

White City & Emerald Park

MARCH EDITION, 2026

Community Newsletter



Burned out by smartphones, young people are choosing flip phones, cameras and MP3 players instead

Alarm clocks, maps, books, flashlights, watches, radios, MP3 players, Palm Pilots, remote controls, cameras, handheld recorders and other devices have all been gradually absorbed into a single one: the smartphone.

This convergence has brought unparalleled convenience into our fast-paced lives. Free internet-based calls and messaging, navigation, documentation, entertainment and even authenticator apps required to access work email have become essential daily functions and tasks.

For most of us, smartphones are no longer optional; they're constant companions that have restructured how we work, communicate and move through the world.

Yet, as smartphones have become increasingly cen-

tral to everyday life, a counter-trend has begun to take shape. In an effort to combat the attentional drain of smartphones, teens and young adults are deliberately reintroducing single-purpose technologies into their lives.

Revival of single-use devices

Single-use devices include basic mobile phones with limited functionality ("dumb phones"), standalone digital and film cameras, MP3 players and iPods, e-readers such as Kindles and even paper planners and physical alarm clocks.

Several overlapping factors appear to be fuelling this move to digital minimalism. One is digital burnout and choice overload. Smartphones collapse multiple roles into a single interface, making it difficult

to disengage from them. Persistent notifications and algorithmically curated feeds intensify this effect.

Rather than abandoning technology altogether, people are increasingly seeking to use it with greater intention. Instead of accumulating thousands of photos and screenshots on their phones, many young adults are purchasing cameras to capture the important moments, people and places in their lives.

Likewise, there's a resurgence in iPod and MP3 player sales. These devices allow people to listen to music without advertisements, notifications or algorithmic recommendations.

Patterns of smartphone use help explain why such alternatives are appealing. Not surprisingly, mobile phone use has increased year after year for Cana-

dian adults from 3.2 hours a day in 2019 to 5.65 hours 2023.

A 2022 Statistics Canada report found just over half of Canadians said they checked their smartphone first thing in the morning, and the last thing before bed. Forty-three per cent said they typically check their smartphone at least every 30 minutes.

Canadian adolescents are among the most digitally dependent, with a smartphone penetration rate of 87 per cent in 2021 and about 88 per cent of those aged 15 to 24 reporting that they check their phones at least once every hour.

Mobile phones and screens are deeply embedded in daily life globally. Worldwide, the average person now spends nearly six to seven hours a day looking at screens, with

- continued on pg. 2

Burned out by smartphones, young people are choosing flip phones, cameras and MP3 players instead - cont'd

most of that time spent on mobile devices at almost four hours a day on phones alone. In countries like the Philippines, Brazil and South Africa, daily mobile screen time regularly exceeds five hours.

By comparison, those in the United States and United Kingdom tend to spend slightly less time on their screens, but still a significant proportion of their waking hours engaged with digital devices.

A new trend or old habit?

The turn toward single-purpose devices may appear to be a reaction to smartphones specifically, but efforts to unplug from technology long predate them.

Organized "cellphone free" days were already being

promoted as early as the 2000s, already fuelled by unease with "always available" connectivity. What has changed in recent years is not the desire to step back, but who is being most affected and what they are stepping away from.

Today's single-use movement is being driven largely by people who are deeply embedded in digital work and culture: international workers, those who are self-employed, professionals, those working in creative industries, students and parents.

Research on digital disconnection shows that people are most likely to disengage when they experience persistent time pressure, cognitive overload, blurred work-life boundaries or emotional fatigue from constant exposure to

online content.

In that sense, the turn to dumb phones, dedicated cameras or e-readers is less about nostalgia and more about an attempt to

use digital tools that help us focus and create, rather than platforms that are designed to constantly capture our attention.



Dr. Kelsey Ross



Dr. Chantara Lerner

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Stepping back from screens

Reducing screen time and social media use can have profound benefits on cognition and well-being. One study found that limiting social media use to around one hour per day reduced symptoms of anxiety, depression and fear of missing out, while improving sleep among young people aged 17 to 25.

Another study blocked internet access on participants' smartphones for two weeks. A staggering 91 per cent of participants reported improvements in their mental health, life satisfaction and ability to sustain attention, with the effects comparable to reversing 10 years of age-related cognitive decline.

Participants spent more time socializing, exercising and spending time in nature, all of which are associated with improved well-being.

Research on forced digital disconnection also offers insight into the immediate effects of removing internet-enabled devices. In Swedish detention centres, for example, inmates are issued basic mobile phones with no internet access. Ethnographic research shows this eliminated compulsive phone checking and made communication slower and more deliberate.

While the context is extreme, it highlights that once devices designed for endless engagement are removed, patterns of attention and behaviour can change almost immediately.

Thinking of unplugging?

Voluntary forms of disconnection have started gaining traction. Digital detox retreats, for instance, offer a chance to step away from the constant pull of online life. Whether in off-grid cab-

ins or rural retreats, these escapes allow time for reading, board games, cooking and nature walks. They offer a deliberate pause from the looming sense of urgency to be online and the pressure to perform for an audience.

If you're curious about experimenting with single-purpose devices, a full break from smartphones isn't necessary. Many people begin by identifying the functions that feel most disruptive, such as social media or constant messaging and relocating others to separate tools.

Simple steps include using an e-reader for reading, a standalone alarm clock to keep phones out of the bedroom or a dedicated music player for commuting.

A more moderate approach includes installing an app that can monitor screen time use, like Brick, or switching smartphone

displays to greyscale to mitigate distractions and boost focus by removing colours that grab attention and trigger dopamine loops.

If all the hours spent scrolling were suddenly yours, an entire extra month a year, what would you do with that time? Perhaps it's time to think about stepping off the feed and reclaiming the moments that are intrinsically meaningful and chosen by you.

Emma G Duerden

Canada Research Chair, Neuroscience & Learning Disorders, Associate Professor, Western University

Rubina Malik

Postdoctoral Fellow, Western University

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Support your heart and brain health through lifestyle habits

Did you know that nine in 10 adults have at least one risk factor for heart disease or stroke that can be changed? It means that most of us can take steps today to protect our heart and brain health.

One way to start is by better understanding your situation with tools like the Heart & Stroke Risk Screen. It's a simple way to see what's working and where changes could help. From there, focusing on everyday habits can make a big difference over time.

Simple actions that support heart and brain health

Prioritize sleep. Quality rest regulates blood pressure, metabolism and stress hormones. Most Canadians—almost eight in 10—meet daily sleep recommendations, but consistent routines, less screen time before bed and calming habits can improve sleep.

Quit smoking. Becoming smoke-free is one of the most powerful steps you can take. Smoking is Can-

ada's leading cause of preventable death and disability. If you smoke or vape, consider talking to your healthcare provider about proven supports and therapies to help you quit.

Move more. Many of us spend long hours sitting at work, school or on screens. Add light stretches, walk to the store, cycle to work or try structured workouts. Even short bouts of movement throughout the day add up.

Manage stress. Chronic stress strains the body. Try mindfulness, breathing exercises, gentle movement and connecting with others to reduce its impact.

Eat well. Adding more

fruits, vegetables, whole grains, nuts and legumes to your meals, and cutting back on highly processed foods and sugary drinks can make a real difference to your health. Canada's Food Guide is a useful tool for guidance. You can also look for front-of-package nutrition labels. These appear on certain foods to show when they're high in sodium, sugars or saturated fats, helping you make healthier choices.

Remember: slow, steady changes are easier to maintain than sudden shifts in habits. You can explore practical tips and risk screening tools to support your health at heartand-stroke.ca.

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A restaurant-worthy appetizer easily prepared at home



Whether you're looking to up your game the next time you host or just enjoy a healthy dish, this elevated appetizer does the trick. It contrasts flavours and textures, combining crunchy cucumber and soft savoury crab with the natural sweetness of prunes. Delicious and visually striking, this appetizer will leave an impression whenever you

serve it.

Crab and Prunes Salsa Stack

Prep time: 20 minutes

Makes: 4 stacks

Ingredients:

Prunes and beet layer:

14 California prunes, diced

1/3 cup (75 ml) minced pickled beets

1 green onion, finely sliced

Crab layer:

1/2 lb (227 g) lump crab meat

1 small tomato, finely diced

1/4 cup (60 ml) mayonnaise

2 tbsp (30 ml) chopped dill

1/4 tsp (1 ml) pepper

Cucumber layer:

1 Persian cucumber, finely diced

1/3 cup (75 ml) finely diced radish

Zest of 1 lemon

1 tsp (5 ml) lemon juice

Salt and pepper to taste

Base layer:

2 ripe avocados, diced

Accompaniments:

Dill for garnish

1/2 cup (125ml) store-bought crispy onions

Crispy fried wonton skins or thin crackers to serve

Directions:

1. In a bowl, combine prunes, beets and green onion.
2. In a second bowl, combine crab, mayonnaise, tomato, dill and pepper.
3. In a third bowl, combine cucumber, radish, lemon zest and juice. Salt and pepper to taste.
4. To assemble the stack, use a tall 3-inch round biscuit



- cutter or make one from an empty plastic food jar or metal can of the same diameter.
5. Place mold onto a plate, spoon about 1/4 of the diced avocado into the mold. Tamp down gently using a wooden muddle or shot glass to make an even layer. Add 1/4 of the crab layer and repeat tamping. Add 1/4 of the prune mixture and tamp to even out the layer. Tamp in 1/4 of cucumber layer. Gently lift up the mold while holding layers down with the tamper. Repeat steps to make 3 more stacks.
 6. Garnish each stack with equal amounts of the crispy onions and dill.
 7. Serve with crispy wonton skins or crackers.

Nutrition notes: The crab meat contains protein, and the mayo and avocado provide healthy fats. The assortment of vegetables and fruits, including cucumbers, radishes and tomatoes, provides vitamins and antioxidants. And the prunes contain a unique combination of fibre, sorbitol and polyphenols, which support gut health.

You can find more healthy recipes at californiaprunes.ca.

www.newscanada.com



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Great presenters!

What's coming up over the next few months?

Mar 11 *MLT Aikens LLP*

Apr 8 *Impact Business Consulting*

May 13 *Aspen Links*

June 10 *MLA for White City –*

Qu'Appelle - Brad Crassweller & Minister of Trade & Export – Warren Kaeding

The Objective of the White City | Emerald Park Business Association is to promote and improve trade and commerce and the economic, civil, and social welfare of the district.

Breakfast meetings are held at 8am at the Ramada in Emerald Park. Not a member? Your first meeting is on us!



WHITE CITY | EMERALD PARK
BUSINESS ASSOCIATION

See the full schedule here: www.wcepba.org

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www.rmedenwold.ca/community-calendar

Mar 7 *Chillfest in White City*

May 1-3 *Community Garage Sale*

June 13 *RM158 Rock n' Field Day*

June 19-21 *Pilot Butte Rodeo*

July 1 *Canada Day in Balgonie*

July 18 *Fired Up! Classic Car Show*



March 7, 2026 1pm to 4pm



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Councillor's Corner

with Nichole Posehn

Building Community, One Connection at a Time

IRISH ICEFEST IS BACK!

We are in for a full day of Irish luck and fun at the **2nd Annual Irish IceFest on Saturday, March 14th**, and I hope to see you there!

The day kicks off bright and early with a **FREE community pancake breakfast**, generously sponsored by **Cornerstone Credit Union**, from **9:00 a.m. to 11:30 a.m.** Everyone is wel-

come for the free pancake breakfast whether or not you are participating in any of the IceFest activities. I'll be there serving up breakfast, so come say hello, and stay for the entertainment that starts at 11:00 a.m. We'll be treated to a lively performance by the **Blakley Irish Dance Group**.

From there, the fun con-

tinues all day with something for everyone. Activities include **Snow Pitch, curling, bonfires and s'mores, winter bike races, and the opportu-**

Ski Club, and powered by **Regina Slo-Pitch, Western Cycle Source for Sports, the RM of Edenwold, the Town of White City, and Aspen**



*May your troubles be less
and your blessings be more,
and nothing but happiness
come through your door.*



nity to test drive a winter bike. You'll also find indoor cornhole, along with Irish food and drinks to keep the spirit going. Also, there are tons of team prizes to be won throughout the day !!

The evening wraps up with a **cabaret featuring BuzzKillz**, promising great music and a fantastic atmosphere to close out the day.

All events will take place either outdoors or **downstairs in the Aspen Links Clubhouse and Rec Room**, making it easy to enjoy the day no matter the weather. Team event entries can be arranged by contacting info@aspenlinks.ca.

Irish IceFest is brought to you by the **Emerald Park Cross Country**

Links.

So grab your green, bring your friends and family, and join us for a fantastic community celebration.

Please note: Snow is optional, fun is not. Irish IceFest goes on no matter what!



Nichole Posehn,
Division 3 Councillor



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Monday, March 9th
6:30pm

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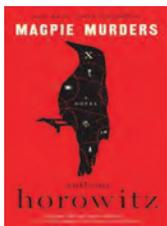
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Adult Book Club

White City Public Library Branch

Thursday, March 26
11:00am

We will be discussing
Magpie Murders by
Anthony Horowitz

Copies available
at the front desk

NEW MEMBERS WELCOME!

WWW.SOUTHEASTLIBRARY.CA

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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. 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

Visit us - [f](#) White City Public Library Branch [t](#) WhiteCityLib
MARCH 2026 PROGRAM & EVENTS CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 The Book Was Better Than the Movie Made From it Book Display	3 EAL Language Circle For Newcomers 6:00PM Library AGM 7:30 PM	4 Lego Club 6:00 PM Drop-in! All Ages	5 Makerspace kits this month: Crazy Forts Glow-in-the-Dark Mini Golf	6 Crazy Forts 10:00 AM Drop-in	7 Glow-in-the-Dark Mini Golf 10am-2pm
8	9 How to use Hoopla, Kanopy, Creativebug Event! 6:30pm Drop-in	10 EAL Language Circle For Newcomers 6:00 PM	11 Lego Club 6:00 PM Drop-in! All Ages	12	13 Preschool Storytime 10:00 AM Drop-in	14 Glow-in-the-Dark Mini Golf 10am-2pm
15	16 Puzzle Time 1:30pm Drop-in!	17 EAL Language Circle For Newcomers 6:00 PM	18 Lego Club 6:00 PM Drop-in! All Ages	19	20 Crazy Forts 10:00 AM Drop-in	21 Glow-in-the-Dark Mini Golf 10am-2pm
22	23 Puzzle Time 1:30pm Drop-in!	24 EAL Language Circle For Newcomers 6:00 PM	25 Lego Club 6:00 PM Drop-in! All Ages	26 Adult Book Club 11:00AM Magpie Murders by Anthony Horowitz	27 Preschool Storytime 10:00 AM Drop-in	28 Glow-in-the-Dark Mini Golf 10am-2pm
29	30 Puzzle Time 1:30pm Drop-in!	31 EAL Language Circle For Newcomers 6:00 PM				



CHILDREN'S PROGRAMS

Preschool Storytime

Fridays @ 10:00 AM

March 13, 27

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

Makerspace Kits this Month:

Glow-in-the-dark Mini Golf: Bring your A-game and try to make it through the course with LED golf balls, fluorescent track, and much more!

Crazy Forts: Powered by your imagination, Crazy Forts can become whatever you want them to be! This fort-building toy allows you to create a multitude of possible play structures.

Library AGM: March 3rd at 7:30pm. Copies of the Annual Report and Financial statements will be available for review. Everyone Welcome!

To register for programs, please call 781-2118.

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ADULT PROGRAMS

Adult Book Club

Thursday, March 26th at 11:00 AM

We will discuss *Magpie Murders* by Anthony Horowitz.

Copies available at the front desk.

Book Display for the Month of March

The Book Was Better

Check out a book that was better than the movie made from it!

How to use Hoopla, Kanopy, Creativebug

Join us Monday, March 9 at 6:30pm for an information session on how to access our awesome e-resources!

Puzzle Time

Mondays at 1:30pm.

March 16, 23, 30

Socialize with others who enjoy working on puzzles. A drop-in program!

Can't visit us in person? Check out these great eResources, all FREE with your library card!

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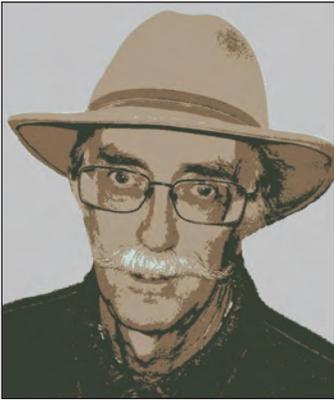
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Off the Beaten Track

- By John Panter

John F. Kennedy, "Don't get mad, get even."

There are six White City councillor positions, all of whom will be acclaimed unless citizens step up and run in the next election. Talk to your neighbours. Start a ratepayers association. Organize a search committee. Find enough residents to put their names forward to force an election. Organize a couple of all-candidates meetings. Then, let the ballot box determine who was "right" and who was "wrong."

A municipal council position is almost the only "job" one can apply for and get without ever having demonstrated any prior interest in, or aptitude for. So, before you throw your hat into the ring, go some council meetings, the more, the better, to see what the job entails. Understanding basic council procedures beforehand will flatten the learning curve and give you credibility at the council table.

It would be a good idea too, to familiarize yourself with Roberts Rules of Order. While not strictly followed by either White City or the RM of Edenwold councils, it's the default operations manual for legislative bodies everywhere. A cursory working knowledge of it will give you an advantage over others less (or not at all) familiar with its time-honoured principles. Want your opinions to prevail around the council table? Study the rule book and learn how to make it work for you.

And now, the lagniappe: 1. White City administration overpaid councillor Sultana. The overpayment has been, or will be, refunded from future paycheques. It's time to restore her full councillor privileges. Not doing so looks vindictive. 2.

Council chamber is a debate forum. Zoom - absent dire emergency - is no way to take part in council meetings. 3. Mayor Simpson campaigned in opposition to Royal Park. Once elected he discovered that he knew one of the Royal Park investors and declared a conflict of interest. It isn't. Then, he endorsed councillor Zorn's slugging of White City residents. 4. Some of the outbursts from members of the public in attendance when the votes were tallied were vulgar (can't we come up with better swear words?). 5. R.M. snow plow

operators were out and about, dark and early (5 am at my place) following a recent snowpocalypse. My hat is off to you guys.

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



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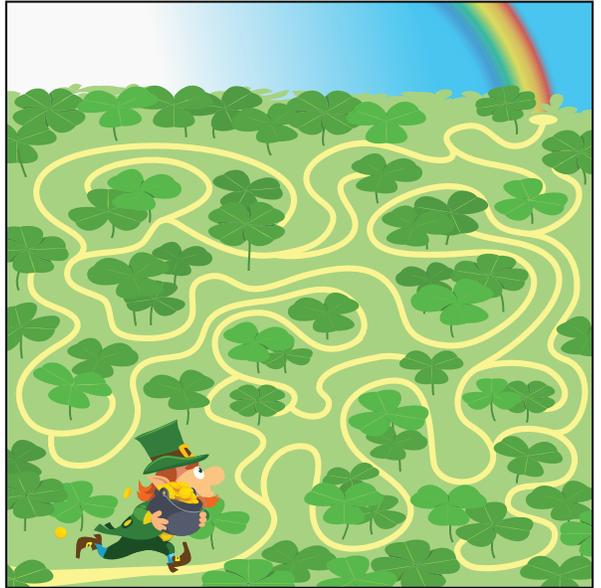
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I	I	H	G	Q	P	A	O	R	E	M	N	Q	X
K	K	C	L	F	S	T	T	K	N	N	T	Y	K
F	D	R	S	W	Q	X	L	F	J	R	H	A	C
C	D	A	A	O	U	U	E	E	B	C	Q	D	O
U	P	M	U	B	I	N	P	S	M	L	H	O	R
A	G	I	D	N	Q	R	R	T	D	O	A	O	M
S	N	J	P	I	L	M	E	I	J	V	W	L	A
A	O	T	W	A	A	C	C	V	W	E	H	C	H
T	M	N	A	R	A	C	H	A	S	R	T	X	S
J	E	A	D	X	H	Y	A	L	K	X	M	B	N
V	K	P	H	W	N	U	U	E	R	P	U	C	I
D	J	A	R	K	C	W	N	E	I	J	X	A	O
L	V	I	R	E	L	A	N	D	S	X	O	T	C

- COIN CLOVER POT FESTIVAL
- GNOME IRELAND LUCK SHAMROCK
- MARCH RAINBOW HAT LEPRECHAUN



FIND 2 SAME PICTURES



FIND THE DIFFERENCES



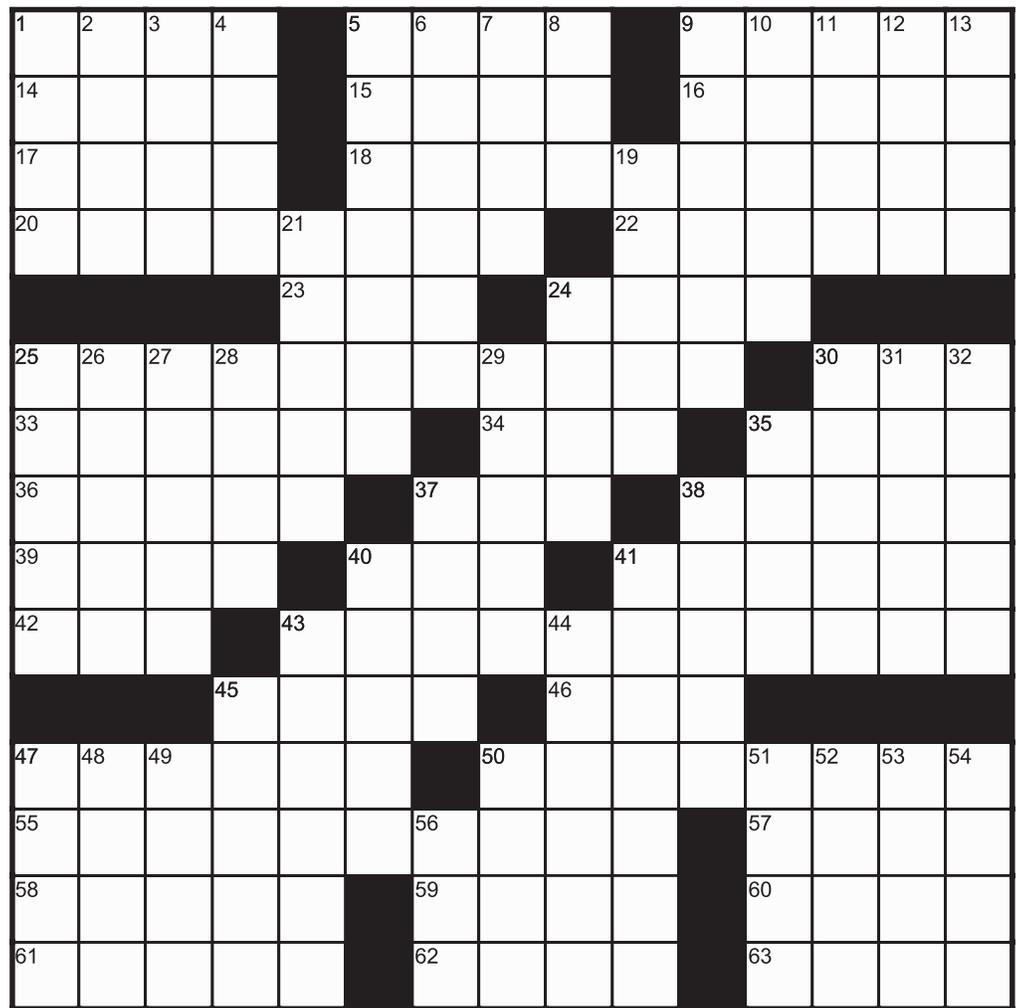
Diversions

ACROSS

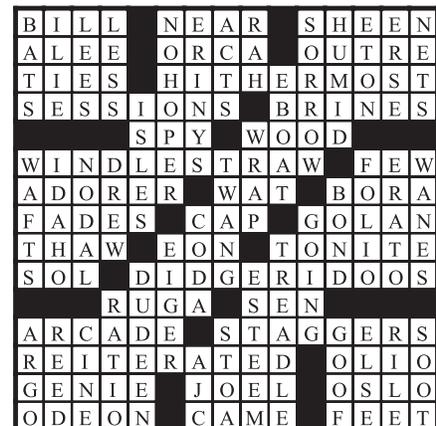
1. Duck's beak
5. Close to
9. Gloss
14. To the sheltered side
15. Killer whale
16. Bizarre
17. Binds
18. Nearest in this direction
20. Court sittings
22. Salt solutions
23. Secret agent
24. Timber
25. Withered stalk of grass
30. Not many
33. Worshipper
34. Buddhist temple
35. Aboriginal rite
36. Loses colour
37. Item of headwear
38. - Heights, Syrian area occupied by Israel
39. Melt
40. An age
41. An explosive
42. The sun
43. Aboriginal instruments
45. Wrinkle
46. Monetary unit of Japan
47. Covered passage
50. Stumbles
55. Repeated
57. Potpourri
58. Arab spirit
59. Book of the Bible
60. Capital of Norway
61. Greek theatre
62. Arrived
63. Length measures

DOWN

1. Flying mammals
2. Tennis star, - Natase
3. Dregs
4. Minus
5. Markedly incompetent person (2-5)
6. One of The Furies (Greek Myth)
7. Performs
8. Cheer
9. Sadness
10. Sultry
11. English college
12. Gaelic
13. Devices for fishing
19. Torpedo vessel (1-4)
21. Small islands
24. Envelop
25. Floats through air
26. State in the NW United States
27. Knob-like



28. Sketched
29. Nasal tone
30. Book leaf
31. Muse of poetry
32. Diminishes
35. Surety
37. Musical ending
38. Leaving
40. Swiss mountain
41. Pedal
43. Short Irish tobacco pipe
44. Revere
45. Proportion
47. Jason's ship
48. Marsh plant
49. Motion picture
50. Portico
51. Stupid person
52. Otherwise
53. Anger
54. Coal dust
56. Australian Jockey Club (Abbr)





3 often invisible medical risks you should know about

Some dangers to your health are obvious. But behind the scenes, medical risks—many of which can be symptom-free—often drive heart disease and stroke. For instance, more than eight million Canadians live with hypertension, one in four has high cholesterol and nearly four million are living with diabetes.

The good news is that most medical risk factors for heart disease and stroke can be managed with healthy habits, medication and regular check-ins. Genetics set the starting point—having a close relative with premature heart disease or stroke, for instance. But what you

do every day still makes a powerful difference: healthy routines and proactive care help protect your heart and brain. A great first step is understanding your situation—tools like the Heart & Stroke Risk Screen help make it easy to see where you stand and where changes could help.

“When people hear ‘family history,’ they usually think about genetics, and that’s important because genes do account for a lot of risk,” says Dr. Guillaume Paré, a professor of pathology and molecular medicine. “But families also pass down lifestyle habits, and communities do the same. Healthy

habits spread, but unfortunately unhealthy habits spread just as easily.”

Inherited traits and environmental factors play a role, but they don’t tell the whole story. What you do every day and how you manage health conditions can change outcomes dramatically.

Common medical conditions that affect risk

Hypertension: Or, high blood pressure, as it’s more commonly known, puts strain on blood vessels and vital organs. It’s described as a ‘silent killer’ because it’s often symptom-free. Regular monitoring at home, at a pharmacy or through a healthcare provider is essential, as well as eating well, and being active and smoke-free.

High cholesterol: This condition can be inherited or result from lifestyle behaviours, but a diet low in saturated fat and regular activity can improve your cholesterol levels.

Diabetes: Elevated blood sugar can damage blood vessels and nerves, making management through nutrition, physical activity, medication and regular check-ins critical.

Healthcare providers can offer testing and counselling for these conditions, supporting early action and better overall risk management. Combined with healthy habits, these steps can make a powerful difference for your heart and brain health. You can find expert guidance, helpful tips and risk screening tools at heartandstroke.ca.

www.newscanada.com

Some risks, you can’t control. Your habits, you often can

Understanding what you can and can’t control can make a real difference to your health. Not all risks for heart disease and stroke can be controlled, but knowing what’s fixed helps you focus on what you can change. Did you know that about half of your overall risk is inherited? This makes healthy habits even more important for prevention.

Dr. Sara Kirk, a professor of health promotion, says many factors influence our ability to make healthy choices. “We’re living in an often health-disrupting environment with social and structural determinants that can prevent people from being able to make decisions that would improve their health and wellbeing,” she says. “The

choices we make are dictated by the choices that we have, and in some cases, there’s not even a choice.”

Understanding your factors is a key first step. There are tools, like the Heart & Stroke Risk Screen, that can help, by showing you where you stand, and where changes can potentially help.

Important risk factors you can’t change

Genetics and age: Studies show that about half of a person’s overall risk for heart disease is inherited. As we age, the heart and blood vessels naturally change, which increases risk it. Understanding these factors encourages earlier screening for high blood pressure, high chole-

sterol and diabetes — and prompts preventive action.

Sex: Women and other people who can experience natural or medically induced menopause face distinct risks during reproductive, menopause and post-menopause stages. Conditions such as hypertension and gestational diabetes during pregnancy increase lifetime risk, and after menopause, hormone changes can further raise it.

Ethnicity: Different communities experience varied levels of risk based on genetic, cultural, environmental and socioeconomic factors. Racism and discrimination add pressures that contribute to depression, anxiety and chronic stress—all of which harm

heart and brain health.

Social and environmental factors: The ability to make healthy choices can be easier for some, and harder for others, depending on many factors, including where you live, your finances and access to healthy choices and resources. Air pollution also affects heart and brain health.

Understanding what can’t be changed helps people focus on meaningful actions — and empowers them to protect their heart and brain health. Healthy habits such as sleep, physical activity, stress management and eating well make a powerful difference, and it’s never too late to start. You can find tips for healthy habits at heartandstroke.ca.

www.newscanada.com



2026 PROGRAM

7:00 PM Ramada Inn - Emerald Park

Jan. 14th	Garden Line FAQs - Hybrid In-person & Zoom
Feb. 11th	Tree Cities of the World
Mar. 11th	Rave about Raspberries
Apr. 8th	Water Features
May 13th	The Lily Beetle Battle
Jun. 10th	Firepit Design and Safety
July TBC	2025 WCGC Bus/Garden Tour
July & August	Summer Wine Wednesdays – Members only
Sept. 9th	Seed Saving
Oct. 14th	Great Global Gardens
Nov. 18th	AGM & Holiday Celebration – Cyber Security

All are welcome.

- Members free & non-members pay \$5.00 drop-in fee per session.
- * Special pricing for Bus/Garden Tour

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Or bring the application and a cheque to any meeting or give it to a Board member



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ERES Community Council News

Next ERES SCC mtg: March 10 via Zoom

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

Kindergarten Registration is Open!

Emerald Ridge Elementary School is now accepting registrations for the 2026-2027 school year. Children turning five by December 31, 2026, are eligible for Kindergarten for Fall 2026. To register, visit the ERES website

(www.emeraldridge.pvsd.ca) and complete the Online Registration Form, proof of age must be included. Alternatively, you can request a form from emeraldridgeschool@pvsd.ca.

If you know of new families moving into the area, please encourage them to contact the school for a registration form or direct them to the online form. Early registrations help ERES plan for the upcoming school year.

Join the ERES SCC!

New members are always welcome. Come to a meeting or email us to find out how you can support our school.

ERESCommunityCouncil@gmail.com

Important Dates:

- **March 10** – ERES SCC Meeting
- **March 13** – ERES SCC Popcorn Day
- **March 17 & 18** – Parent Conferences
- **March 20** – No School – In Lieu of Conferences
- **March 24 & 25** – Beauty & the Beast, Drama Performance
- **April** – ERES Family Movie Night
- **April 3-10** – No School
- **April 13** – Classes Resume

MARCH 2026

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

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

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

Please email: shannon@westernlitho.ca

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	EMERALD PARK Garbage WHITE CITY Recycling	EMERALD PARK Recycling 5	EMERALD PARK Composting 6	7
8	9	10	EMERALD PARK & WHITE CITY Garbage		12	13
15	16	17 ST. PATRICK'S DAY	EMERALD PARK Garbage WHITE CITY Recycling	EMERALD PARK Recycling 19	20	21
22	23	24 WHITE CITY Composting	EMERALD PARK & WHITE CITY Garbage	26	27	28
29	30	31			CASA ROSA/JAMESON ESTATES Garbage pick up every Tuesday Recycling pick up every Thursday	

WC/EP RECREATION INFORMATION/REGISTRATION CONTACTS:

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 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
 Garden Club: wgcg2011@gmail.com, 306-584-9173, www.whitecitygardendub.weebly.com

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