

White City & Emerald Park

Community Newsletter

MAY EDITION, 2025



How to celebrate Mother's Day every day to boost moms' and kids' well-being

Mother's Day is coming up soon, and many will be celebrating moms, grandmothers and other maternal figures in their lives.

Whether biological or adoptive, moms have an important hand in shaping our identities and guiding our moral compass throughout our childhoods.

Although Mother's Day is an occasion to celebrate mothers, we don't often hear about the considerable benefits this kind of appreciation can bring moms — benefits

that can trickle down to the entire family.

Based on my research and those of other psychologists, here are some tips for celebrating moms on Mother's Day, and every day, to enhance well-being for both moms and their loved ones.

Mothers who feel valued and loved are happier and less stressed. (Shutterstock)

Boost mom's happiness and lower mom's stress

Generally, mothers who feel valued and loved are happier and less stressed.

However, many can face

challenges that increase stress and make them feel devalued. Many still contend with a lack of gender parity in the workplace and social pressure to be the perfect mother. In addition, feeling a lack of emotional connection with family members can translate to a lot of day-to-day stress for moms.

So what can families do to boost moms' happiness? Psychology research suggests that Hallmark cards have it right — building a mother's confidence by telling them that they're an

amazing mom or that they always know how to make the family feel better can be tremendously effective in enhancing moms' happiness.

If you're an adult living far away from your parents, don't forget to call your mom. Compared to fathers, mothers generally report feeling more emotionally connected to their kids and more strongly identifying as a parent. A phone call or a chat over tea with their kids, no matter the age, can really boost a mom's happiness.

- Continued on page 2

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How to celebrate Mother's Day every day to boost moms' and kids' well-being

Continued from page 1

Support for mothers isn't limited to the family. Moms can also benefit from celebrating Mother's Day with other sources of support, like friends. Instead of limiting Mother's Day celebrations to a family affair, consider organizing a surprise dinner with mom's close friends.

Kids benefit when mom feels happy

The benefits of celebrating moms also trickle down to their kids. Research shows that parents who feel more positive can better support their children's mental health and social relationships within the family and beyond. For example, my research has found that moms who are less stressed are seen by their adolescent kids as being better at

understanding the kids' perspective.

Stress can also impact how attentive moms are to their family, which impacts kids' development. In a recent study, my colleagues and I found that less stressed and more attentive moms can foster their children's good coping skills by modelling how to effectively manage emotions.

When mothers feel positive, they have better interactions with their kids and their kids feel better. That means it's important to send appreciation mom's way every day, not just on Mother's Day.

A day to celebrate grandmothers, too

Don't forget grandma this Mother's Day! Grandmothers have a bigger impact in shaping who you

are than you might think. For example, research has shown that daughters' and grandmothers' attachment styles overlap by up to 75 per cent. This means that how you connect with your partner, best friend and kids may even be inherited from your grandma.

Despite their important role, grandparents often don't get the appreciation they deserve. Psychologists have found that grandparents often feel more emotionally connected to their grandkids than the other way around. This suggests that for many grandmothers, that phone call or weekend visit can mean a lot more to them than grandkids realize.

By celebrating Mother's Day with grandma, she may feel a greater sense

of meaning in her family relationships which can improve her general happiness. Grandchildren could even improve their social skills when they have a positive and close relationship with their grandmothers.

Mothers are the main source of comfort and care for many families around the world, yet it's easy to take them for granted most days across the year. While brunch and flowers on Mother's Day is surely appreciated, let's celebrate moms every day. Helping moms feel happy will help the family feel happy, too.

Hali Kil

*Assistant Professor, Psychology,
Simon Fraser University*

THE CONVERSATION



Dr. Deryl Dangstorp



Dr. Kelsey Ross



Dr. Chantara Lerner

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ERES Community Council News

Next ERESCC mtg: May 13 in the ERES Library

All parents are encouraged to attend as your input & ideas are welcomed and valued!

Kindergarten Registration is Open!

Emerald Ridge Elementary is accepting registrations for the 2025-2026 school year. Children turning five by December 31, 2025, are eligible for Kindergarten in Fall 2025. To register, visit the ERES website (www.emeraldridge.pvsd.ca) and complete the Online Registration Form, including proof of age.

Alternatively, request a form at emeraldrigehschool@pvsd.ca. If you know new families moving to the area, encourage them to contact the school for a registration form or use the online form. Early registrations help with planning for the upcoming year.



New Members!

The ERES SCC always welcomes new members! If you're interested in helping out your school, feel free to pop into one of our meetings or send us an email

ERESCommunityCouncil@gmail.com

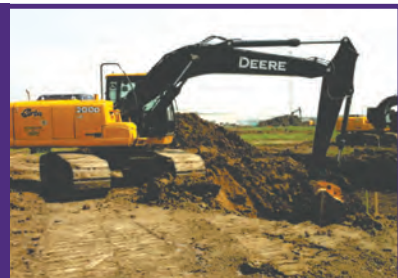
Important Dates:

- **May 13** – ERESCC Mtg at ERES Library
- **May 14** – Grade 7 & 8 Band Trip to the Moose Jaw Band Festival
- **May 16** – ERESCC Popcorn Day
- **May 19** – No School
- **May 21** – Central Zone Grade 7 & 8 Track Meet
- **June 6** – Year-End Picnic
- **June 10** – Grade 4-6 ERES Track Meet



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Loaded with fresh veggies and bursting with flavour, this stir-fry will become a go-to meal when you need something quick and nutritious.

This dish pairs well with a side of rice or on top of lo mein noodles to make it a complete entrée.

Prep time: 10 min Cook time: 15 min Makes: 6 servings

Ingredients:

- 1 tbsp (15 ml) oil
- 1 package (227 g) sliced crimini mushrooms
- 1 large red bell pepper, sliced
- 1 small zucchini, quartered
- 1 small red onion, sliced
- 2 cups (500 ml) broccoli florets
- 1 cup (250 ml) sugar snap peas



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- 1 cup (250 ml)
carrots, sliced
- 1 cup (250 ml) baby corn
- 1/2 cup (125 ml) chicken
(or vegetable) broth
- 1/4 cup (60 ml) reduced-
sodium soy sauce
- 3 cloves garlic, minced
- 3 tbsp (60 ml) brown sugar
- 1 tbsp (15 ml) cornstarch
- 1 tsp (5 ml) minced ginger
- 1 tsp (5 ml) sesame oil

Optional garnish:

Chopped green onions,
sesame seeds

Directions:

1. Heat oil in a large non-stick wok or skillet over medium-high heat. Add mushrooms, bell pepper, zucchini, onion, broccoli, peas, carrot and baby corn. Sauté 6-8 minutes until vegetables are almost tender.
2. In a medium bowl, whisk together chicken broth, soy sauce, garlic, brown sugar, cornstarch, ginger and sesame oil.
3. Pour over sauteed vegetables and cook until sauce has thickened; about 2-3 minutes. Garnish with green onions and sesame seeds, if desired.

Food safety tips:

- To ensure the vegetables cook at the same rate, cut them into similar sized pieces.
- Canned baby corn can be found in the international aisles of most grocery stores.

Find more recipes at
mushrooms.ca.

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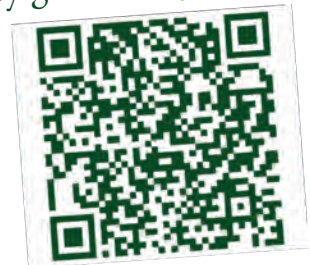
Official Community Plan & Zoning Bylaw Review

The Official Community Plan (OCP) is the RM's big-picture plan, guiding decisions on growth and development with key goals and policies.

Monday, May 5th 4pm to 7pm
Village of Edenwold Community Hall

Wednesday, May 7 4pm to 7pm
Pilot Butte Community Centre

Thursday, May 8 2pm to 7pm
RM of Edenwold Office



By taking this quick ten minute survey, you'll help shape the scope of the review and set priorities for the future.

WWW.RMEDENWOLD.CA

MAY 13 - 19
2025

CANADA ROAD SAFETY WEEK

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Fostering Natural Imagination in Children

- By Gwen Randall-Young

Are our children losing the ability to imagine? Parents often express their concerns to me about the amount of time their children spend online talking with friends or playing computer games. When they are done with these, they are watching television. If access to the above forms of entertainment are withdrawn, children complain of being "bored".

Then, with all of the extra-curricular activities chil-

dren are involved in these days, there is little time for unstructured play. This is unfortunate, for, as Albert Einstein said, "imagination is more important than knowledge". Thinking up imaginary games to play, scripting the parts, setting the stage, and then allowing a "story" to spontaneously emerge involves high-level thinking. It is creative in the truest sense, for the "play" is being created in every moment.

This kind of play also involves communication and cooperation. The parties have to reach agreements, and then, undoubtedly, may have to negotiate from time to time as things unfold. And, of course, there is a lot of improvising and pretending.

These are the very skills

that innovators and leaders in all walks of life possess. They formulate an idea and then develop a vision. That vision is, at first, pretending: imagining what it would look like if the idea or concept were implemented. They must communicate their vision to others when it is just an idea.

This is very different from what children spend so much time doing: sitting alone in front of a screen, either being passively entertained, or clicking the controls to make something happen in a game created by someone else, requiring a relatively narrow skill set.

If imaginary play is a "dying art," we would be wise to reintroduce it to our children. Parents may have to play with them, at first, to teach them how to do it. Unfortu-

nately, many of the parents of young children were also raised on computers and television, so may be at a loss in this area.

I do believe imagination is inherent in all. Perhaps we need to unplug the electronics, and leave children more time with "nothing to do", particularly when they are young, and before they become addicted. A mind is a precious and powerful thing. Let's give our children the opportunity to develop theirs naturally.

Gwen Randall-Young is an author and award-winning psychologist. For permission to reprint this article, or to obtain books, audio recordings or to read other articles visit www.gwen.ca. Follow Gwen on Facebook for inspiration.

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Adult Book Club

White City Public Library
Branch

Thursday, May 22nd
11:00am

We will be discussing
One Day
by
David Nicholls

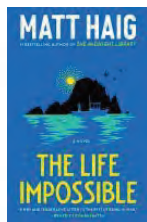
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Adult Book Club


White City Public Library
Branch

Monday, May 26th
6:30pm


We will be discussing
The Life Impossible
By Matt Haig

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We will be closed on May 12th & May 19th

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APRIL 2025 PROGRAM & EVENTS CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Canadian Children's Book Week continues: April 27-May 3	2 Stay & Play 10:00am	3 Code n Go Robot Mouse 10am to 2pm
4	5 Sound Bath Therapy 7:00pm Please Register	6 Library Board Meeting 8:00pm	7 EAL Language Circle for newcomers 6:00pm	8	9 Preschool Storytime 10:00am	10 Woodburning Art 1:00pm Adult/Teens
11	12 Closed for Staff Workshop	13	14 EAL Language Circle for newcomers 6:00pm	15	16 Preschool Storytime 10:00am	17 Code n Go Robot Mouse 10am to 2pm
18	19 Closed for Victoria Day	20	21 EAL Language Circle for newcomers 6:00pm	22 Adult Book Club 11:00am One Day by David Nicholls	23 Preschool Storytime 10:00am	24 Woodburning Art 1:00pm Adult/Teens
25	26 Adult Book Club 6:30pm The Life Impossible By Matt Haig	27	28 EAL Language Circle for newcomers 6:00pm	29	30 Preschool Storytime 10:00am	31

CHILDREN'S PROGRAMS

Preschool Storytime

Fridays @ 10:00 AM
May 9, 16, 23, 30

A drop-in program for children 0-5 years and their caregiver. Join Gail for stories, rhymes and a simple craft.

Makerspace kit this month

Code & Go Robot Mouse: This fun little mouse is more than just a robot – it's an introduction to coding! Fun obstacle courses and actions chosen by participants will help this little mouse reach its beloved cheese.

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

ADULT PROGRAMS

Adult Book Clubs

One Day by David Nicholls will be discussed on Thursday, May 22 at 11:00am.
The Life Impossible by Matt Haig will be discussed on Monday, May 26 at 6:30pm.

Ask for a copy at the front desk.
New Members Welcome!

Sound Bath Therapy

Monday, May 5th at 7:00pm

Relax the body & mind with the power of sound. A sound bath is a meditative journey that uses vibrations from crystal bowls and gongs to promote deep relaxation, reduce stress and restore balance in the body and mind.
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To register for programs, please call 306-781-2118.

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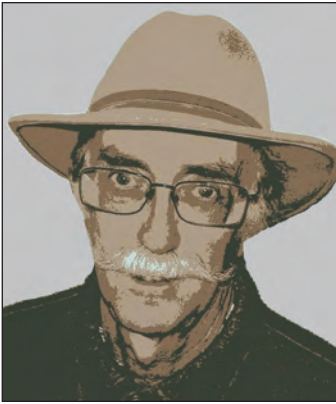
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Off the Beaten Track

- By John Panter

Serving on a municipal council is very much a public service. No one ever ran to be a councillor, reeve or mayor expecting to get rich. For someone retired, it's a way to contribute to your community and receive a modest salary in return. For someone younger with perhaps a young family to support, an income outside of municipal service is essential.

The Town of White City has a Remuneration Policy which spells out how a councillor's services are to be compensated and legitimate expenses are to be reimbursed. Which brings me to White City councillor Shahnaz Sultana, acclaimed as such in last November's municipal election.

In twelve days between the election (acclamation) and the first council meeting on November 25th, councillor Sultana had billed \$840. Admittedly, part of the bill was for "training and gadget set up", and a "meeting with town manager", but asking for reimbursement of \$240 for attending a City hall volunteer appreciation gathering seems odd.

She has claimed \$980 for chairing a committee of the whole meeting and three council meetings, which would be appropriate according to the authorized remuneration schedule, except that she chaired none of these four

meetings. (Mayor Mitch Simpson was in the chair for all four.) By the end of December, 2024, she had claimed \$4,992.50 for her service and expenses as Town councillor.

By the end of January, the councillor had claimed a further \$6,855.08 for services rendered including expenses. Somewhat perplexing was a remuneration claim of \$480 for meetings with the Town of Pilot Butte and Regina Ward 5 councillors. I am assuming that for a rookie councillor, sticking closer to home and waiting for Council direction to attend meetings further afield would be wise.

And come on now, it ought to be a privilege just to be asked to judge at a science fair. It's not something for which a municipal councillor should claim compensation of \$400, (although apparently it qualifies for reimbursement under the Reimbursement Policy). Nor should attendance at a "Christmas get together" generate a claim of \$480, or \$240 to take part in the "Twinkle Tour." I suppose it's possible to transact community business while "Rink Skating" but somehow I doubt it.

Which leads to the committee of the whole meeting of March 17th by which time councillor Boschman was concerned enough to ask for a discussion of "Councillor Duties and Responsibilities". That meeting and the ensuing discussion is now lava under the bridge but its effects linger on. Together with the as yet unpaid February claim of \$7,302, councillor Sultana has claimed a total of \$19,150 salary and expenses for her first three

and a half months in office.

By way of rough comparison, the average monthly councillor's reimbursement in 2023 for "salary" and expenses was \$1,465.

A staff review of the Town's Remuneration Policy and all councillors' claims has identified what it considers excessive compensation claims from Ms. Sultana in the amount of \$10,315 and recommends that any inappropriate payments be deducted from future legitimate claims.

I'm going to cut councillor Sultana some slack and put her questionable reimbursement claims down to rookie mistakes, maybe a lack of understanding of the Remuneration Policy, or flaws in the Remuneration Policy itself. Going forward,

perhaps Administration needs to scrutinize compensation claims more carefully. In any event, Administration assures us that "remuneration requests now align with the Council Remuneration Policy."

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



**Lawn Alternatives
Carmen Liebel**



Carmen Liebel is a Master Gardener, holds a Prairie Horticulture Certificate from the University of Saskatchewan, and a Certificate of Visual Design from the University of Calgary. With nearly 500 species of perennials and trees in her personal collection, she brings a wealth of practical plant knowledge and prairie-specific expertise. A lifelong resident of the RM of Edenwold and an experienced municipal leader, Carmen blends her love of horticulture with a deep commitment to community growth, sustainability, and rural-urban connections.

Wed. May.14th, 2025, at 7:00 pm

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UPCOMING DATES:

- April 29- Brady Levold Presentation
- May 9-10 Drama Provincials
- May 14 RDIEC- Tray a Career Day -Gr.9

April Update

Provincials Bound

Congratulations to the cast & crew of "How to Get Away With a Murder Mystery" for winning the Sask Drama Regional Festival in Lemberg. We know that will do amazing at Provincials in Moose Jaw in May. A special shout out to student directors Sarah Stefner and Kayla Crook!



Clothing, Textiles and Fashion 20/30, Bringing Monsters to Life

Students collaborated with École WCS Kindergarten to create replicas of the students' "monsters". The class surprised the K's with stuffie versions of the pictures they drew of monsters. The classes had a great time collaborating with the Kindergartens.



ELA 9 Storytellers

After spending weeks creating and editing digital storybooks for children, a class of grade 9s from Greenall travelled over to the elementary school to read their stories live to their target audience! Teachers from grades 1-3 welcomed the high schoolers to read aloud the stories they wrote and the images they created using AI technology. Everyone had a blast! The little ones could identify the stories' themes, laughed at the jokes, and had many great questions about the stories. Thank you so much to all the teachers who helped bring these kiddos together to promote literacy skills in both buildings.



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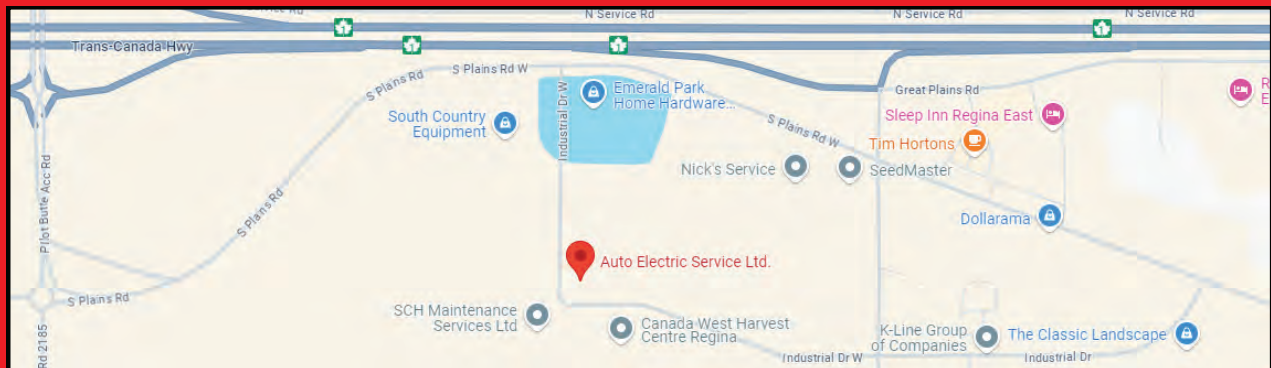
Monday - Friday 8:00a - 6:00p

Saturday 9:00a - 2:30p

Sunday Closed

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MAY 2025

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

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

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

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Special thanks to the
advertisers for supporting the
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		CASA ROSA/JAMESON ESTATES Garbage pick up every Tuesday Recycling pick up every Thursday		EMERALD PARK Recycling 1	EMERALD PARK Composting 2	3
4	5	WHITE CITY Composting 6	EMERALD PARK & WHITE CITY Garbage	8	EMERALD PARK Composting 9 Preschool Storytime 10am	10
11 MOTHER'S DAY	12	WHITE CITY Composting 13	EMERALD PARK Garbage WHITE CITY Recycling	15	EMERALD PARK Composting 16 Preschool Storytime 10am	17
18	19 VICTORIA DAY	WHITE CITY Composting 20	EMERALD PARK & WHITE CITY Garbage	22	EMERALD PARK Composting 23 Preschool Storytime 10am	24
25	26	WHITE CITY Composting 27	EMERALD PARK Garbage WHITE CITY Recycling	29	EMERALD PARK Composting 30 Preschool Storytime 10am	31

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
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