisions Emerald Park will have councillors for two of them, or 25% of the Coun-

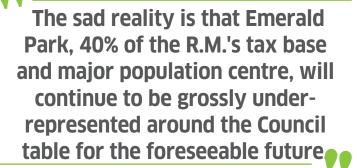
recent census data came out (February 9, 2022). The Policy was passed by Council and came into effect on December 20th, 2022, well past the six months requirement. In hockey terminology, I think this would be called "ragging the puck."

As the Policy now stands, they can delay doing anything about Emerald Park's under-representation until the NEXT census, which This situation is of more than just academic interest. It matters when a development issue, a re-zoning, or any other issue comes up that might negatively impact Emerald Park residents but which will benefit the rural ratepayers which are over-represented on Council.

Pressure will build on the R.M. council to update the division boundaries now that developers have succeeded in their application to re-zone thirteen acres on Great Plains Road, adjacent to the Aspen Links thirteenth fairway. The plan is for eight multi-family three-storey units for up to 842 new Emerald Park residents. This would put the population of Emerald Park at over 50% of the entire R.M's population.

By the way, no public information open house was held before the zoning change was approved by Council. Why not? The developer said there wouldn't be one so there wasn't.

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



cil. This, despite the fact that the most recent census data, released by StatsCan on February 9, 2022, shows that Emerald Park has nearly 40% of the R.M.'s population.

The R.M. needed to find a way to comply with Provincial law, but still get around the troublesome census data. The solution to their problem was stunning in its simplicity.

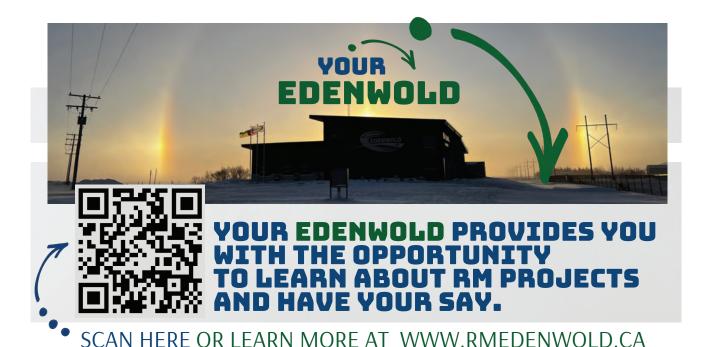
All they had to do was draw up a Division Boundary Alteration Policy that stipulates that they would review the Division populations within six months after StatsCan publishes census data ... then delay passing their Policy until more than six months had passed since the most

won't be for another five years.

The R.M. also knows that both Provincial law and their own Policy say that they don't have to wait that long. They can alter the division boundaries any time the Council decides to. The point is, the Council doesn't want to do it, so they won't.

The sad reality is that Emerald Park, 40% of the R.M.'s tax base and major population centre, will continue to be grossly underrepresented around the Council table for the foreseeable future. It's as if the R.M. has never heard of "representation by population", or what's worse, they have heard of it, they just don't like it.







Our Community Safety Officers, Cole & Ankit are on duty for you!











Learn more and sign up here

Because insects, diseases and weeds can hurt yields and quality, rural ratepayers can sign up for the Ministry of Agriculture's pest monitoring program. This program provides valuable information to create forecast maps, guide research decisions, detect and track new or emerging pests, and support management decisions.



Occasionally I have clients who are struggling and lament that nobody cares. Caring for someone means you want to ensure their wellbeing. For some it can mean spending time, agreeing with us, or simply checking in with us.

# **Nobody Cares**

- By Gwen Randall-Young

after us. There was a time when the kids built houses on the family farm and it was assumed they would care for their elderly parents. In some cultures, it is an honor and a privilege to care for aging parents. Some parents are blessed with children who feel the same. That gives them a sense of security.

Increasingly I hear of parents whose adult children are so wrapped up in their own lives that they do not have time, or do not make it a priority to check in on, or

even angry. This leads to years of pain and misery. The second is to figure out ways to take care of oneself, and to be the source of our own happiness. This course involves not judging others and being loving and supportive in our encounters with them.

There are community resources that can be accessed. If help is needed for physical tasks, there are volunteers who might help. One can place an ad on the Chamber of Commerce website for student helpers at a reasonable cost.

If loneliness is an issue,

join a group or take a class. You might even become a volunteer yourself. Explore different crafts or hobbies, so you are doing something other than focusing on what is missing in your life.

Happiness is indeed an inside job. If nobody cares, it means it is time for us to genuinely take care of ourselves.

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.



#### "People can love us, but that does not necessarily equate with looking after us."



Sometimes people do care, but not in the way we expect they should. Years ago, I had a client who had not spoken to her daughter for months. The reason for this was the daughter did not call on Mother's Day until the afternoon. The client expected a call first thing in the morning.

However, she also shared that earlier in the year her daughter and husband took her with them when they had a vacation in Paris! Clearly, they cared about her, but she interpreted an afternoon Mother's Day call as an indication that she was not important.

People can love us, but that does not necessarily equate with looking help out their parents. This can leave parents with a lot of resentment. The adult children may pick up on this bitterness and spend even less time with parents.

There is an epidemic of busyness going around. Lives have speeded up and adult children may find they are stretched to the limit with the activities of their own children, along with work demands.

The same can be true of friends. They may not connect with us like before because they are overwhelmed in their own lives. Whether one feels that adult children or friends just don't care, there are two options. The first is to feel hurt, offended and



## **Advertise With Us Today!**

# White City & Emerald Park Community Newsletter \_\_\_\_\_\_ email: s

Advertise your business card for one vear - \$360!

email: shannon@westernlitho.ca











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

Ph: 306.781.2244 Fax: 306.781.0066

www.hubinternational.com



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



42 Great Plains Rd. **Emerald Park, SK** 

306-781-5678

www.keestorage.com keestorage@sasktel.net



**JARED JACKSON** 

Offering Services in:

Residential & Commercial Plumbing

• Furnace & Boiler Repair & Installation · Air Conditioner Repair & Installation

Fax (306) 731-6987

kpandh@sasktel.net



DIY & Custom Cabinets

• New Homes and Renos • Any Room, Any Space

306.721.5545

1333 PARK ST., REGINA

cupboardbrothers.com









**GLASS SUPPLIERS** 

411 Victoria Avenue Regina, SK 306.757.1737

Robert Lang 306.530.1652 glasssuppliers@sasktel.net www.GlassSuppliers.ca





Gord Carnahan Manager

> 1717 Park Street Regina, SK

Phone: 306.347.0440 Fax: 306.347.7775 Email: parkstreet@oktire.com www.oktireparkstreet.ca



DENTIAL • COMMERCIAL • CUSTOM HOMES • ADDITIONS • RENOVATIONS



Professionally Designed and Built



Mike Trithart 16 McLeod Road Emerald Park, SK S4L 1B7 Office Fax: 306-347-7747 Cell: 306-526-9606 Email: Trithart.contractors@sasktel.net www.tritharthomes.com



e Flooring In Stock, More Prices You'll Love.



Phone: 1.855.875.2255













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



Regina, SK S4P 4B7

Phone: 306.525.2737 Fax: 306.565.3244 sharon@martinlawfirm.ca

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



DIRECTIONAL DRILLING TRENCHING **FXCAVATING** 

PRESSURE WELDING TRUCKING

ckunderground.org Corey Stoudt 306-535-7488 iweld@sasktel.net

Kyle Flaman 306-535-6585



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









Service & Hitches 306-569-8733 www.villagerv.ca





Dr. L. Hanson

Dr. S. Becker

Dr. T. Pedersen

Dr. B. Hautcoeur



#### 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







#### STREIFEL'S LAWN & YARD CARE LTD.

FREE ESTIMATES • IN BUSINESS FOR OVER 20 YEARS

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



Law Firm Established in 1883

INTEGRITY COMMITMENT RESULTS

REGINA. SK #320 -2075 Prince of Wales Dr. Idowu F. Adetogun \*\*Thursdays and Fridays

BY APPOINTMENT ONLY PLEASE CALL 306-693-6176 and mention you are booking for Regina www.graysonandcompany.com



# Deryl Dangstorp

# **Emerald Park Dental Clinic**

#### Hours

Monday 8-5 Tuesday 8-7 Wednesday 8-5 Thursday 8-5 Friday 8-3

#### **Dentists**

Dr. Deryl Dangstorp Dr. Kelsey Ross Dr. Brian Baker Dr Kyla Tzupa

**New Patients** Welcome

**General Dentistry** 

Emergencies Welcome



312 Great Plains Road, Emerald Park S4L 0B8





**EMERALD PARK, SK** #2 South Plains Rd W • 306-781-1077 nicksserviceltd@sasktel.net www.nicksservice.com

# 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: AGES 10 11 12 AMIE ARCH 13 14 BARN 15 16 17 EELS EXIT 18 19 20 FERN 21 LARK 23A SCAN 22 24 25 SEAS 26 STIR TREE <sup>30</sup>A 27 28 29 31 5 letters: ASCII 32 34 ATTIC 35 36 FABLE GOMER 37 38 40 KAREN 41 42 RURAL SCENE 43 STATE 46 45 6 letters: 48 49 BRAZIL 50 EARNER NAGANO 52 51 **ODESSA** SPOUSE SUNDAE 8 letters: 9 letters: 10 letters: TARGET **EL TIGRE ASTERISK PROGRESS APOLOGIZE** ASSORTMENT **EARLY BIRD** ZODIAC **EXAMPLE** BARBECUE ROOFTREE ATMOSPHERE FIFTEEN BRETELLE **SKYWARDS RAIN DANCE** CRISSCROSS SUPPRESS 7 letters: REFEREE GUIDANCE STILL LIFE **GRAND TOTAL** CLIMATE REVENUE **ODYSSEUS** TO BE SURE 13 letters: DIVIDER **XENOPUS** PETERKIN **VERANDAS ENTERTAINMENT** 

# VISUAL PUZZLE Can you find the two identical pictures?



















**NORTH CAROLINA** 



# Kids Corner









FIND 10 DIFFERENCES







Many of us dream about giving our two weeks' notice at work and starting our company, where we get to be the boss and do what we love. But if you've been feeling a push to do more than just dream about it, check out these tips to start

turning your fantasy into a reality.

Pick your passion. Owning your own business is a long-term commitment, so take time to find something you're passionate about that taps into your talents and skills. Think something

# Do you want the freedom of owning your own business?

sounds cool but don't know much about it? Investigate the market, find out what the positives and negatives are, and talk to people who work in the industry.

Research your field. Once you decide what area you want to focus on, you need to become an expert on the subject and create a solid business plan. Check out the library, read industry news, keep up with the latest trends and consider joining a professional association. A great time to do this is while you're still employed so you have time to build confidence and

expertise before having to generate an income.

Think about your lifestyle. Running a small business is more than a full-time jobit's a complete lifestyle. And if you're thinking of switching from a standard nineto-five office job to owning a small business, evenings and weekends might now be part of your workweek. So take some time to consider your current priorities and schedule to make sure you're open to the changes that will come.

**Explore your funding options.** Even if you aced high school calculus, trying

to figure out financing, loans and lines of credit may feel like learning a new language. Fortunately, there are plenty of sources of support to make funding your business easier.

For example, the recently updated Canada Small Busi-**Financing** ness Program, which helps businesses finance real property, equipment and leasehold improvements, now offers financing of dayto-day operating expenses like ads, marketing, payroll and more. Intangible assets such as franchise fees and intellectual property can also be financed. New lines of credit and higher maximum loan amounts are now available.

Find more information at canada. ca/csbfp or talk to your lender to see if you're eligible.

www.newscanada.com



# 2023

#### **Upcoming Events & Meetings**

Committee of the Whole Meeting April 3 – 7PM

#### Regular Council Meeting April 3 – 7PM

There will be a four-week break between Committee of the Whole Meetings as Council will be attending the Saskatchewan Association of Urban Municipalities Conference in Saskatoon from April 16 - 19, 2023. The next committee and council meetings will be held May 1, 2023.

Meetings are open to public and held at:
White City Council Chambers

14 Ramm Avenue E



Good Friday - April 7, 2023 Town Office Closed



306 781 2355

#### **Upcoming Programs**

Home Alone Preparation May 7th Babysitter's
Course
May 6th

Registration opens April 5th see whitecity.ca for details



2023 Annual Budget Document Now available online!

whitecity.ca



townoffice@whitecity.co

whitecity.ca

























#### **CLASS OF 2023** - 2023 Greenall Parent Graduation Committee Community Support Request

# We are excited for the Greenall High School 2023 Graduation!

Graduation time is here, and the Greenall High School graduates of 2023 are looking forward to the celebration. Our graduates are excited to make some amazing memories to look back on with classmates and friends.

With that in mind, the 2023 Greenall Parent Graduation Committee is currently seeking sponsorships to help make this the most memorable celebration for each graduate. Your donations will help support a supper, program, and dance for our graduating class.

Gold Sponsorship	>\$1,000		
Silver Sponsorship	\$500-\$999		
Bronze Sponsorship	\$100-\$499		

At this time, we are seeking financial sponsorships which will help cover the cost of hosting a graduation banquet to help celebrate our grads within our communities. We are also welcoming items that can be used in draws

throughout the event. We will recognize the sponsors through social media, in our local community newsletters, and in the graduation programs.

Thank you for considering this request. We are kindly asking for your response and commitment by Monday, April 24th. If you are interested in supporting the 2023 Greenall High School Graduation Banquet, please email 2023greenallgrad@gmail.com to arrange donation details. Payments can be made by e-transferring 2023greenallgrad@gmail.com with Greenall as the password. Please include your business name, logo, and contact information.

We value and are thankful for every donation. Thank you in advance for your support.

2023 Greenall Parent Graduation Committee

# APRIL 2023

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

All copy MUST be submitted on or before May 20th.

Everyone is welcome to put meeting dates, birthdays, anniversaries, etc. on the calender, 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
Garb	A ROSA/JAMESON ES Dage pick up every Tues ycling pick up every Thu	day				1
	Committee of the Whole – 4PM Regular Council Meeting – 7PM	WHITE CITY Composting	EMERALD PARK Garbage	EMERALD PARK Recycling	GOOD FRIDAY	EMERALD PARK Composting
		4	Recycling			
EASTER SUNDAY		WHITE CITY Composting	EMERALD PARK & WHITE CITY Garbage		EMERALD PARK Composting	
9	10	11	O	13	14	15
	Columbia to	WHITE CITY Composting	EMERALD PARK Garbage	PARK Recycling	EMERALD PARK Composting	
16	17	18	WHITE CITY Recycling	20	Library Storytime at White City Public 21 Library 10:00am	22
23		WHITE CITY Composting	EMERALD PARK & WHITE CITY Garbage		EMERALD PARK Composting	
30	24	25	O	27	Library Storytime at White City Public 28 Library 10:00am	29

#### 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 communiskateadmin@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 amyschienbein@gmail.com Dog School: Debbie 306-781-3335 or shel te@hotmail.com

Garden Club: wcqc2011@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 sgraefer@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



















# BERGER CAVAN GROUP

Chartered Professional Accountants and Business Advisors

Phone: 306.347.2244 Website: BCGLLP.ca

Right on the money.