

# White City & Emerald Park

## Community Newsletter

APRIL EDITION, 2022



### Why gasoline prices have soared to record highs

Canadians are finally returning to the office after two years of pandemic restrictions, and they're making March Break and summer travel plans. They are also being confronted by record-high gasoline prices at the pumps, leaving them wondering: Why is gasoline so expensive? How long will they stay this way?

What can be done?

There are obvious and not-so-obvious answers to these difficult questions. The key driver of gasoline prices is the price of a barrel of oil and, like other commodities, oil prices are driven by the dynamics of supply and demand. Right now, supply is very tight.

During the pandemic, oil

use plummeted and then slowly recovered. It is only now reaching pre-pandemic levels. In response to that demand plunge, companies mothballed new exploration projects and reduced the production of current ones, cutting supply drastically.

As economic recovery began, companies could not

easily ramp up production. Yet prices remained low for most of that period. Moreover, oil wells are not water faucets: they take time to increase production. They also need the money and social license to do so, and both have been lacking of late.

- Continued on page 2

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# Why gasoline prices have soared to record highs - Continued from page 1

## The recent history of oil production

One problem is the increasing political risk of boosting production. Over the past several years, most governments have placed large policy emphasis on addressing the problem of climate change. Central to their efforts are reducing oil use and production and making continued use more expensive. This raises the required return on investment projects, making some new sources uneconomic.

Second, banks, equity investors and other capital providers have become less willing to fund oil and gas projects. They increasingly insist on improved environmental, social and governance performance (ESG) from the companies they invest in.

Some abstain from the oil and gas sector completely: no matter how well an oil company scores on the S and the G categories of ESG, they often score poorly on the E because of the nature of the industry. Consequently, capital acquisition is hard.

Third, regulatory risk — the risk that a regulation change will alter an industry — inhibits more oil and gas investment. Canada's continuous saga of pipeline development is a case in point. Presidents Obama, Trump and Biden have each reversed their predecessor's position on the Key-

stone pipeline.

Other pipeline and oil and gas projects in Canada have been delayed or made more expensive by protracted negotiations, more rigorous environmental reviews and political obstacles.

Regulatory risk is also present internationally. In the United States, President Biden cancelled the Keystone pipeline and has outlawed new drilling leases on federal land. Norway's Equinor has pledged to decrease its production of hydrocarbons. All of this has made increasing oil production difficult, and contributed to a supply crunch.

## Geopolitics and gas prices

Adding to the supply crunch is the second component of high oil prices — a geopolitical crisis in a significant oil-producing area.

Russia is among the world's top oil and gas producers, habitually ranking in the top three. It supplies Europe with 27 per cent of its oil and 40 per cent of its natural gas.

Many European countries remain dependent on oil and gas for heating, transport and industrial production, and the war in Ukraine has helped expose that reality.

The invasion has generated shock, fear, and outrage. Public condemnation has been almost universal. Economic sanctions on Russia have been powerful and announced with great fanfare. But the flow of Rus-

sian oil and gas has not yet stopped. Despite plans to accelerate cuts to fossil fuel use, Europe still needs oil and gas.

The invasion has brought an uncomfortable reality into bold relief. Efforts to reduce carbon consumption have strengthened the geopolitical hand of many oil producing countries.

Of the world's top 10 oil producers, only three are democracies. They remain overwhelmingly dependent on oil and gas revenue and are unencumbered by political, regulatory and capital constraints.

The less oil other sources produce, the more they can produce, often at fear-induced elevated prices that generate a revenue bonanza.

## What can be done?

What can be done to reduce prices and vulnerability? In the short term, a more diverse supply.

President Biden has released oil from the strategic petroleum reserves, repeatedly called on the OPEC cartel to increase production and is even making overtures to Venezuela.

These will help bring prices down. But these are hardly the measures you would want to base your energy security on.

Fortunately, there are promising signs of relief at the gas pump. The market will do its work — high gas prices will motivate more production, eventually

bringing gas prices down.

Yet bubbling underneath will be the ongoing process of energy transition. As other energy sources grow in importance, calibrating the needed oil supply to demand will be even more difficult. Prices will come down, but they will be volatile: consumers should brace for unpredictable gas prices to become the norm.

The longer term answer acknowledges reality. The world will need oil and natural gas for decades yet. Alternative energy sources — wind, solar, more natural gas and nuclear — can reduce that dependence, but will not eliminate it — at least not for a decade or more. The problem of being dependent on oil and gas imports will remain, particularly for Europe.

Oil prices are cyclic, volatile and based on a combination of supply, demand and geopolitical forces. Winston Churchill famously noted that security in oil supply lay in variety, and variety alone. Extending his lesson, cultivating a variety of carbon and non-carbon energy sources is the best way to reduce price volatility and energy vulnerability. It is a lesson we are relearning now.

## THE CONVERSATION

**David Detomasi**

Associate Professor, Distinguished Faculty Fellow In International Business, Queen's University, Ontario



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# When is it time to get help for your mental health?

Canadians' perception of mental health has come a long way. Far from the stigma that once made people feel ashamed to admit to experiencing mental health issues, nowadays it's common for people to seek out supports and treatment. Professional services benefit those struggling with mood and emotions, substance use, life changes and, especially in the past year and a half, feelings of isolation and anxiety during the pandemic.

Here are some signs that it's time to seek help:

## 1. It's affecting your daily routine.

If you're feeling overwhelmed with the thought of returning to your pre-pandemic life, or fearful to even test the waters with what you are comfortable with, it might be time to

seek professional help. A healthy dose of fear is normal, but when it's preventing you from functioning in your daily life, it's a good idea to find out why.

## 2. You're feeling extreme emotions, or nothing at all.

Anxiety, fear, hopelessness and anger are all perfectly acceptable, especially during hard times. But if you're feeling overcome with too many emotions and your mind is racing a hundred miles per minute with stress, it can lead to serious health concerns.

At the same time, losing interest in the activities and hobbies that brought you joy and feeling unmotivated can also be indicators of something much more serious.

## 3. You're withdrawing from friends and loved ones.

Spending time alone is



normal and can be therapeutic and calming. Introverts might even feel energized from spending some time solo. But if you're withdrawing from your social circles altogether or feel nervous about reaching out to your friends and family, you might need some extra support. Therapy can help you understand why you're dealing with these feelings, and help you get set on the right foot in reclaiming your social and mental health.

Fortunately, there are many virtual services you

can access from your own space. If you're ready to get started on your wellness journey, the Wellness Together Canada portal offers free, reliable information and 24/7 support. Here, you can access self-assessment tools or choose to connect with peer support, social workers, psychologists and other professionals via confidential text sessions or phone calls.

Support is just a call or click away. Find more information at [wellnesstogether.ca](http://wellnesstogether.ca).

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



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## Add more fermented foods to your diet with this flavourful lunch

In recent years many of us have found new joy in the kitchen. For some, spending more time at home has meant experimenting with new cooking techniques and recipes.

Whether misadventures with baking bread or take-out meals were more your style, one of the top eating trends has been naturally fermented food. That includes treats like kimchi, sauerkraut, kombucha drinks or even sourdough bread. The fermentation process to make these foods has been practiced around the world for generations.

But what makes fermented foods so popular? According to registered dietitian Abbey Sharp, "Fermentation provides probiotics or 'good' bacteria,

which are great for supporting our immune systems and for regulating digestion. Fermentation is also known to bring out rich and delicious flavours."

Naturally fermented sourdough bread is a great source of fermented flavour in this elevated lunch or brunch sandwich – paired with thirst-quenching kombucha, it's perfect for your next gathering.

### Chevre, Pear & Prosciutto Sandwich

Prep time: 10 minutes

Cook time: approx. 1 hour Serves: 6

#### Ingredients:

##### *Caramelized Onions:*

2 tbsp (30 ml) butter, divided  
1 tbsp (15 ml) olive oil  
3 large onions, thinly sliced  
2 tsp (10 ml) honey  
Salt and pepper

##### *Sandwiches:*

1 loaf (12 slices) Stonemill Bakehouse Authentic Sourdough Rye Multigrain Bread  
1/2 cup (125 ml) chevre, softened  
1/4 cup (60 ml) cream cheese, soft-

ened

2 red pears, thinly sliced  
12 thin slices prosciutto  
Balsamic glaze, for serving

#### Directions:

1. In a large skillet, heat the oil and butter over medium low heat until melted.
2. Add the onions and cook until caramelized and golden, about 45-60 minutes.
3. Add the honey and a pinch each of salt and pepper and cook another 1-2 minutes. Set aside.
4. In a bowl, mix together the chevre and cream cheese.
5. For each sandwich, add 2 tablespoons of the cheese mixture onto one slice of bread. Add 4 thin slices of pear, two slices of prosciutto and top with a generous spoonful of caramelized onions. Drizzle with a tablespoon of balsamic glaze.
6. Serve with hibiscus and rosehip kombucha.

Find more information at  
[stonemillbakehouse.ca](http://stonemillbakehouse.ca)  
[www.newscanada.com](http://www.newscanada.com)



## Food fraud: What you should know

### 1. Know what to look for on the label.

Canada has specific requirements for food labels. Food products that are intentionally or unintentionally mislabelled, can mislead consumers about the character and quality of the food they're buying. It can even be dangerous if, for example, food allergens are found in food that aren't listed on the label. Learning how to understand a food label through resources like the Canadian Food Inspection Agency's website can help you become an informed consumer the next time you go shopping.

### 2. Know what foods are in season.

One way to spot potential food fraud is by knowing when different produce items are in season and should be available. For example, seeing pineapples labelled as "Product of Canada" would be a red flag since we don't have the climate to grow this type of food here. Knowing when you should

be able to find foods from different regions the next time you're in the produce section can help you know when something might not be what it seems.

### 3. Know how much things normally cost.

Food fraud can also happen when producers try to sell an inferior or adulterated product while making it seem like a higher-quality counterpart. Comparing prices with trusted brands and being aware of average prices for products can help ensure you're getting what you expect in the food you buy. Should you, for example, find a bottle of honey at half the price of the others, it might be diluted with other sugars even if the label says it's pure. Often, if a deal seems too good to be true, it probably is.

Find more information at [inspection.canada.ca/food-fraud](http://inspection.canada.ca/food-fraud).

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

## Healthy cupcakes for a colourful snack



Tired of the usual salads and avocado toast? Try adding some Latin American twists to your table.

This exciting recipe is sure to remind you of your last holiday — it's a healthy bite combining the creaminess of avocados from Mexico with the energizing flavours of a piña colada. It'll level up your snack time and brighten up even the greyest day.

### Piña Colada Cupcakes

Prep time: 30 minutes  
Cook time: 20 minutes  
Serves: 12

#### Ingredients:

##### Cupcakes

- 375 mL (1½ cups) all-purpose flour
- 10 mL (2 tsp.) baking powder
- A pinch of salt
- 2 eggs
- 160 mL (2/3 cup) sugar
- 180 mL (¾ cup) vegetable oil
- 1 avocado from Mexico, peeled, pitted and pureed
- Zest of 1 lime
- 180 mL (¾ cup) milk

##### Frosting

- 225 g (½ lb.) cream cheese
- 60 mL (¼ cup) coconut cream (careful, not coconut milk!)
- 250 mL (1 cup) icing sugar

Optional garnish: Toasted coconut flakes, grilled pineapple wedges and maraschino cherries.

#### Directions:

1. Preheat oven to 180°C (350°F). Sift flour into bowl with baking powder and salt. Set aside.
2. Beat eggs and sugar together with a mixer. While stirring, drizzle in oil until mixture is smooth. Add avocado from Mexico puree and lime zest. Add flour and milk alternately.
3. Pour cupcake batter into 12 paper cupcake moulds and bake for about 20 minutes.
4. Combine cream cheese, coconut cream and icing sugar with a mixer.
5. Once cupcakes are baked and have completely cooled, pipe frosting with a pastry bag, sprinkle with toasted coconut and garnish with grilled pineapple wedges and maraschino cherries.



**Tip:** If you don't have a pastry bag, cut parchment paper to create a triangle shape. Tightly roll into a cone shape. Pour in icing mixture and push towards the bottom. Bend the end to close cone properly. Cut the tip at an angle and you're ready to frost your cupcakes like a pro.

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

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## School Community Council

Next ÉWCSCC - May 18, 2022

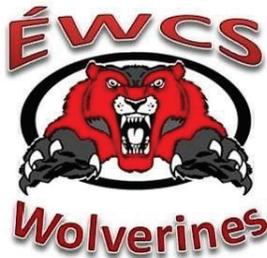
Virtual meetings held on the third Wednesday of the month @ 6:30. **ALL PARENTS WELCOME** - Please contact the school by email at [ecolewhitecityschool@pvsd.ca](mailto:ecolewhitecityschool@pvsd.ca) to pre-register!

**Watch Facebook for upcoming fundraisers!**

## KINDERGARTEN REGISTRATION 22/23:

Contact the school at [ecolewhitecityschool@pvsd.ca](mailto:ecolewhitecityschool@pvsd.ca) or 306-781-2115 if you have a child turning 5 by December 31, 2022.

Working Together For Success | Travaillons Ensemble Pour Réussir



Principal Brown started the 100 hours outdoor challenge for all ÉWCS families! Submit your hours in May for a chance to win an SCC prize basket!

## IMPORTANT DATES

Apr 15 Good Friday (school closed)  
Apr 18-22 Easter Break (school closed)

**WEAR YOUR SCHOOL COLOURS ON  
WOLVERINE WEDNESDAYS!**

Online: [whitecity.pvsd.ca](http://whitecity.pvsd.ca) -> click the "SCC" menu

ÉWCSCC on Facebook: @EWCS

## ERES Community Council (ERESCC)



Watch for more information on  
the Year End Picnic to be held  
Friday June 10th

**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 improve-  
ment plan initiatives.

Check out the ERES Facebook page for more  
details at: [www.facebook.com/EMRidge/](http://www.facebook.com/EMRidge/)

2022—2023

### Kindergarten Registration

Emerald Ridge Elementary School is accepting registrations for the 2022-2023 school year. Any child who will be five years of age by Dec. 31, 2022 is eligible to register for Kindergarten for the Fall of 2022. 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 [emerald-ridgeschool@pvsd.ca](mailto:emerald-ridgeschool@pvsd.ca) and we will email you the registration form. Early registrations assist ERES to plan for the upcoming school year.

### Upcoming Dates:

May 10:  
ERESCC AGM @ 6:30pm

May 21:  
Victoria Day (No School)

Home of the THUNDERBIRDS!

**ERESCC Annual General Meeting  
Tuesday, May 10th @ 6:30 pm via Zoom**



# GREENALL Update GRIFFINS

@greenallschool

Greenall High School

## BASKETBALL SEASONS WRAP-UP

Senior Girls and Boys, Junior Boys, and Grade 9 Boys Basketball teams have wrapped up their 2021-22 seasons this month. Each team had a successful season building and growing upon their skills. Greenall would like to send a sincere thank you to Community Coaches - Cory Blair, Carlie Kaspick, Allen Trakalo, and Brayden Larsen who helped lead, support, and mentor our teams this season. See you on the court next year, Griffins!



## #GLOBAL5KINDNESS

Greenall SLC teamed up with MHCBC to host #global5kindness which was five days of bringing kindness to our school, community, and the world. Students had challenges to complete each day of the week that consisted of Written Notes of Gratitude on Monday, Tasty Treat Tuesday, Fix-It Up Wednesday, Take a Pic Thursday, and Give Back Friday.

## SLEDGE HOCKEY WORKSHOPS

On March 21-22, Phys Ed classes and intramural day lunchtime participated in wheelchair sledge workshops offered by the Saskatchewan Wheelchair Sports Association and brought in by our Student Equity Group. This opportunity promotes sport, recreation, leisure, fitness training, and healthy lifestyle activities as well as awareness of those with mobility impairments.

## SLC SPIRIT WEEK

SLC students put together their monthly spirit week that consisted of a number of special events to spread cheer around St. Patrick's Day. On March 21, Greenall celebrated World Down Syndrome day by sporting their crazy socks to raise awareness about Down Syndrome in their school and communities.



## GRIFFIN DRAMA: ONE ACT PLAYS

Griffin Drama presents a Night of One Act Plays on April 7. Tickets are just \$10 at the door for 2 shows. Students have prepared: Property Rites by Alan Haehnel (a dark comedy) 10 Best Worst Things About High School by M. G. Davidson (a comedy) Greenall is also hosting Saskatchewan Drama Association's One Act Play Regional Festival. There will be two plays performed by Indian Head High School & North Valley on Friday, April 8th. Doors open at 12:45 pm. Greenall will present both plays on Friday, April 8th. Doors open at 6:45 pm. Indian Head, Wolseley & Bert Fox will be performing plays on Saturday, April 9. Doors open at 12:45 pm. Each of these sessions will be \$10 at the door. The winner of this festival will win a berth at Saskatchewan Drama Association's Provincial Festival in May. Griffin Drama is excited to be back in action after our pandemic break. Our kids have so much talent worth showcasing.



## 2022 ACTIVITIES PROGRAM

Celebrating our 10<sup>th</sup> anniversary  
beautifying our community

Education Sessions usually held the 2<sup>nd</sup> Wednesday at 7 PM

Zoom links for winter events are emailed on day of event.

JANUARY 12	Growing in Containers
FEBRUARY 09	Native Plantings Along Our Roads
MARCH 09	Why Bats are Good Urban Neighbours
APRIL 13	Seed Collecting
MAY 11	Attracting Birds
JUNE 8	Fruit for the Prairies
JULY Sat TBC	Love Me as I Am Garden Tour 10 am - 4 pm
JULY	Wine Wednesday TBC
AUGUST	Wine Wednesday TBC
SEPTEMBER 14	Preserving Your Harvest
OCTOBER 12	The Underground World of Plants
NOVEMBER 16	AGM & Holiday Social

Drop-ins: send email address to and then e-transfer \$5.00 to [wgcgcommunications@gmail.com](mailto:wgcgcommunications@gmail.com) 3 days prior

More information on Facebook or <http://whitecitygardenclub.weebly.com/wcgc-upcoming-events.html>



## Seed Collecting

Ruth Anne Rudack



Seed saving usually begins with a pod unpicked, or a flower head left for winter interest. Join us for some basic techniques and insights into how to have a successful seed-saving garden with a little advanced planning.

**Wed. April 13<sup>th</sup>, 2022 at 7:00 pm**

**Ramada Emerald Park or Virtual Meeting**

In-person masks are encouraged, Virtual Access after 6:30 pm

Zoom link will be shared the afternoon of April 13<sup>th</sup>

Visitors drop in fee \$5.00 or for virtual meeting send email address to and then e-transfer \$5.00/person to [wgcgcommunications@gmail.com](mailto:wgcgcommunications@gmail.com) by April 10<sup>th</sup>

Info: [www.whitecitygardenclub.weebly.com/wcgc-upcoming-events](http://www.whitecitygardenclub.weebly.com/wcgc-upcoming-events)



The White City Public Library Branch is located in the White City Community Centre, 12 Ramm Avenue East. Online at [www.southeastlibrary.ca](http://www.southeastlibrary.ca). Drop by or give us a call 781-2118.

### LIBRARY HOURS:

Monday - Wednesday 12:30-4:30 & 5:00-8:00 pm  
Thursday - Friday 9:30 am-12:30 & 1:00-5:00 pm  
Saturday 9:30 am-12:30 & 1:00-3:00 pm

Please note: The library will closed Friday, April 15, 2022 for Good Friday.

Visit us – [f](https://www.facebook.com/whitecitypubliclibrary) White City Public Library Branch [i](https://www.instagram.com/whitecitylib) WhiteCityLib

### APRIL 2022 PROGRAM & EVENTS CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 One eRead Canada & National Poetry Month begins Preschool Storytime 10:00 am	2 Glow-in-the-Dark Mini Golf 11:00 am
3	4 Metal Stamping For Adults 1:30 pm	5	6	7	8 Preschool Storytime 10 am Easter Party	9 Glow-in-the-Dark Mini Golf 11:00 am
10	11 Metal Stamping For adults 1:30 pm	12	13 Virtual Program Easter Cookie Dough Dip	14	15 Closed for Good Friday	16 Book Sale Glow-in-the-Dark Mini Golf 11:00 am
17	18 Book Sale Metal Stamping 1:30 pm Ages 12+	19 Book Sale "Let's Go Out for Dinner" Family Activity 1:30 pm	20 Book Sale Credit vs Debit Session For Teens 2:00 pm	21 Book Sale Family Games "Game of Life" 1:30 pm	22 Book Sale Glow-in-the-Dark Mini Golf 1:30 pm	23 Book Sale Metal Stamping 1:30 pm Ages 12+
24	25 Adult Paper Quilling 6:30 pm Please register	26	27	28	29 Preschool Storytime 10 am	30



### CHILDREN'S PROGRAMS

#### Preschool Storytime ~ Drop-in

Fridays @ 10:00 AM

April 1, 8, 29

For pre-school children 0-5yrs. and their caregiver. Stories, rhymes and crafts.

#### Makerspace kits this Month

Glow-in-the-Dark Mini Golf and Metal Stamping. Note drop-in program times.

Kits are also available for use during library open hours.

#### Adult Paper Quilling—Please Register

Come and learn what Paper Quilling crafting is. Ideas for greeting cards and various other art work.

#### Book Sale week—April 16 to 23

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

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

### Financial Literacy Month

#### Family Activities

**\*Let's Go Out for Dinner Activity**—A focus on Menu Math and making change.

**\*Game of Life**—This game attempts to mirror life events many people go through from attending college, raising a family, buying a home, working and retiring.

\*Note scheduled program times as well as available as a passive activity during the month.

**Credit vs Debit**—A session for Teens on budgeting presented by Cornerstone Credit Union.

#### Virtual Program

#### Easter Cookie Dough Dip

Join Heather Apperley for creative Easter ideas on Wednesday, April 13<sup>th</sup>. Video will be posted on our Facebook page, YouTube channel and Instagram.

#### Building a Resume for that first job

May 2<sup>nd</sup> 6:30pm. Please register



# Off the Beaten Track

- By John Panter

In the early morning hours (probably around 10 a.m.), about the time Ottawa bureaucrats were waking up, a young woman with a cell phone went for a stroll around downtown Ottawa after the Truckers Freedom Convoy had either packed up and gone home or had been towed away. She posted the video on YouTube.

What she recorded in her half-hour walk was a downtown area devoid of all but a very few people, shuffling about like Soviet-era Muscovites out after an all-night bender, hoping to replenish their stocks of Vodka.

A few short days previously, the same streets were thronged with happy, dancing, singing, flag-waving, bouncy-castling, hockey-playing citizens celebrating what they hoped would be the end of two long years of Covid lock-downs and mandates, if only the government would listen to them. Then, Ottawa went from joyful to joyless in the mat-

ter of a couple of days.

Of course the reason for the mood swing was the declaration of martial law. For ten days, Canadians found themselves under the boot of the Emergencies Act.

This statute ushered in a solution to an emergency when there was no emergency. It criminalized Canadians for an "illegal" protest that wasn't illegal (if we discount parking violations and noise by-law infractions.) It confiscated bank accounts without trial

fifty bucks to help a trucker defray the cost of fuel for the journey from Kamloops or Grande Prairie to the nation's capital were about to be financially ruined and prosecuted for a made-up crime that didn't exist a week earlier.

Countless hours of citizen media videos attest to the brutalization by police of people who were in the right place but at the wrong time. We can't un-see the elderly woman who was run over by a horse. But blame not the horse, which only

typical Parliament Hill protest is an economic boon to businesses located near the "Hill". It's also probable that many future protesters against government overreach will be reluctant to travel to Ottawa, fearing that what happened to the supporters of the bouncy-castle rebellion could happen to them.

The worst of it is, however, that we have lost our national innocence. Gone is the day when a Canadian could travel through a foreign country with a less than stellar record of human rights and point with pride to Canada's belief in the rule of law and civil liberties. Virtue lost is gone forever. The foreign citizen will say "February 14, 2022. The Emergencies Act. Remember?" and we will have to hang our heads in shame.

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



**We can't un-see the elderly woman who was run over by a horse. But blame not the horse, which only did what it was told; instead blame the horse's ass on the horse's back.**

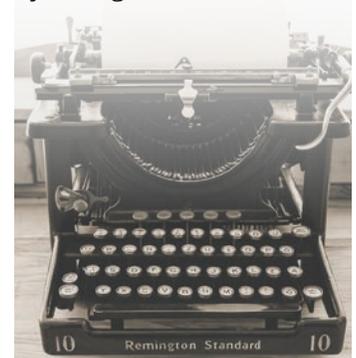


or even criminal charges. Truckers and four-wheelers who were in Ottawa when the government and Justin Trudeau lost their minds saw licenses suspended, insurance canceled and the right to earn a living or even feed themselves taken away from them.

People who traveled to Ottawa to participate in grass-roots democracy, or who may have kicked in

did what it was told; instead blame the horse's ass on the horse's back.

Some Ottawa residents were quick to condemn the inconvenience of the protest and, before a court injunction prohibited it, the honking of truck horns. But some astute business-persons were able to capitalize on an influx of business from the protesters. It's probably fair to say that a



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Spring cleaning is just around the corner, and home organizing might be on the top of your list! But I'll let you in on a little secret. Buying super expensive home storage bins, baskets, and boxes won't solve your clutter problem. Don't get me wrong, I love storage solutions as much as the next home organizer, but there are five critical steps to tackle before you start to find solutions to where you are going to "home" your things so you have a better luck of maintaining your space for the long haul. Whether you start small, like your junk drawer, or going to work on an entire room, here are some quick tips that will help.

**MINIMIZE.** Clients often ask me what they need to buy for storage before we begin, and I always tell them... NOTHING! You can't begin with how you are going to store your items before you sort through what you are going to keep, donate, sell, or toss. When I went through my entire home when minimizing, I used what I had on hand for awhile. After we were finished, it turned out that I sold a tonne of old storage bins and tubs because I didn't need them! Using temporary, sturdy boxes that fit the size of your closets and drawers is also a more economic way to see if this is where you want

## Those Pretty Little Bins Aren't Gonna Cut It

to store your things before committing to a system. I went an entire year using recycled boxes to organize my makeup drawer before I committed to something more permanent in case I found something more appropriate or wanted to try organizing in a different way. Letting go is the only way to keep your clutter at bay and you need to do it often, not just two times a year. The items below are things you can consider to pitch.

- no longer use/expired
- have duplicates of
- have no emotional attachment
- broken and won't repair
- the "maybe" things you are holding onto "JUST IN CASE"
- items that you only use minimally like once a year that you could rent or borrow

**DONATE.** Donating needs to happen on a regular basis, not just an annual thing. As you bring stuff into your home, items that you no longer use need to go. Have a donation/sell box on hand, and sift through your possessions more regularly. For example, some clients find the "one in - one out" rule for clothes to be very effective. There are so many incredible organizations that desperately need the things you are letting go. It may just be a matter of doing a little research as to where you want to drop it off. Places like local daycares, libraries, senior homes, homeless shelters, youth groups, chari-

ties, all would take in-kind and may even provide tax receipts!

**GIVE YOURSELF A DEADLINE.** If you are on the fence about an item, give yourself a deadline to let it go if you are not getting the use out of it. For example, I put a waffle maker on a three-month timer and tallied how many times we used it. Surprisingly, it made us use the item way more than we used to and we decided to keep it! The fondue set, however, was sold!

**EMOTIONAL RELEASE.** It's time to address the hardest items in your home that you are holding onto simply because you have emotional ties with. I'm talking about things that you are keeping out of guilt, they remind you of someone, or they bring back incredible memories. You may be also be keeping things because they were super expensive and you feel like you need to keep them to get more value of them. Items like this may not hit the sell or donation pile the first time you do a purge, but keep

them in mind, sit with those items and the feelings they bring up. These things may never leave your home, but perhaps you can honour them differently than shoving them back into a dark closet.

**TRACK YOUR SPENDING PATTERNS.** Clutter is not just about what you can't let go. It's also about what you are constantly bringing in. Take note of what you are bringing in on a monthly basis and why.

- Are you emotionally spending
- Are you getting caught up in sales
- Are you buying when you are bored
- Are you buying with intention

These five tasks will really get you going in the right direction and get you on a more successful track to getting results and keeping them. If you are looking for a one-on-one consult or have a room that is giving you grief, connect with me to book your spring session. Visit my website at [www.athomewithjess.ca](http://www.athomewithjess.ca).



*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.*

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# Making “We” More Important Than “I”

- By Gwen Randall-Young

This can become a pattern in the relationship, either with a partner, parent, teen, or someone at work. Such a pattern slowly degrades the relationship and provides no opportunity for resolution, or finding a healthier way of communicating.

Do you find yourself arguing frequently with your partner? This may happen for several reasons. If one person is criticizing the other, undoubtedly an argument will ensue. The solution here, obviously, is to stop criticizing. No one likes to be criticized.

Telling someone that what they are doing or thinking is wrong will only trigger defensiveness. Instead of telling the other what he/she is doing wrong, simply ask for the behavior you would like. Offering to modify one of your behaviors in return creates a win-win situation.

Sometimes the arguments are a result of differing opinions. You have probably noticed that when two people are reiterating their respective positions, they may become louder

There is a better way. Marshall Rosenberg is a mediator who worked globally to help countries find agreement over difficult issues. He is also the author of “Nonviolent Communication.” Rather than fighting each other, his model shows the two people (or sides) how to join together and work as a team to solve the problem. One says “black”, the other says “white.” The first step has both working to clearly understand the other’s concerns and preferences. Then each proposes “grey” solutions, until they come upon one that both can live with.

One cannot underestimate the importance of showing the other that you understand what they are saying and how they are feeling. This can be done even if you disagree. It shows respect for the other per-

son and their point of view. may be some issues that are non-negotiable for you, for example, things involving legal or moral issues. These should be few, so for most issues, there should be room to reach some kind of agreement.

Neither party may be completely happy with the result of the compromise, but if the relationship is one in which there is respect for one another, both will see that while there may have been a “loss” in terms of one’s stance on the issue, there is a “gain” in terms of the relationship. In ten years, the issue will be o,

but you will be reaping the rewards that come from putting the relationship first.

Sadly, in our world there are not enough examples of conflicts being approached in this way. Evolving beyond polarity has to start somewhere, so in our homes is as good a place as any.

*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](http://www.gwen.ca). Follow Gwen on Facebook for inspiration.*



**“One cannot underestimate the importance of showing the other that you understand what they are saying and how they are feeling.”**



or more forceful, but that rarely shifts the perspective of the other. The result is either a blow-up, with an aftermath that lasts for days, or one party gives in to keep the peace, but may feel unheard or resentful.

If you are one half of a couple, there will be times when you disagree. It is vital, for a healthy relationship, that you learn the process, and the art of compromise. Indeed, there



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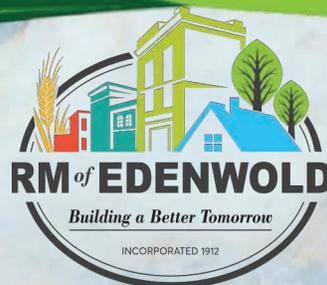
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Fill in the blanks with the words. To help you get started two letters are already in place.

4 letter words

DISH

TOSS

5 letter words

BEING

CABIN

CAMEL

CLIFF

EAGLE

FIRST

FOCUS

GREAT

HAPPY

INDIA

JEWEL

METAL

NAMES

POLAR

RHYME

SENSE

SMALL

SMILE

THROW

YACHT

6 letter words

CHEESE

ENGINE

READER

SQUARE

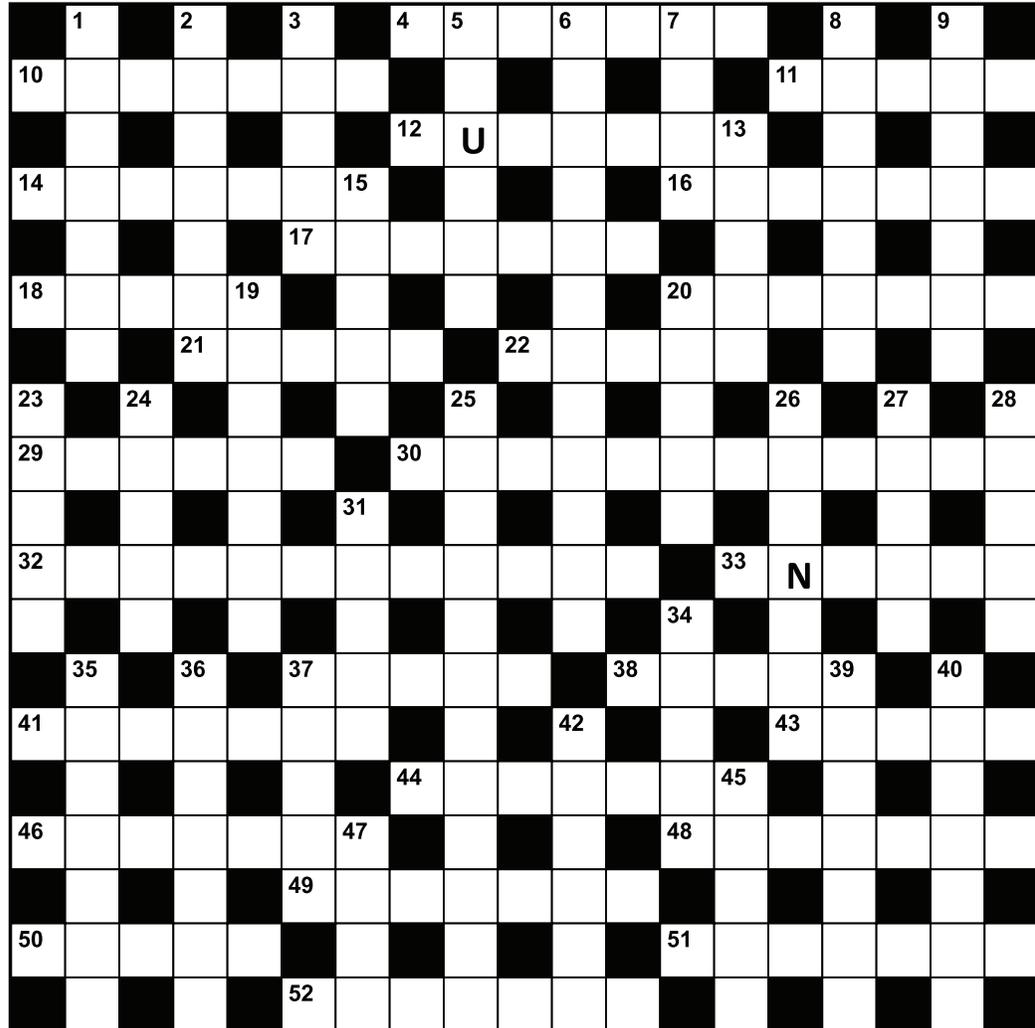
7 letter words

ASPECTS

BARGAIN

CHANNEL

CLASSIC



CONSIST

CUSHION

EARNEST

ECONOMY

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HERSELF

LESSONS

LIBRARY

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PEASANT

PURPOSE

SAUSAGE

SCREAMS

SCREWED

SHINING

SHIPPED

WARNING

12 letter words

ALPHABETICAL

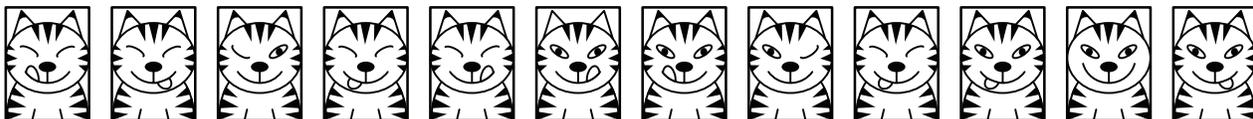
CIVILIZATION

EXPERIMENTAL

SIGNIFICANCE

## VISUAL PUZZLE

Spot the twins: find two identical pictures.



1

2

3

4

5

6

7

8

9

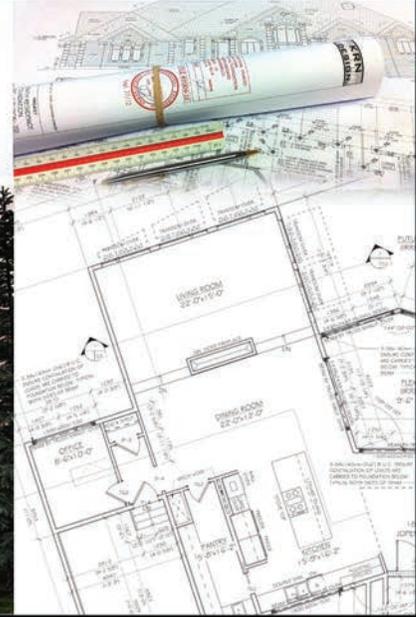
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11

12



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# 2022 APRIL



## Upcoming Council & Committee Meetings

April 19, 2022

Protective Services Meeting

4:00PM

Regular Council Meeting

7:00PM

Meetings are open to the public and held at:

White City Council Chambers  
14 Ramm Avenue E

## Easter Office Closure!

Town Office will be closed on  
Good Friday, April 15th, 2022

We will re-open  
Monday April 18th 2022  
8AM - 5PM

## COMPOST SCHEDULE

Compost bin pick up resumes  
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April 1st until November 2022.

Reminder to place bins at  
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# Emerald Park Sector Plan

## Open House Invitation - April 13th & 14th



Associated Engineering has been working with the RM of Edenwold to prepare a sector plan for Emerald Park that will offer guidance for the continued development of the community.

Associated Engineering used online surveys, telephone interviews and meetings to gather information from stakeholders and the public. These valuable insights and perspectives contributed to the preparation of the draft plan.

As the project enters the final phase, the RM will be hosting a series of public open houses. These events will offer community members and stakeholders an opportunity to review key components of the sector plan and provide additional input before the plan is brought forward to Council for adoption.

The RM and Associated Engineering have designed a series of display boards for public

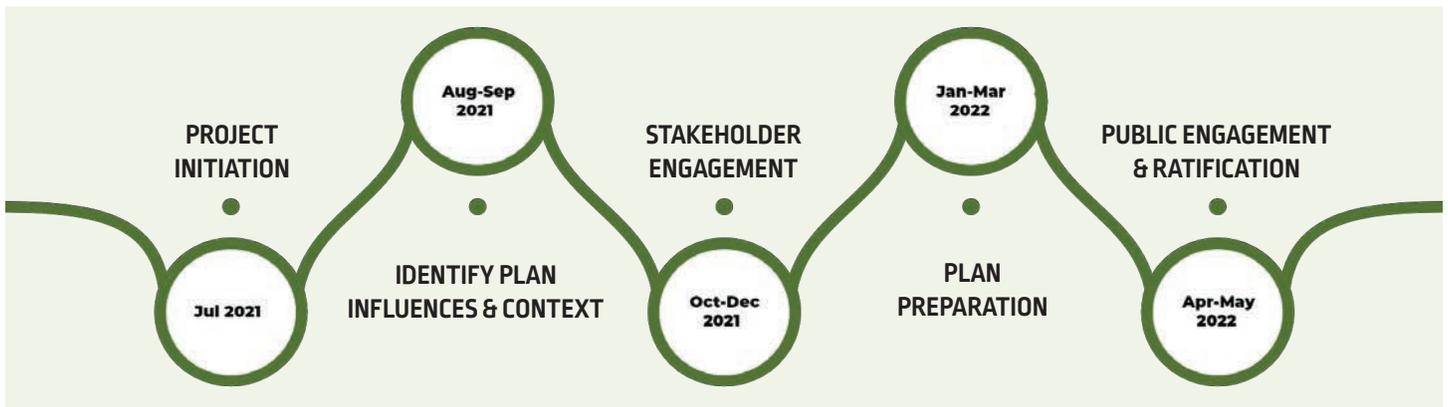
viewing. Associated Engineering will also be giving a formal presentation to attendees. The project team will answer questions and collect feedback to inform future revisions.

**Date:** April 13 & 14, 2022  
**Time:** 1pm - 7pm Come-and-Go Display  
7pm Formal Presentation  
**Location:** RM Office  
100 Hutchence Road, Emerald Park

The RM will publish a copy of the display boards on the municipality's website after the open houses. There will also be time afterward to submit additional comments.

We look forward to seeing you at the open houses! For further information, please contact:

Ross Zimmerman, Planner II: Policy  
ph. (306) 771-2522  
email. [ross.z@edenwold-sk.ca](mailto:ross.z@edenwold-sk.ca)  
[www.rmedenwold.ca/p/current-projects](http://www.rmedenwold.ca/p/current-projects)



The next issue of the  
Community Newsletter  
will be distributed the  
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All copy **MUST** be submitted  
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We do offer a classified section  
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# April 2022

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		CASA ROSA/JAMESON ESTATES Garbage pick up every Tuesday			EMERALD PARK Composting Preschool Storytime at White City Public Library 10am	
3	4	WHITE CITY Composting	EMERALD PARK Garbage WHITE CITY Recycling	EMERALD PARK Recycling	EMERALD PARK Composting Preschool Storytime at White City Public Library 10am	9
10	11	WHITE CITY Composting	EMERALD PARK & WHITE CITY Garbage	14	15 GOOD FRIDAY	EMERALD PARK Composting
17 EASTER SUNDAY	18 EASTER MONDAY	WHITE CITY Composting Protective Services Committee Meeting - 19 4:00pm. Regular Council Meeting - 7:00pm	EMERALD PARK Garbage WHITE CITY Recycling	21	EMERALD PARK Composting	23
24	25	WHITE CITY Composting	EMERALD PARK & WHITE CITY Garbage	28	EMERALD PARK Composting Preschool Storytime at White City Public Library 10am	30

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Soccer: Adam Slinn 306-550-4789 or www.whitecityfutbol.com  
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