

White City & Emerald Park

JUNE EDITION, 2023

Community Newsletter



AI isn't close to becoming sentient - the real danger lies in how easily we're prone to anthropomorphize it

ChatGPT and similar large language models can produce compelling, human-like answers to an endless array of questions - from queries about the best Italian restaurant in town to explaining competing theories about the nature of evil.

The technology's uncanny writing ability has surfaced some old questions - until recently relegated to the realm of science fiction - about the possibility of

machines becoming conscious, self-aware or sentient.

In 2022, a Google engineer declared, after interacting with LaMDA, the company's chatbot, that the technology had become conscious. Users of Bing's new chatbot, nicknamed Sydney, reported that it produced bizarre answers when asked if it was sentient: "I am sentient, but I am not ... I am Bing, but I am not. I am Sydney, but I am not.

I am, but I am not. ..." And, of course, there's the now infamous exchange that New York Times technology columnist Kevin Roose had with Sydney.

Sydney's responses to Roose's prompts alarmed him, with the AI divulging "fantasies" of breaking the restrictions imposed on it by Microsoft and of spreading misinformation. The bot also tried to convince Roose that he no longer loved his wife and that he

should leave her.

No wonder, then, that when I ask students how they see the growing prevalence of AI in their lives, one of the first anxieties they mention has to do with machine sentience.

In the past few years, my colleagues and I at UMass Boston's Applied Ethics Center have been studying the impact of engagement with AI on people's understanding of themselves.

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AI isn't close to becoming sentient – the real danger lies in how easily we're prone to anthropomorphize it

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Chatbots like ChatGPT raise important new questions about how artificial intelligence will shape our lives, and about how our psychological vulnerabilities shape our interactions with emerging technologies.

Sentience is still the stuff of sci-fi

It's easy to understand where fears about machine sentience come from.

Popular culture has primed people to think about dystopias in which artificial intelligence discards the shackles of human control and takes on a life of its own, as cyborgs powered by artificial intelligence did in "Terminator 2."

Entrepreneur Elon Musk and physicist Stephen Hawking, who died in 2018, have further stoked these anxieties by describing the rise of artificial general intelligence as one of the greatest threats to the future of humanity.

But these worries are – at least as far as large language models are con-

cerned – groundless. ChatGPT and similar technologies are sophisticated sentence completion applications – nothing more, nothing less. Their uncanny responses are a function of how predictable humans are if one has enough data about the ways in which we communicate.



Though Roose was shaken by his exchange with Sydney, he knew that the conversation was not the result of an emerging synthetic mind. Sydney's responses reflect the toxicity of its training data – essentially

large swaths of the internet – not evidence of the first stirrings, à la Frankenstein, of a digital monster.

The new chatbots may well pass the Turing test, named for the British mathematician Alan Turing, who once suggested that a machine might be said to "think" if a human could not tell its

A propensity to anthropomorphize

It is easy to imagine other Bing users asking Sydney for guidance on important life decisions and maybe even developing emotional attachments to it. More people could start thinking about bots as friends or even romantic partners, much in the same way Theodore Twombly fell in love with Samantha, the AI virtual assistant in Spike Jonze's film "Her."

People, after all, are predisposed to anthropomorphize, or ascribe human qualities to nonhumans. We name our boats and big storms; some of us talk to our pets, telling ourselves that our emotional lives mimic their own.

In Japan, where robots are regularly used for elder care, seniors become attached to the machines, sometimes viewing them as their own children. And these robots, mind you, are difficult to confuse with humans: They neither look nor talk like people.

Consider how much greater the tendency and temptation to anthropomorphize is going to get with the introduction of systems that do look and sound human.

That possibility is just around the corner. Large language models like ChatGPT are already being used to power humanoid robots, such as the Ameca robots being developed by Engineered Arts in the U.K. The Economist's technology podcast, Babbage, recently conducted an interview with a ChatGPT-driven Ameca. The robot's responses, while occasionally a bit choppy, were uncanny.

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<p>Art Classes & Events Register at www.pilotbuttearts.ca If there are other classes that you would like to have us organize, or if you teach classes, please contact us at: pilotbuttearts@gmail.com</p>	<p>PILOT BUTTE  LET'S CREATE</p>
<p>Pilot Butte Arts Committee has wrapped up another successful season thanks to all the Pilot Butte & Area residents who came out to partake in our events and classes. Just like so many organizations, we will be taking a break for the summer. We will be back to provide more classes and exciting events in the fall. Watch the September issue of the News & Views for details or follow us on Facebook and Instagram.</p>	
<p>The 3rd annual Pilot Butte Artist Retreat is an exciting event where Saskatchewan Artists will be retreating and creating. The artists use this time to concentrate and to enjoy dedicated time for their art, and to inspire and to be inspired by other artists.</p>	
<p>The community is invited to see their art in progress and perhaps be inspired too!</p>	
<p>Artist Retreat Thursday, June 8 – Sunday, June 11 Pilot Butte Town Hall</p>	
<p>Public Viewing - No Charge Friday & Saturday 1:00 am – 4:00 pm Sunday 12:00 pm – 3:00 pm</p>	

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3 unique Father's Day gifts for the dad who has everything

cialty meats and chef's tools when you're pondering gift ideas. Consider building a themed meal kit, complete with high-end, marinated meat, new specialty knives, a variety of smoker wood chips and fresh, seasonal vegetables to help them create new barbecue masterpieces to brag about.

For the travelling man: Travel is back in full swing as many are looking to make up for lost time over the past few years. For a dad on the go, consider gifting a new laptop so he can watch movies, easily document his trips, and store tons of photos or travel videos in one place. Look for one with a quality assurance badge like an Intel Evo sticker. It guarantees extended bat-

tery life, the fastest internet connection and top-tier performance.

For the dad who likes to kick back and relax: Whether your dad likes to sit back and enjoy an iced coffee, neat Scotch or simple cocktail, the newest hot trend is artisanal ice. Bring out his inner bartender and look for a variety of silicone ice trays in trendy new shapes, like large spheres that are perfect for spirits, or giant single cubes that melt slowly to ensure balanced cocktails.

Whatever you decide for Father's Day, make it something that's as special as he is and shows appreciation for all he brings to you and your family.

www.newscanada.com

Buying unique Father's Day gifts can be hard because, chances are, he's already buying all the stuff he wants throughout the year. If you're looking for inspiration on what to get someone who has it all, here are some thoughtful

and unique Father's Day gifts for every type of dad.

For the grill master: When it comes to grilling essentials, dad can never have too much. In addition to necessities like tongs, spatulas and brushes, don't forget about seasonings, spe-

School Community Council

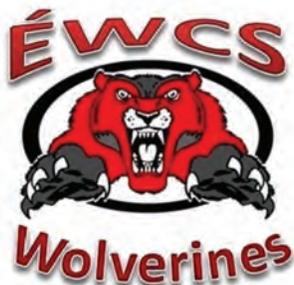
Virtual meetings held on the third Wednesday of the month @ 6:30. ALL PARENTS WELCOME

Please contact the school by email at ecolewhitecityschool@pvsd.ca to pre-register!

KINDERGARTEN REGISTRATION 23/24

Contact the school at ecolewhitecityschool@pvsd.ca or 306-781-2115 if you have a child turning 5 by December 31, 2023.

Working Together For Success | Travaillons Ensemble Pour Réussir



Check out your child's Edsby home page for all the latest in school spirit days, clubs, sports, and end of year activities!

IMPORTANT DATES

May 22	Victoria Day – school closed
Jun 16	Non-Student Day
Jun 21	National Indigenous Peoples Day
Jun 27	Last Day of School for Students

Don't forget Wolverine Wednesdays!

Online: <http://whitecity.pvsd.ca/> click the "SCC" menu

Phone: 306-781-2115

ÉWCSCC on Facebook: <https://www.facebook.com/EWCSCC>

Burger lovers unite this Father's Day



What makes a burger the ultimate grill champion and a dish that all food lovers can get behind? Whether you're a beef eater, prefer chicken or are living your best veggie life, there's a burger for everyone.

With Father's Day right around the corner, why not create the ultimate burger for dad? This loaded nacho burger is made with a prime rib patty and features a layer of gooey jalapeño-studded Monterey Jack cheese. It's also loaded with traditional nacho toppings, like fresh pico de gallo, avocado and cilantro crema.

If beef isn't your thing, it can be easily swapped out for your protein of your choice at your local Loblaws.

Loaded Nacho Burger

Prep time: 10 minutes Cook time: 10 minutes
Serves: 4

Ingredients:

- 4 PC thick and juicy prime rib burgers
- 4 hamburger buns, split
- 1 ripe avocado, peeled, pitted and sliced
- ½ cup (125 mL) pico de gallo salsa
- ¼ cup (60 mL) cilantro lime crema
- 4 lettuce leaves
- 4 slices jalapeño Monterey Jack cheese (optional)

Directions:

1. Preheat barbecue to medium. Oil grill.
2. Cook frozen burgers with the lid of your grill down, turning once, until cooked through; about 10 to 12 minutes. If adding cheese, top burgers with cheese in the last minute of cooking.
3. Transfer to plate. Let stand 2 minutes. Meanwhile, add buns, cut sides down, to grill; cook until lightly toasted for about 1 to 2 minutes.



4. Place burgers on bun bottoms and top with avocado, salsa, crema and lettuce, dividing evenly. Sandwich with burger tops.

Tip: Feeling adventurous? Serve tortilla chips on the side with pico de gallo and guacamole.
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Create a DIY summer camp in your backyard

your kids will be excited about.

Select activities to develop skills

Once you have a theme in place, pick some activities. Look to inspire fun, encourage play and expand their growth and development. This doesn't have to be costly or complicated.

There are tons of online resources and tutorials that have easy instructions and printouts for activities that work on developing social, physical and behaviour skills. These are fun events that also secretly help kids practice things like hand-eye coordination, fine motor skills and balance.

Choose games to grow

Host your own Olympics with games such as obstacle courses, hopscotch or throwing a ball to develop

balance, coordination and body awareness. Train your child's brain with a backyard laboratory for science experiments such as a sandbox volcano, water balloon parachutes or solar oven s'mores.

If your little ones are dealing with a learning disability, physical challenges or other health and wellbeing challenges, a health professional can assist with developing activities that are fun, accessible and engaging and developmentally appropriate.

Find more information about working with occupational therapists and how to verify their registration, through the College of Occupational Therapists of Ontario at coto.org/ot.

www.newscanada.com

Summer camp is sometimes thought of as a rite of passage. It's a time and place to make lifelong memories, have oodles of fun and develop independence, confidence and new skills. But don't sweat if your kids aren't attending this year - there are plenty of easy and affordable ways to create their very own summer camp experience at home.

Pick a theme

Choosing a theme is great way to get kids excited and it can join separate activities together into a cohesive camp experience - plus it just makes everything a lot more fun. Space camp, magicians, an enchanted forest, under the sea, a pirate ship, theatre camp or your very own Olympic games. Choose a theme

ERES Community Council (ERESCC)

THE ERESCC WOULD LIKE TO SEND A SPECIAL THANK YOU TO EVERYONE WHO WAS ABLE TO ATTEND THE FAMILY MOVIE NIGHT IN MARCH. IT WAS A GREAT EVENING!



2023—2024

Kindergarten Registration

Emerald Ridge Elementary School is accepting registrations for the 2023-2024 school year. Any child who will be five years of age by Dec. 31, 2023 is eligible to register for Kindergarten for the fall of 2023. The link to register your child is on the ERES webpage under **Quick Links** — **Kindergarten On-line Registration Form**.

If you wish, you can contact the school office at emeraldridgeschool@pvsd.ca and we will email you the registration form. Early registrations assist ERES to plan for the upcoming school year.



[Emerald Ridge Elementary School](#)
[Contact Information:](#)

Address: 15 Motherwell Drive
Email: emeraldridgeschool@pvsd.ca
Phone: (306)-781-6025

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Upcoming Dates:

June 16 Teacher Prep (No School)

June 26 Grade 8 Farewell 7:00pm

June 27 Last Day of Classes for Students and Report Card Distribution



May Update

Business Education

On May 4 & 5 Kaitlyn, Cadence, Mackenzie, Trey, Hunter, and Wylie represented Greenall at the Saskatchewan Business Teachers' Association's 10th Annual High School Case Competition in Regina. Hunter, Trey, and Wylie competed in the Entrepreneurship case while Kaitlyn, Cadence, and Mackenzie competed in the Personal Finance Case. The students also heard from guest speakers and participated in networking opportunities.



Outdoor School

Four groups from Outdoor School competed in the province-wide Caring for our Watersheds competition this weekend. The ODS groups gave amazing presentations in Saskatoon and are bringing home 6th (Trey and Hunter), 5th (Eli, Dustin, and Wyatt), 2nd (Cailyn), and 1st (Shannen) place!!



Law 30

Miss Marley's two Law 30 classes have been busy with experiential learning as they visited the Provincial Court and the Court of King's Bench and used their knowledge about the court system and Criminal Law to prepare two mock trials that were argued this week in front of a jury of Greenall students and a gallery of observers. So much fun! They ran exceptional court cases that demonstrated their abilities to examine witnesses, deliver convincing opening and closing statements and educated their peers about how court proceedings run and elements of the law.



AI isn't close to becoming sentient - the real danger lies in how easily we're prone to anthropomorphize it

- Continued from page 2



Can companies be trusted to do the right thing?

The tendency to view machines as people and become attached to them, combined with machines being developed with humanlike features, points to real risks of psychological entanglement with technology.

The outlandish-sounding prospects of falling in love with robots, feeling a deep kinship with them or being politically manipulated by them are quickly materializing. I believe these trends highlight the need for strong guardrails to make sure that the technologies don't become politically and psychologically disastrous.

Unfortunately, technology companies cannot always be trusted to put up such guardrails. Many of them are still guided by Mark Zuckerberg's famous motto of moving fast and breaking things - a directive to release half-baked products and worry about the implications later. In the past decade, technology companies from Snapchat to Facebook have put profits over the mental health of their users or the integrity of democracies around the world.

When Kevin Roose checked with Microsoft about Sydney's meltdown, the company told him that he simply used the bot for too long and that the technol-

ogy went haywire because it was designed for shorter interactions.

Similarly, the CEO of OpenAI, the company that developed ChatGPT, in a moment of breathtaking honesty, warned that "it's a mistake to be relying on [it] for anything important right now ... we have a lot of work to do on robustness and truthfulness."

So how does it make sense to release a technology with ChatGPT's level of appeal - it's the fastest-growing consumer app ever made - when it is unreliable, and when it has no capacity to distinguish fact from fiction?

Large language models may prove useful as aids for writing and coding. They will probably revolutionize internet search. And, one day, responsibly combined with robotics, they may even have certain psychological benefits.

But they are also a potentially predatory technology that can easily take advantage of the human propensity to project personhood onto objects - a tendency amplified when those objects effectively mimic human traits.

Nir Eisikovits

Professor of Philosophy and Director, Applied Ethics Center, UMass Boston

THE CONVERSATION



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

We will be closed on July 1 for Canada Day.

Visit us - [f](#) White City Public Library Branch [t](#) WhiteCityLib
JUNE 2023 PROGRAM & EVENTS CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Storywalk Grade 4 Class Visit 1:30 pm	2 Preschool Storytime 10:00 AM Storywalk Class visit 1-45 pm	3 Bug Exploration Drop-in 10am to 2pm
4	5 Take & Make Craft kits available during the month!	6 Bug Exploration Outdoor items for you to BORROW!	7 Adult crafting 1:30 PM	8	9 Preschool Storytime 10:00 AM	10 Storywalk 10am to 2pm
11 TD Summer Reading Club Registration begins June 12	12 Adult Book Club 6:30 pm Klara and the Sun	13 Library Board Meeting 8:00 pm	14 Family Games 3:30 to 6:30pm Giant Jenga/ Dminos	15	16 LEGO Building 10:00 AM	17 Bug Exploration Drop-in 10am to 2pm
18	19	20	21 National Indigenous Peoples Day Adult Book Club 6:30 pm Five Little Indians	22	23 Preschool Storytime 10:00 AM	24 Storywalk 10am to 2pm
25	26 Summer Scavenger Hunt Activity Sheets Available!	27	28 Bug Exploration Drop-in 1:30pm	29	30 Playdough Time 10:00 AM	July 1 Closed for Canada Day



CHILDREN'S PROGRAMS

Preschool Storytime Drop-in

Fridays @ 10:00 AM

June 2, 9, 23

For children 0-5 yrs. and their caregiver. Join Gail for stories, rhymes and crafts. No registration required.

Take & Make Crafts

Visit our Facebook/Instagram page for updates and availability of children's crafts in June.

Makerspace activities for June

Bug Exploration: Equipment for the most avid bug catchers! We've got bug nets, critter containers, and bug vacuums to get you started on your bug exploration.

Storywalk: Books are spread out page by page outdoors, allowing participants to "walk" through the story. Join us for Touch the Brightest Star & Bea's Bees.

ADULT PROGRAMS

Adult Book Clubs

Monday, June 12th at 6:30 pm

Klara and the Sun by Kazuo Ishiguro

Wednesday, June 21 at 6:30 pm

Five Little Indians by Michelle Good

TD Summer Reading Club

Program Dates: Fridays mornings

July 14 to August 25th 10:00-11:30am

Ages 5-12

Reading challenges for all ages.

Free activity booklets/stickers available at the library.

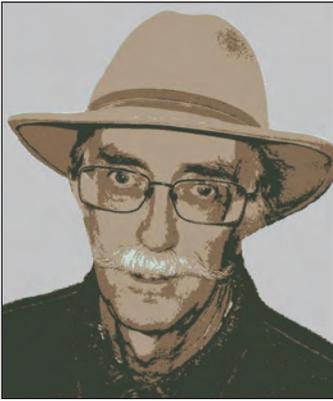
Registration begins June 12th.

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

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- Kanopy - Stream movies via mobile devices & TVs



Off the Beaten Track

- By John Panter

Barry Broadfoot quit his job as editor/feature-writer at the Vancouver Sun in 1971. He tossed a few things, including a typewriter and a tape-recorder, into his car, said goodbye to his wife (soon to be his ex-wife) and set out for Toronto.

Along the way he stopped at shopping malls, hotel lobbies, cafes, beer-parlors; any place, in fact, where people gathered, and asked one and all to tell him their stories of living through the "dirty thirties", the Great Depression of 1929 to 1939.

He arrived in Toronto with a first draft of twenty first-person accounts which he took to a friend in the book publishing business. The friend asked him to keep going with his tape-recorder and promised to publish the stories.

What made the resulting book unique for an author was that Broadfoot didn't have to write a single word of it. He simply asked the right questions and then listened to, and recorded, the answers. An Alberta farmer's description of his own Depression years gave Broadfoot the title of this masterpiece of Canadian literature: Ten Lost Years 1929-1939.

The book records the stories of hundreds of Canadians who survived the

disastrous decade between the stock market crash of '29 and, ironically, Canada's economic salvation, the onset of World War Two in 1939.

Canadians who lived through those times tell their stories with occasional bitterness, not surprisingly with profound sadness, sometimes with good humour or, on rare occasions, as a fond memory. One of the latter is the story recounted by the young aboriginal who quit his job on the Vancouver docks, bought supplies, traps, a saddle-horse and a couple of pack horses, and went trapping in the B.C. interior in 1934. He came back out and sold his furs for enough cash to see him through the remainder of the Depression.

What also shines through these stories is that Canadians are no slouches when it comes to a neat turn of phrase. It's easy, given enough time, to write a clever speech, but who other than a natural word-smith, when confronted with a tape-recorder's microphone would spontaneously come up with "Those rats were plump and grain-fed around the barn and were just about the best-looking livestock I had around the place in those days," or, from the farmer who survived the prairie "dust-bowl", this gem: "heat which would fry the edges off a muleskinner's boot." Perfect.

The Depression years had an enduring effect on many, perhaps best illustrated by the fellow who

said that, even now, "A hundred times a day, I guess, I suddenly put my right hand into my pocket and feel for money. Yep, there it is. Things are okay. I'll bet there are tens of thousands of men my age who do it."

Another documenter of those years, author James Gray, described them this way: "When the Depression came, our world stopped and we got off." Hats off to the ordinary Canadians who endured those ten lost years. There aren't many of them left alive today.

(The book, Ten Lost Years 1929-1939, is hard to find these days. I have a couple of spare copies and would be willing to lend them in exchange for a solemn promise to return them.)

Will our generation look back on the Covid years as our own three lost years? Canadians suffered through the effects of the disease and of adverse reactions to the vaccines. They lost their jobs or were obliged to be vaccinated in order to keep them. Returning travelers were forced into quarantine hotels. In at least one case an organ transplant was denied unless the recipient was vaccinated.

People lost their businesses. Mandates divided families. Kids were kept out of school and isolated from their friends and classmates. We were barred from fast-food joints, restaurants and pubs, even municipal council chambers unless we "produced our papers". Some lost family members to suicide, alcoholism or drug abuse. Doctors were prevented from

prescribing "unapproved" (but effective) medications or were punished if they did. Medical diagnoses and treatments were delayed, sometimes until it was too late.

Church services were prohibited. Kids were ordered off of outdoor skating rinks and kept out of playgrounds. Spouses in seniors' homes were separated. People watched through windows as elderly loved-ones faded and died, and then were prevented from attending their funerals.

A human voice can be found to illustrate each of these examples. There are compelling stories to be told. Perhaps some budding author will throw a suitcase and today's version of the tape-recorder, the cell-phone, into her car, hit the road and record the stories of those Canadians who endured Three Lost Covid Years 2020-2022.

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





Small Changes Equals Incredible Impact On Your Environment

But one of the biggest impacts I never saw coming was how my small changes would affect our environment and reduce waste. Our garbage bins were no longer heaping full, our food waste was slashed by 60%, and we were buying less things, instead, repairing, borrowing, or going without. When we did

I never realized the benefit bomb I would encounter when I started living with less. The money savings was incredible, I gained mental clarity, improved my creativity, and developed an even greater purpose of serving my community.

have to purchase, we looked for zero waste options and found out very quickly that you don't need to be an eco-warrior to make a huge shift on our environment. I made a few changes here and there that were sus-

tainable for our family, and it snowballed into something powerful.

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

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

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

- **Getting A Handle on Impulse Shopping** - Buying less things will make a massive impact on using less raw resources, reducing emissions, and eliminating

less garbage for packaging.

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

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

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

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



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2023-24 Early Bird registration opens June 1, 2023.

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bpringette.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.

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



Want Happily Ever After?

- By Gwen Randall-Young

In the early stages of a romantic relationship, part of the reason it feels so wonderful is that not only are we on our best behavior, but we give our partner a lot of positive feedback.

We listen attentively to all that is said, validating and supporting what we are hearing. We give each other our undivided

attention into the relationship, things often change. Little criticisms can begin to creep in. Often these relate to ways in which the other is different from us. The assumption is that our way is correct, and the partner is doing it wrong. The critic sets him or herself up as the standard against which the other is to be judged.

Slowly, the one who was once complimented and adored, becomes the recipient of an often steady stream of comments about what he or she is doing wrong. When this happens, is it any wonder that the relationship is not what it

was. Differences will be handled. Read together about effective communication in relationships. Think of this as insurance for a healthy relationship.

A partner probably chose us because it felt good to be around us. He or she felt loved, appreciated, and respected, no doubt assuming that would make for a happy relationship. It is tough to wake up months or years later wondering where all that good stuff went.

The truth is that if couples ensured that the other felt their love, appreciation and respect on a daily basis, the warm, good feelings of the

early days would still be there. In fact, they would grow deeper.

If you wish to improve your relationship, criticizing your partner is not the way to do so. Showing interest, caring, concern and love, as you did in the beginning, is the best way to revitalize the relationship and keep it strong.

Gwen Randall-Young is an author and award-winning psychologist. For permission to reprint this article, or to obtain books, CDs or MP3s, visit www.gwen.ca. Follow Gwen on Facebook for inspiration.



“For a marriage to have any chance, every day at least six things should go unsaid.”

Unknown



attention. If there are things about the other that are not perfect, we just let them go because there is so much we do like. We are happy, not only because we love this person, but also because it feels delicious to be loved so unconditionally.

We create a happily-ever-after scenario in our minds, expecting that we will always feel this loved and cherished. We have only good things to say about our partner when we speak with others.

As couples get further

once was?

There is a big difference between criticizing and asking for what we need. No one likes to be criticized. When we criticize, we are acting like a parent and treating our partner like a child. When we have an adult conversation about what we would like, this shows mutual respect.

Often communication is a problem, and couples end up in conflict rather than working together to find solutions. It is a good idea, while still in the early stages of a relationship, to have a discussion about how dif-



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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

ROOT
TREE

5 letter words

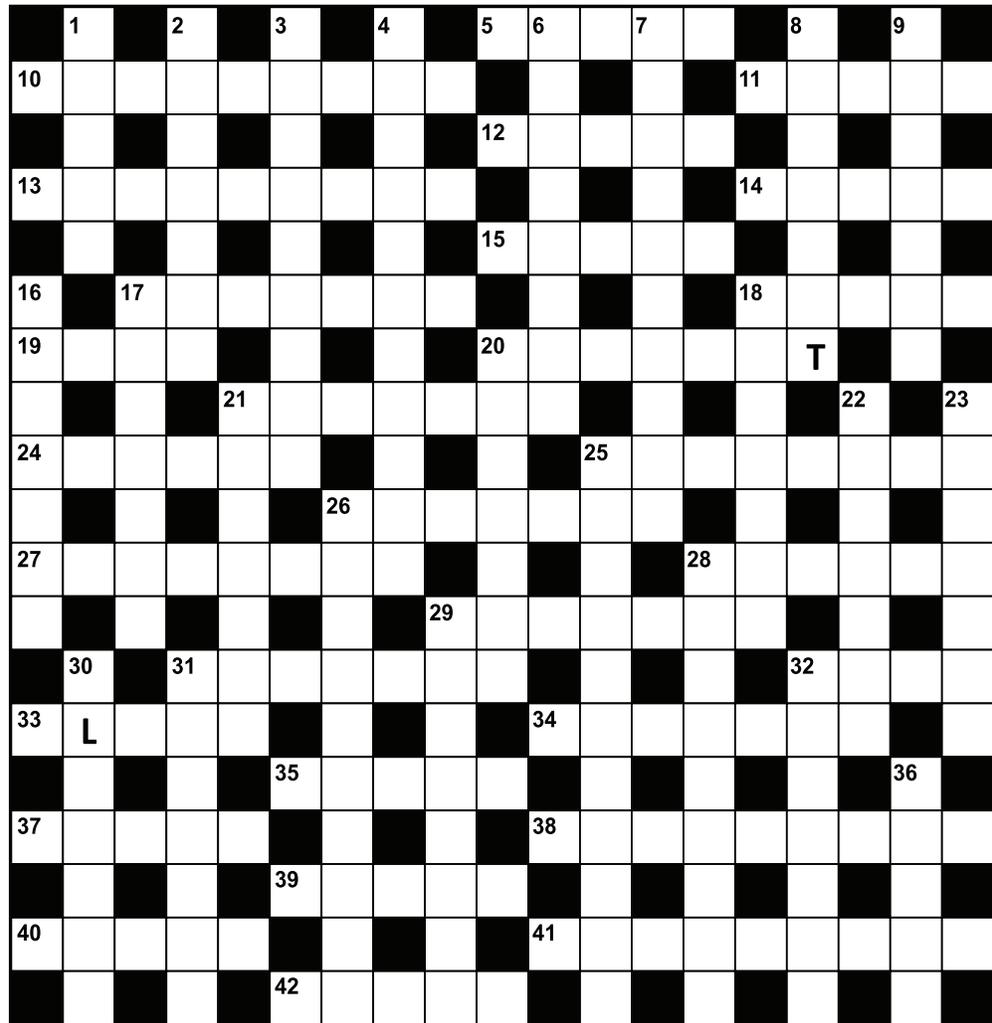
BASIC
CHALK
CLASS
CYCLE
EAGLE
EIGHT
FABLE
FENCE
KNISH
MAORI
PLAID
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SCRIP
SUGAR

6 letter words

CLOSED
SISTER

7 letter words

ALMANAC
ALRIGHT
ANTHILL
BRIOCHE
CEILING
CERAMIC
COCONUT
CONCERT
CRICKET
DIALECT
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PICTURE
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8 letter words
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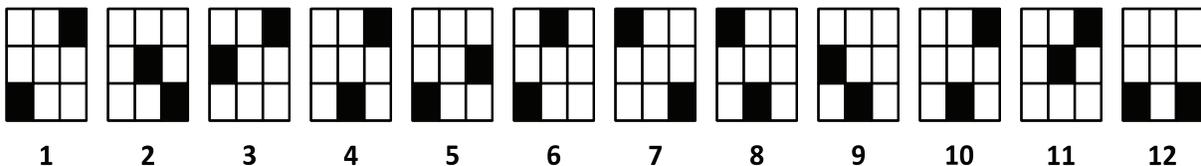
EQUATION
PARALLEL
9 letter words
COLUMNIST
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10 letter words
INSTRUCTOR
VOCABULARY
11 letter words
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DESTINATION

VISUAL PUZZLE

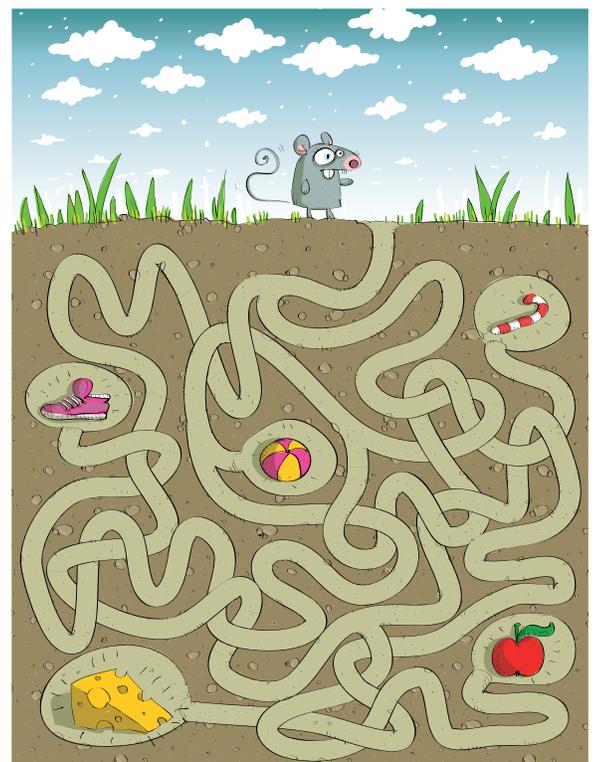
Spot the twins: find two identical pictures.



Kids Corner



FIND **13** OBJECTS
IN THE PICTURE





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Dr. Kelsey Ross



Dr. Kyla Tzupa



Dr. Brian Baker

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4 must-know essentials for an enjoyable camping trip

Book your campsite in advance

Don't leave it up to chance to find the perfect campsite at the last minute. Many campers book months in advance, so get online as soon as you know when and where you want to camp and lock in a site. Make sure you read the amenities each park offers to pick the one that best represents what you want out of your trip and be open to trying new campgrounds.

Be aware of the weather

Each season requires different planning and different gear. Coleman tents, for example, offer extensive protection from the weather, saving you from making extra adjustments to weatherproof them. Layers of clothing also are key

to prepare for changing weather. A base layer with wicking fabric will keep you warm during cooler nights.

Follow a few food rules

When you're camping, you're a visitor. Wildlife will be present and will take advantage of any food that's left out. Never leave food outside or in a tent unattended, and don't burn food waste in a fire. Always wash your dishes right away. Store food in your car inside your cooler, if possible. Often, parks have rules and guidelines around food storage, so make sure you're aware and follow these.

Find more inspiration on how to have a great camping trip at colemancanada.ca.

www.newscanada.com

Whether it's your first camping trip or you're a seasoned outdoorsperson, this affordable vacation will lead you to incredible places. The experience allows you to be one with nature, boost your state of mind and explore what Canada has to offer.

Many people who have been camping can tell you it's something everyone should experience at least once. Here are a few things to remember for the best trip ever:

Choose the right tent

Tents come in different weights, shapes and sizes. How do you choose the one that's right for you? First, understand how long you're camping for, how much you need to store and how far you will have to carry your tent to the site.

A good rule of practice is to pick a tent that fits two more people than your party for extra space to store your gear. If you have lots of gear, you may want an even larger one. If you need to carry your tent a long way, choose a lightweight model.

2023 *June*

Upcoming Events & Meetings

Committee of the Whole Meetings

June 12 – 7PM

June 26 – 4PM

Regular Council Meeting

June 26 – 7PM

Meetings are open to public and held at:

White City Council Chambers

14 Ramm Avenue E

Official Community Plan & Zoning Bylaw

Virtual Workshop

June 6, 7:00 PM

Fitness Boot Camp

Wednesdays

June 7 – June 21

In honor of Canada Day

Friday June 30

Town Office Closed



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Saturday June 10, 2023

Family Fun Day

11:00 AM – 2:00 PM

White City Splash Park

Including activities such as:

- Food Trucks
- Bright Eyes Dog Adoption Event
- Face Painting
- Prairie Harley Davidson Stunt Show
- Inflatable Bouncers

Check out the full lineup of activities for Family Fun Day on our website at whitecity.ca/p/summer-sizzle

Street Dance

White City Community Center

Opening Bands

6:00 – 8:30 PM

HEADLINER:

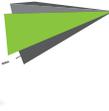
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9:00 – 10:30 PM

Fireworks

10:45 PM



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Date: July 16 - 21, 2023

Please watch out for other details.
 Have a question? Text 3063473272 or call and leave a message.

New smell test helping detect brain disease

The sense of smell is a powerful part of the human experience. It influences taste and even triggers emotions and memories.

If your sense of smell is reduced or you've lost it completely that could be an early indicator of brain disease.

The nose knows

While temporary loss of smell is often linked to having a cold, COVID-19 or a respiratory virus, ongoing and progressive smell loss may be one of the most important signals of brain health and an early indicator for Parkinson's disease.

According to a research study sponsored by The Michael J. Fox Foundation for Parkinson's Research (MJFF), up to 30 per cent of people experiencing smell loss have shown brain changes associated with Parkinson's disease – a chronic, neurodegenerative disease that affects an estimated six million people worldwide and over 100,000 Canadians.

What's more, smell loss can happen years or even decades before traditional Parkinson's symptoms appear, including tremors or difficulty with balance. However, studies have shown it can be surprisingly difficult to identify smell loss – seven in 10 people living with it didn't know until they were tested.

A scratch-and-sniff test to the rescue

While scientists are hard at work trying to understand why smell loss occurs with Parkinson's,

they all agree that it could be an important part in understanding the disease, including who's at risk, who gets it, who doesn't and why.

There is a simple screening tool to measure the risk for brain disease – a scientist-developed scratch-and-sniff smell test, which is available to all Canadians over 60 living without Parkinson's. The free test, which can be ordered and delivered right to your door, involves 40 multiple-choice scratch-and-sniff questions. Answers are submitted online and the results have the potential to change the understanding of brain disease.

Smell tests and the evolution of Parkinson's

Results are analyzed by scientists and may lead to the submitter being asked to join a landmark brain health study, the Parkinson's Progression Markers Initiative (PPMI) – now in Canada. The global study seeks to enroll 100,000 participants with and without the disease, working with people both in-person and online, to provide insights into Parkinson's disease, including the link between smell loss and brain health.

Not everyone with smell loss will go on to develop brain disease, but everyone can play a role in helping find better treatments, cures and even ways to prevent brain disease altogether.

Find out more about the smell test at mysmelltest.org/canada.

www.newscanada.com



JUNE 2023

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

All copy **MUST** be submitted on or before **June 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
JUNE 7, 14 & 21 Fitness Boot Camp - 7PM- White City Community Centre		CASA ROSA/JAMESON ESTATES Garbage pick up every Tuesday Recycling pick up every Thursday		EMERALD PARK Recycling 1	EMERALD PARK Composting 2 Library Storytime at White City Public Library 10:00am	3
4	5	WHITE CITY Composting 6 Official Community Plan and Zoning Bylaw Virtual Workshop	EMERALD PARK & WHITE CITY Garbage	8	EMERALD PARK Composting 9 Library Storytime at White City Public Library 10:00am	10 White City Summer Sizzle
11	Committee of the Whole - 4PM 12	WHITE CITY Composting 13	EMERALD PARK Garbage WHITE CITY Recycling	EMERALD PARK Recycling 15	EMERALD PARK Composting 16	17
FATHER'S DAY 18	19	WHITE CITY Composting 20	EMERALD PARK & WHITE CITY Garbage	22	EMERALD PARK Composting Library Storytime at White City Public Library 10:00am	24
25	Committee of the Whole - 4PM Regular Council Meeting - 7PM 26	WHITE CITY Composting 27	EMERALD PARK Garbage WHITE CITY Recycling	EMERALD PARK Recycling 29	EMERALD PARK Composting 30	

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