

# White City & Emerald Park

## Community Newsletter

SEPTEMBER EDITION, 2023



**Marshall Brooks**

**Jaxon Hicks**

### AllStars from School of Rock Regina Qualify for Unforgettable US Tours

Two students from School of Rock Regina were selected to perform in the School of Rock AllStars music program tour in 2023. From July 21 through August 6, the tour featured School of Rock's most elite musicians, allowing audiences the opportunity to witness the next generation of musical stars as they perform at various stages across the USA.

"This remarkable opportunity

allows these students to showcase their unwavering dedication to music and natural talent on prestigious stages in the United States" said Roland Schulz, one of the owners of School of Rock Regina.

The AllStars represent the highest level of achievement for School of Rock students. Fewer than 1% are chosen each year from over 62,000 School of Rock Performance Program stu-

dents. Students will have an authentic touring experience, including traveling on a tour bus, doing tour publicity, and starring in nightly performances at famous venues and festivals during a two-week tour.

We are pleased to announce the return of our first nationwide tour since 2019, where the AllStars program will unite the School of Rock community and students from around

the world" said Rob Price, CEO of School of Rock. "This exciting tour will feature our talented AllStar students performing with local schools in renowned venues across 31 cities, sharing their exceptional skills and creating unforgettable experiences for audiences. The tour serves a dual purpose, aiming not only to provide our students with a musical and educational

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"AllStars" recognition is the highest level of achievement for a School of Rock student 10-Day Tour Supports Mental Health Awareness and raises funds for Society for the Prevention of Teen Suicide

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

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Group of Companies

# AllStars from School of Rock Regina Qualify for Unforgettable US Tours

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experience they'll never forget, but also to raise awareness for mental health. We have partnered with the Society for the Prevention of Teen Suicide (SPTS) to promote healthy practices on the road as a touring musician. A portion of the ticket sales and donations collected during the tour will support SPTS, which is an organization dedicated to reducing the stigma around discussing suicide and empowering teens, parents and educators with the skills needed to help youth in crisis."

The Regina teens who achieved AllStar status this year through a series of auditions are:

**Marshall Brooks**, a 15 year old drummer who attends Campbell Collegiate

and **Jaxon Hicks**, a 17 year old guitarist and Michael A.



**Marshall Brooks**

Riffel High School student, are this year's AllStars. Two of only 4 Canadian students that made the cut. Both students have been members of the school's Performance Program for many years and also perform in the school's House Band at various community events

such as the annual Shake the Lake rock festival. They also have travelled to perform at venues in Calgary, and this past summer, Countryfest and at Rockin' the Fields of Minnedosa rock festival in Manitoba.

Marshall's AllStar group tour region was Texas and area and Jaxon's was the north Atlantic in the New York area. Marshall is a second-time AllStar, having toured last summer in California. This is Jaxon's first year as an AllStar. School of Rock offers many opportunities for students of all skill levels, espe-


cially driven musicians like Jaxon and Marshall.

Access the full tour schedule by visiting the official AllStars Events page at [www.schoolofrock.com/allstars-events-2023](http://www.schoolofrock.com/allstars-events-2023).



**Jaxon Hicks**

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Time to refinance and consolidate debt if you have equity in your home, review your mortgage options—do not wait for your mortgage maturity date—prepare 6 months before maturity.

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## Go green for back-to-school

### Pack a waste-free lunch

While single-serve snacks are convenient, the plastic packaging often can't be recycled and is made from non-renewable fossil fuels – it goes from the garbage to a landfill and pollutes our environment. Instead, buy snacks in bulk quantities, store them at home in large containers and use reusable snack pouches or small containers when packing lunches.

At the grocery store, shop for lunch meats and other products from companies prioritizing eco-friendly initiatives. Look for protein options from carbon-neutral food companies like Maple Leaf Foods – the carbon zero logo can make it easier to identify food choices made by sustainable companies.

If your child or children

purchase their lunch at school, minimize waste by sending them with reusable utensils, napkins and a water bottle. You can wash and use them again to avoid relying on single-use, disposable options.

### Walk or bike to school

If your family lives close enough to your child's school, consider walking or biking. It's an active option that also relieves traffic congestion for students who live further away. Not to mention, it's a great way to get outside and enjoy the fresh air.

In the winter, try carpooling or opt for the school bus to reduce fuel emissions. If driving, don't idle – do your part for the planet and make sure to turn off the engine while waiting in the pickup or drop-off lineup.

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

The start of a new school year is the perfect time to talk to your kids about the importance of stepping up for sustainability and protecting the planet. Here are some tips for a happier, healthier and more eco-friendly year.

### Reduce, reuse, recycle

Start the school year off right by reducing your household waste. Before shopping for new supplies, take stock of what you have and reuse what you can.

Partially filled notebooks, gently used school supplies, textbooks and old lunchboxes or backpacks might need to be cleaned but can be reused.

If purchasing products is a must, look for second-hand school supplies or clothing. If buying new, find products in minimal packaging and made from recycled materials that are durable enough to last for years. The longer you keep a product, the less impact it will have on the environment.

## ERES Community Council (ERESCC)

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

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

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

Next ERESCC Meetings  
Tuesday, Sept 12th @ 6:30  
in ERES library

Tuesday, Nov. 14th @  
6:30 pm in ERES library

All parents are encouraged to attend as your input and ideas are welcome & valued.



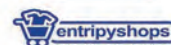
### IMPORTANT DATES

- Sept. 27 School Pictures (KH1 & Gr. 1-8)
- Sept. 28 (am only) KH2 and any students absent on the 26th



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Link can be found on the school website or at:  
[www.emeraldridgeelementaryschool.entriptyshops.com](http://www.emeraldridgeelementaryschool.entriptyshops.com)

## WELCOME BACK!

We hope you all had a safe, healthy, and enjoyable summer!



## The perfect 5-minute breakfast alternative for your on-the-go lifestyle

Mornings are busy. And once the kids are back in school, this time of day can feel downright hectic. Since breakfast is an integral component to the morning routine, whipping up something that's ultra quick, easy and healthy can go a long way in easing into the start of your day.

A banana-berry smoothie bowl is a perfect way. You can take this bowl to the office or even drink it during your commute – and the kids will love it too. It's also nutritious – this version is made with Fairlife ultrafiltered milk, which has 50 per cent more protein and 50 per cent less sugar than regular milk.

### Banana-Berry Smoothie Bowl

Prep time: 5 minutes Serves: 1

#### Ingredients:

1 cup (250 ml) Fairlife 2% ultrafiltered, partly skimmed milk

½ cup (125 ml) frozen blueberries

½ cup (125 ml) frozen raspberries

1 frozen banana (frozen in chunks for easier blending)

2 tbsp (15 ml) ground flax seeds

½ tsp (2 ml) vanilla

Topping suggestions: sliced bananas, extra berries (fresh or frozen), chia seeds, hemp hearts, granola, nuts.

#### Directions:

1. Add all ingredients (except toppings) to a blender and process until smooth. Garnish as desired and serve immediately.

**Tip:** Fresh fruit can be used if frozen is unavailable. Add ice to achieve desired thickness.

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## 3 eco-friendly habits to embrace this fall

plastic decorations and use natural options if you need more. Pinecones, leaves and flowers can all be used to create a wreath or other decorative pieces. There is endless colourful and creative inspiration to be found in nature.

### Embrace seasonal recipes

Warm up with a delicious fall meal like chicken stew in a slow cooker. As slow cookers use less energy over a long period of time, they give off fewer emissions than a conventional oven.

As a bonus – you might have leftovers, so you can spend less on food for the rest of the week. Choose chicken and other proteins from companies that are prioritizing eco-friendly initiatives, such as Maple Leaf Foods, which is a carbon-neutral food company.

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

Take advantage of the change of seasons and find new ways to step up for sustainability this fall. From delicious recipes to décor inspiration, here are three tips:

### Leave the leaves

Falling leaves signal the

arrival of autumn. Instead of raking and throwing them away in plastic garbage bags, consider leaving them on your lawn. Leaves play an important role in the health and natural cycles of plants and soil – leaving them can improve

your garden and lawn.

If you'd prefer to remove the leaves, consider composting them instead of throwing them away. If your municipality doesn't pick up yard waste, it's easy to start composting at home.

### Decorate using nature

When it comes to fall holidays, it's time to pull out the decorations you stored away last year. While you shouldn't throw out the ones you already own, try to avoid purchasing new



**White City GARDEN CLUB**

**Unusual Plants to Try**

**Helen Hugh**  
Chilliwack Garden Club






Helen had her love of gardening rekindled once she said goodbye to her bookkeeping job and joined the Chilliwack Garden Club. Her first volunteer task with the club was to help clean out the storage closet, where she was introduced to a basket full of outdated, unique seeds. It started her on a journey of experimenting with unusual plants. Her background as an artist lends itself to creativity with plant choice and post-harvest uses.

**Wed. Sept. 13<sup>th</sup>, 2023, at 7:00 pm**  
**Ramada Emerald Park**  
**Everyone Welcome**  
**\$5 Visitors Members Free**

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





## Fall-themed, eco-conscious food tricks

There's nothing better than warm and hearty comfort food on a crisp day. Let the season's best flavours shine through with some delicious and sustainable tips for eco-conscious food fans.

### The apple of your pie

Apple picking is a popular fall activity and a great way to get your family outside to enjoy the brisk autumn weather. In addition to being a healthy and delicious snack, there are endless ways to use the apples

you bring home. Bake an apple-tizing fall dessert like apple pie, crisp or cobbler.

### Shop local

Buying fruits, vegetables and other foods from local farmers is the best way to get fresh produce while supporting community businesses. Pack up the kids (and your reusable grocery bags) and head to a farmer's market for some seasonal goodies.

If you don't have a farmer's market, buying locally sourced foods from your



grocery store is a great alternative. For any food items you can't buy from close to home, consider options from carbon-neutral food companies who take significant action to lower emissions, like Maple Leaf Foods.

**It's cool to compost**

If you don't have a composter at home, make a DIY compost bin by drilling

some holes into the top of an old tote bag that you're no longer using. Add some dirt to the bottom and throw in any food scraps leftover from meals and activities such as pumpkin carving. Keep it up year-round to produce rich soil for your garden while reducing household food waste.

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# Quilt Sew Fine

*Are You Our Newest Member?*

**TUESDAY, SEPTEMBER 5 • DROP-IN 10:00-5:00 PM**

**WHITE CITY COMMUNITY CENTRE**

*Every other Tuesday from September to June*



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**We have members at all levels in our warm and inviting group.**

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## KINDERGARTEN REGISTRATION 23/24

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, 2023.

## WELCOME BACK WOLVERINES!

**We can't wait to see you on the first day of school!! September 5, 2023!**

Working Together For Success | Travaillons Ensemble Pour Réussir



*Why did the M&M go to school?*

*Because they wanted to be a Smartie!!!*

## IMPORTANT DATES

- Sep 5 First day of school!
- Sep 30 Day for Truth & Reconciliation
- Oct 9 Thanksgiving – school closed
- Oct 23 Non-student day

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>

# AllStars from School of Rock Regina Qualify for Unforgettable US Tours

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## About School of Rock

School of Rock helps aspiring musicians master skills, unleash creativity, and develop tools they need to thrive in life. Founded as a single school in Philadelphia, PA, in 1998, School of Rock has become a rapidly growing international franchise with over 500 schools open and in development across 15 global markets. Since 2009, School of Rock has grown its student count from 4,000 to over 62,000. School of Rock offers a wide variety of music lessons, including guitar lessons, singing lessons and piano lessons. School of Rock is proud to support Music Will (formerly Little Kids Rock), the National Museum of African American Music (NMAAM), and the Society for the Prevention of Teen Suicide (SPTS). School of Rock was awarded US Patent 10,891,872 in 2021 for its innovative music education method.

School of Rock has also garnered the following industry awards: 2023 Global Franchise Grand Champion; 2023, 2022 and 2021 Global Franchise's Awards Best Children's Service and Education Franchise; 2023 Entrepreneur Magazine's Franchise 500 Top Children's Music Enrichment Brand; 2021 Franchise Innovation Award for Most Innovative Use of Customer-Facing Digital Tools; Franchise Business Review's 2023 Top 200 Franchises and Culture 200 list; 2020 Entrepreneur Magazine's Top 200 Franchise and the #1 Child Enrichment Franchise; and 2018 Forbes # 2 Best Franchise Medium-Level Investment Award and the #1 Music Franchise in America. School of Rock Regina is located at 515 McDonald Street. It can be found on Facebook, Instagram and Twitter and at regina.schoolorck.com



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

We will be closed on September 4th for Labour Day & September 18th for Staff Learning

Visit us – [f White City Public Library Branch](https://www.facebook.com/WhiteCityPublicLibraryBranch) [i WhiteCityLib](https://www.instagram.com/WhiteCityLib)  
**SEPTEMBER 2023 PROGRAM & EVENTS CALENDAR**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 Closed for Labour Day	5 Library Board Meeting 8:00 PM	6	7	8 Storytime 10:00AM International Literacy Day	9 Teen/Adult Cricut crafting 1:00 PM
10	11 Adult Book Club 6:30 PM	12	13	14 LEGO Club 3:45 PM	15 Preschool Storytime 10:00AM	16 Teen/Adult Woodburning Crafting 1:00 PM
17	18 Closed for Staff Training	19	20 Adult Craft & Chat 1:30 PM	21	22 Storytime 10:00AM Culture Days Begins	23 Teen/Adult Cricut crafting 1:00 PM
24	25 Teen Book Club 6:30PM	26	27	28	29 Preschool Storytime 10:00AM	30 Closed for National Day for Truth and Reconciliation



### CHILDREN'S PROGRAMS

#### Preschool Storytime Drop-in

Fridays @ 11:00 AM

September 8, 15, 22, 29

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

#### Makerspace activities for September

Cricut and Woodburning crafting  
 These kits are available for use during the month on a drop-in basis. Please note program times listed on the calendar.  
 A great time to start those fall crafts.  
 Suitable for Adults, Seniors and Teens.

### ADULT PROGRAMS

#### Adult Book Club

Monday, September 11th at 6:30PM

We will be discussing *The Orchard* by Theresa Weir. Copies available for pickup at the library.

#### Craft & Chat

Wednesday, September 20th @ 1:30PM  
 Create and have fun with other crafters. Bring your knitting, sewing, paper crafts, or any other creative project to work on, or find inspiration at the library. Beginners and more seasoned crafters welcome!

#### Teen Book Club

Monday, September 25th @ 6:30PM

We will be discussing *Looking for Alaska* by John Green

To register for programs, please call 781-2118.

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



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# White City & Emerald Park

## Community Newsletter

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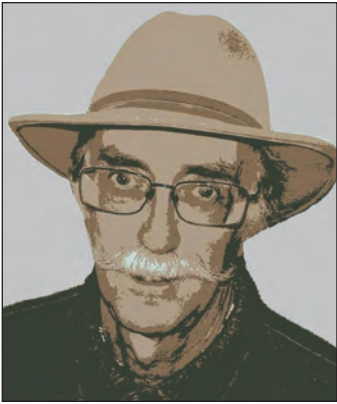
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# Off the Beaten Track

- By John Panter

Emerald Park residents were shocked on opening their utility notices to discover a charge of \$174.15 per quarter or \$58.05 per month in addition to the usual water consumption and sewer charges bill.

Bylaw 2023-10, effective on April 1st (April Fool's Day?), showed the Sewer Service Charge rising to \$48.22 per month for residential properties and a new Sewer Capital Levy of \$58.05 per month.

Some ratepayers were quick to characterize the new charge as a cash grab but upon reflection will probably realize it is just the cost of helping to repay the \$6 million dollars borrowed to expand the sewage treatment plant in addition to ongoing expenses related to the wastewater utility operated by the Wastewater Authority, a joint venture with White City.

A reader of this column, however, asks a relevant question: "What about Development Charges as a source of funds for increased operating costs and future expansion of the wastewater treatment plant?"

As a condition of municipal approval of new subdivisions developers not only install the services, (roads, sewers etc), they also pay

development levies to the municipality, and those levies ain't cheap. The theory is sound since eventually the municipality will have to take over those services and the ratepayers will be on the hook for the ongoing costs of maintaining them. So my reader's question, why aren't the costs of future wastewater treatment plant expansions paid out of development levies, has some merit.

Don't look to this column for an answer to that one. But if the question came up during Council's debate on increased sewer levies, it was rejected.

\*\*\*\*\*

A new item at the start of council meetings at both the R.M. and White City is a specific question as to a councillor's potential conflict of interest in any item coming up on the council's agenda.

If a conflict is identified it must be declared and the councillor would withdraw from the discussion (and even leave the council chamber) when that item is reached on the agenda. Not only must a councillor not vote on an item in which he or she (or ze or zir, to prove my woke bona fides) has a conflict, xe or xem (etc.) should not even take part in the discussion around the issue. I'm not specifically referring to anyone in particular here. It's just that all councillors should do some soul-searching as to whether they would stand to derive a personal benefit from a council decision.

\*\*\*\*\*

And finally, some nit-pick-

ing. White City very graciously moves their "in camera" session to the end of their committee or council meetings to save spectators from having to cool their heels in the lobby while the item is being discussed in "closed session."

The correct procedure is for a Council motion to go into "closed", discuss the item, and then move to go out of "closed" and carry on with the meeting, or move to adjourn.

At a recent meeting the council voted to adjourn and then purported to go "in camera." But once adjourned, the meeting is done. A meeting in the absence of the public after adjournment is no longer

"in camera". Instead it's an unauthorized, or secret meeting.

See what I mean? I can pick nits with the best of them.

*Call me if you disagree.*

*569-2345 or*

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## Tech tools every small business owner should be using

There are many tools that go a long way to making our lives easier, from the internet to the dishwasher. When it comes to running a business, like it or not, there are plenty of ways technology can make a significant difference in a company's ability to be successful for the long haul. Here are three must-haves:

### Cloud-based data management systems

Well-known email services should provide powerful calendar features, auto-

matic back-up settings and secure file-storage and -sharing capabilities. But if a business owner is still working manually or in files saved on one computer, it's probably time to adopt these features in a now-standard software suite.

Otherwise, one spilled coffee could destroy everything, and there's likely a lot of time and energy being used that could be put to better use. There are plenty of free tutorials online to help new users get the

most out of these tools, and many companies will happily set up a free trial or demonstration to go over the ropes.

### Password management tools

There is a lot to lose when passwords are lost or compromised, especially when a small business is involved. Secure password managers can safely store login information, so no one is tempted to leave the details written down or choose passwords that are easy to hack.

A password manager can also give back the time spent repeatedly resetting forgotten passwords and makes it easy to grant occasional access to employees through the manager with-

out revealing the password to them.

### Accounting software

If a business doesn't already use cloud-based accounting software such as FreshBooks, it's worth considering signing up. There are a lot of time-saving perks to take advantage of such as automated invoicing and late-payment reminders to help ensure money-owed is collected, receipt and expense tracking, and even time tracking tools to see what parts of the business are requiring the most of the company's time and efforts.

Find more information about automated, cloud-based accounting at [freshbooks.com](http://freshbooks.com).

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

## How to automate your business so you can focus on the creative side



Many creative types have successfully launched their own businesses, such as a

boutique marketing agency or copywriting company. But running a business can pull you away from doing the things you're best at. Here are four tasks you can automate so you can stay focused on being creative.

### Schedule social media

Social media platforms are an important marketing and engagement tool for many businesses. But posting consistently across various platforms can be time consuming. There are programs you can use that allow you

to schedule posts and have them appear on all your

accounts at optimal times. This not only saves time but ensures your social media presence is consistent.

### Market research

Stay on top of industry trends and changes, as well as any time your business appears in the news, by setting up alerts in your search browser to look for relevant keywords.

You can also set up automated reports on your website traffic to better understand who is using the site and how. These tools can also suggest the best days and times to post your content to capture more people's attention.

### Review your reviews

Staying on top of your customer reviews – positive or negative – is an important but cumbersome task, particularly if your business appears on multiple sites. If you sign up for a review-

monitoring program you can track the reviews that appear, create automated responses, set up alerts for negative or glowing feedback and request additional reviews through simple surveys and other prompts.

### Automate your accounting

Many creative types would admit that they don't have "a math brain." But, as a small business, it's important to track all work-related expenses and invoices. It usually makes sense to use a cloud-based accounting software program, such as FreshBooks, to keep your books organized. And, as with any cloud-based system, everything is automatically backed up.

Find more information about automated, cloud-based accounting at [freshbooks.com](http://freshbooks.com).

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



# Projecting Our Feelings On to Others

- By Gwen Randall-Young

Our early experiences as children can affect the way we feel about ourselves, and how we relate to others as friends, romantic partners or in the workplace. The human infant is programmed to form attachments or bonds. With mature, loving parents, the infant's needs can be met. The child feels secure, safe, and loved.

Unsatisfactory childhood attachments can wreak havoc, even in adult relationships. The coping skills the child develops to maintain attachments form a template for how we approach all significant relationships.

If a child experienced abandonment as a child, as an adult they may be fearful that friends or partners may abandon them, and then interpret a normal absence to be threatening. If criticized and rejected as a child, the adult may tend to take things too personally, or feel rejected if someone does not meet their expectations.

The early experiences become like a lens through which we see others. She may want to go out with the girls, but he may feel if she really loved me, she

would stay home with me. He wants to play golf with the guys, and she may feel the guys are more important to him that she is.

These are old patterns that current situations may trigger. The inner child, or inner vulnerable part truly believes she does not really love me if she goes out, or really believes his friends are more important that she is.

They believe because of how they are feeling about the issue. If they feel rejected, then they blame the partner for rejecting them. If they feel unloved, they blame the partner for not loving them enough.

What is happening in these situations is the hurt one is blaming the other for something that is like an emotional flashback, conscious or not. It reminds me of when my son was around eighteen months. He started making sounds like he was going to throw up. I held him and went into the bathroom to hold him over the sink. Sure enough, he threw up. He then turned to me angry and screaming because he assumed I was the one who caused it! He was projecting his inner distress onto me.

I see this happen in relationships. One person is blamed for all the bad feelings the other is experiencing, when the emotional distress is inside the one who is blaming. The one blaming may have old

wounds, insecurities, lack of self-confidence, fear of abandonment, not being loved or not feeling good enough.

This is not to justify intentionally hurtful behaviors. In many cases the one being blamed does love the other the most and does not think friends are more important than the partner.

This is a source of great, often ongoing, conflict. If one says, "I love you," and the other says, "No you don't!" the battle is on. It is helpful, if we feel hurt, rejected, or abandoned, to think of other times, par-

ticularly as a child, when we felt that way. It is not helpful to blame the trigger, any more than we can blame the doorbell for ringing when we push it. It is for us to understand our triggers and do heal the wounded parts so they can no longer be triggered.

*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.*



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# Municipal By-Election for Reeve only

October 25, 2023 9am to 8pm

Advance polls will take place at the RM office on:

- October 16, 2023, from 9am to 6pm
- October 19, 2023 from 5pm to 8pm
- October 21, 2023 from 10am to 2pm

Nominations for Reeve will be accepted between Thursday, August 31st to Wednesday, September 20, 2023 until 4 pm.



    
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# Diversions

## ACROSS

1. Egg white
5. Former Soviet Union
9. Doorway part
12. Negative vote
13. Not freely moving
15. Belonging to
16. Shocked with horror
18. Highly pleasing to taste
20. Fish eggs
21. Small cable
23. Crazy (Colloq)
24. Active
25. Anoints
27. Earnest
31. Angered
32. You
33. Worthless dog
35. Fetid
36. Nide
38. Hawaiian dance
39. Prefix, new
40. Train track
41. One of the United Arab Emirates
42. Act of dislocating
45. Ten year period
48. Envelop
49. Merely
50. Seethed
53. - kwon do (Korean martial art)
55. Body of doctrine
56. Warehouses
58. Prefix meaning without
59. Motives
61. Satisfactory
62. Hereditary factor
63. Fiddling Roman emperor
64. Chronicle

## DOWN

1. Growl
2. Lover of words
3. Mount - , N.W. Qld. mining town
4. Saved
5. Objective case of we
6. Window ledge
7. Swing around
8. Said again
9. Connected
10. In an entangled

1	2		3	4		5	6	7	8		9	10		11
12			13		14						15			
16		17					18						19	
20				21		22					23			
			24						25	26				
27		28					29	30						
31							32					33	34	
35						36	37				38			
39				40							41			
			42						43	44				
45	46	47						48						
49					50	51	52					53		54
55									56		57			
		58			59			60					61	
62					63					64				

11. Strait between Australia and Tasmania
14. Stow away
17. Masculine pronoun
19. Small truck
22. Farewell
24. Lost blood
26. Born
27. Misdeed
28. Potpourri
29. Coral island
30. 17th letter of the Greek alphabet
33. Dice
34. Capital of Mongolia
36. Illegitimate
37. Tear
38. Mound
40. Free
41. Blind alley
42. The beginning
43. Shoemaker's tool
44. Formula of belief
46. Finish
47. Wash
51. Double curve
52. 8th month of the Jewish calendar
53. In the direction of
54. Portable ice-box
57. Pressure symbol
60. Therefore

## SOLUTION:

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







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## 3 basics of budgeting with your first credit card



Whether you're a newcomer getting your life established or a student getting your first credit card, learning how to use and leverage credit as a financial management tool will go a long way to set you up for suc-

cess.

"By managing a credit card well you'll be able to keep finances in check, and you'll also reap the benefits of increasing your credit score," says Amit Brahme, senior director of new-

comer and cultural client segment at Royal Bank of Canada. "And, with many credit cards today, you can take advantage of rewards points or cash back that the card offers."

Here are three top tips for managing your expenses with your credit card:

**Track your spending.** Your monthly credit card statements list every purchase you've made using your card, which can be helpful for tracking where and how you spend your money. You can use these insights to see where you need to cut down on spending and how much money you need to put towards certain purchases each month, such as groceries or gas.

**Pay your balance in full each month.** As long as you pay off your balance in full each month, you won't need to pay any interest, so your credit card can be a way to stay within your budget.

**Use your card wisely.** Consider whether an item is a "need" or a "want" before making large purchases. Monitor how much of your credit limit you're using. The amount of your available credit that you use is called your credit utilization ratio. The rule of thumb is to keep your ratio below 30 per cent. The lower your ratio, the better you're managing your credit, and the better it looks on your credit history. Find more information at [rbc.com/newcomers](http://rbc.com/newcomers).

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# 2023 SEPTEMBER

## Upcoming Events & Meetings

### Committee of the Whole Meeting

September 5 - 7PM

September 18- 4PM

### Regular Council Meeting

September 18 - 7PM

Meetings are open to public  
and held at:

White City Council Chambers  
14 Ramm Avenue E

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In observance of  
**Labour Day**  
the Town Office will be  
**Closed**  
Monday September 4.

## White City Fun Run

**Sunday, September 24**

NEW  
DATE

Join us on Sunday September 24  
for the White City Fun Run!  
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abilities opportunity to get active  
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## Canadian consumers seek out sustainably produced food

As many Canadians are interested in sustainably grown food, various agricultural industries and farmers are embracing practices that meet the demands of conscientious shoppers. The strawberry industry is a prime example of the strides made in agriculture in pursuit of sustainability.





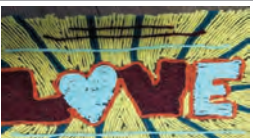

There is high demand for strawberries in Canada – in fact, far more than domestic production can supply. Almost 100 per cent of strawberries imported into Canada come from California, allowing us to enjoy this favourite berry year-round.

These strawberries are grown on multi-generation farms with sustainable techniques to minimize environmental impact. For instance, farmers prioritize hand weeding to reduce the need for chemical herbicides, use mechanical bug vacuums that effectively remove harmful insects (which reduces reliance on pesticides), release beneficial insects like ladybugs as a primary defense against pests and

opt for fish emulsion as a natural alternative to chemical fertilizers.

The California strawberry industry also invests millions of dollars into crop research, leading the world in environmental research dedicated to reducing pesticide use. Find more information on sustainable strawberry production at [californiastrawberries.com](http://californiastrawberries.com).

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

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<p>Register at <a href="http://www.pilotbuttearts.ca">www.pilotbuttearts.ca</a>                      If there are other classes that you would like to have us organize, or if you teach classes, please contact us at: <a href="mailto:pilotbuttearts@gmail.com">pilotbuttearts@gmail.com</a></p>		
<p><b>Wind Swept Intermediate Quilt Top</b>                      Thursdays, Sept 14, 21, 28, Oct 5                      6:30pm - 9:30pm                      Cost: \$58.50                      Ages: Adult 18+                      Available via Zoom as well</p>		
<p><b>Be Your Own Light Candle Painting</b>                      Tuesday, Sept 19, 2023                      6:30pm - 8:30pm                      Cost: \$36                      Ages: Adult 18+</p>		
<p><b>Art Journaling &amp; Collage</b>                      Tuesday, Sept 26, 2023                      6:30pm - 9:30pm                      Cost: \$27                      Ages: Adult 18+</p>		
<p><b>Mindful Yarn Drawing</b>                      Thursday, October 12, 2023                      6:30pm - 8:30pm                      Cost: \$27                      Ages: 12+                      Not just for kids, adults will love this too!</p>		
<p><b>Gnome Themed Mixed Media Canvas</b>                      Tuesday, October 3, 2023                      7:00pm - 8:30pm                      Cost: \$18                      Ages: 6+</p>		
<p>For more details and booking information, visit <a href="http://www.pilotbuttearts.ca">www.pilotbuttearts.ca</a>                      We're planning more classes and our Everything for Christmas sale!                      Watch for more details soon!                      Follow us on Instagram and Facebook!</p>		

# SEPTEMBER 2023

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

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

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

Please email: [shannon@westernlitho.ca](mailto:shannon@westernlitho.ca)

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		CASA ROSA/JAMESON ESTATES Garbage pick up every Tuesday Recycling pick up every Thursday			EMERALD PARK Composting	
	LABOUR DAY	WHITE CITY Composting	EMERALD PARK Garbage	EMERALD PARK Recycling	EMERALD PARK Composting	
3	4	5 Committee of the Whole Meeting - 7 PM	6 WHITE CITY Recycling	7	8 Preschool Storytime 10:00am	9
		WHITE CITY Composting	EMERALD PARK & WHITE CITY Garbage		EMERALD PARK Composting	
10	11	12	13	14	15 Preschool Storytime 10:00am	16
	Committee of the Whole Meeting - 4 PM Regular Council Meeting - 7 PM	WHITE CITY Composting	EMERALD PARK Garbage	EMERALD PARK Recycling	EMERALD PARK Composting	
17	18	19	20 WHITE CITY Recycling	21	22 Preschool Storytime 10:00am	23
		WHITE CITY Composting	EMERALD PARK & WHITE CITY Garbage		EMERALD PARK Composting	
24 White City Fun Run	25	26	27	28	29 Preschool Storytime 10:00am	30

## WC/EP RECREATION INFORMATION/REGISTRATION CONTACTS:

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 Softball: [stormsoftballregistrar@gmail.com](mailto:stormsoftballregistrar@gmail.com) Web: [storm.whitebutteminorball.ca](http://storm.whitebutteminorball.ca)  
 Cityview Skating Club: [cityviewskating@gmail.com](mailto:cityviewskating@gmail.com) or [cityviewsc.uplifterinc.com](http://cityviewsc.uplifterinc.com)  
 Communiskate: Paula at 306-540-7704 or [communiskateadmin@sasktel.net](mailto:communiskateadmin@sasktel.net)  
 Creative Beginnings Preschool: Keri 306-529-1200, [keri@creativebeginningsps.ca](mailto:keri@creativebeginningsps.ca)  
 Dance: Laurie 306-775-3722 [lkweighill@hotmail.com](mailto:lkweighill@hotmail.com), [www.whitecitydancingschool.com](http://www.whitecitydancingschool.com)  
 Dance Plus EP: Amy 306-530-5108 or [amyschienbein@gmail.com](mailto:amyschienbein@gmail.com)  
 Garden Club: [wgc2011@gmail.com](mailto:wgc2011@gmail.com), 306-584-9173, [www.whitecitygardendub.weebly.com](http://www.whitecitygardendub.weebly.com)

Girl Guides: Jolene 306-570-9179 or [Balgonie1st@gmail.com](mailto:Balgonie1st@gmail.com)  
 Parks & Recreation: Shane Graefer 306-781-2355 ext.225 [sgraefer@whitecity.ca](mailto:sgraefer@whitecity.ca)  
 Pickle Ball: Ambrose 306-536-9221 Playschool: Nicola 306-529-1292, [nicola.mcnaughton2@gmail.com](mailto:nicola.mcnaughton2@gmail.com)  
 Soccer: Adam Slinn 306-550-4789 or [www.whitecityfutbol.com](http://www.whitecityfutbol.com)  
 Prairie Storm Hockey: [registrar@psmha.ca](mailto:registrar@psmha.ca) or [www.psmha.ca](http://www.psmha.ca)  
 Buffalo Plains Ringette: [registration@bpringette.ca](mailto:registration@bpringette.ca) or [www.bpringette.ca](http://www.bpringette.ca)  
 Newsletter: Dale Schaeffer 306-525-8796 or [dale@westernlitho.ca](mailto:dale@westernlitho.ca)  
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