

# White City & Emerald Park

JULY EDITION, 2021

Community Newsletter



## Where The Heck Is All My Money Going?

Sometimes the culprit of overwhelming clutter in your home is not the problem of letting things go... it's the constant shopping that prevents you from getting ahead of mess and stress. Here are a few key things to consider that may help you curb some of your spending habits.

**1. Where the heck is all my money going?** I see

you. Those that make a decent living, but at the end of the month, you wonder what the heck just happened to my pay check? Maybe what will help is for you to backtrack and figure out some key spending patterns that you never even realized were problems before. Are you a big ticket splurger, a quick Starbucks drive-through girl, a

passive revenge spender, or an unconscious internet shopper? One trick is to go back through your credit card/account statements for the past three months, and literally track what you spent on items. You can categorize them into groceries, mortgage/rent, clothing, restaurants, car, beauty, etc. Analyze any patterns that you could be further

exploring.

**2. Figure out why you are shopping.** Shopping can be used as a strong mood booster. One stop to Winners and that shot of dopamine is exactly what the doctor ordered. Consumerism is solely based on this and they play on our emotions. They tell us that we are not smart enough, pretty enough, and won't

- Continued on page 2

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

## Where The Heck Is All My Money Going? - Continued from page 1

be anyone of importance until we buy their product. They basically thrive on telling us that we are not good enough and shouldn't be happy with what we currently have. Shopping while we are feeling insecure, depressed, bored, trying to fulfill some sort of void is a dangerous slope. It might have some instant gratification for a bit, but it's never going to get to the root of your unhappiness. So try and catch yourself while you are browsing an online website or about to head into your favourite store, STOP, and ask yourself why are you really here for? Do you really need that pair of boots or are you feeling crappy and need a pick-me-up?

**3. It's ok to shop for things you like**, but if you

are an impulse buyer, these are a few questions to ask your before throwing it on your credit card: Do I really need this? Is this something I could borrow or rent? Do I have something similar at home that could suffice?

4. This next tip takes great discipline. Instead of purchasing something on the spot that you absolutely love, **wait it out**. Write it down. Revisit the purchase in two weeks, and decide if it's still worth it. Usually by the time you re-visit it, you have completely forgotten about it, or found something even better, usually at a better price. This method tackles your FOMO (Fear Of Missing Out). This is real. Often, we are scared to miss out on an item, as advertisers have become exceptionally clever of cre-

ating this sense of urgency for you to pull the trigger.

**5. Explore your home and get a sense of what you truly own.** This is why de-cluttering your home can be so therapeutic and cost effective. Often when I complete a Closet Cleanse with my clients, they tend to fall back in love with their wardrobe, realize they have more than enough items to make amazing outfits, and complete an inventory of what they are lacking, so they know exactly what to buy the next time they are out. This curbs the excuses of, "I have nothing to wear" (translation = I'm bored or overwhelmed). It also tackles the overwhelming part by omitting the stuff you actually don't wear and putting the pieces that you love front and centre so you can

be creative and fun with the clothes you already own. It's a clear visual shock to realize that you may only need to grab one shirt to round out your wardrobe, or realize that you've been buying the same stuff over and over again... like that 7th pair of black jeans that you didn't need!

**6. Connect to why you want to curb your spending.** Do you have a big financial goal you want to reach? A down payment for your dream house? Paying off your student debt? Saving up for retirement? Always come back to your "why" and what awaits you if you become more disciplined in your shopping. Sometimes, all it takes, is to stop and take a pause, and truly be honest with yourself as to why you're shopping in the

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first place. My “why” is a little more deeper than a financial goal, it was to demonstrate healthy spending and saving choices for my two young daughters. Not being wasteful and appreciating what we already have is the goal that I’m striving for.

And if you are sick and tired of wondering where your money goes, and you want a hand with this, I will have openings this summer for a few clients to help them with decluttering their physical spaces. For more details, connect with me or visit [www.athomeswithjess.ca](http://www.athomeswithjess.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 to with decluttering and home organization.*

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*Big things are coming soon to the White City Museum.*

Did you know the museum owns hundreds of artefacts representing the history of the White Butte area?

We are looking to partner with local businesses to display some of these historical items as well as support our fall membership drive.

**Does anyone have Plexiglas boxes they are looking to get rid of?**

We will gladly take a donation of these and free up space in your garage or shop. All sizes are welcome.

If you are a business and would like more information on how you can support the museum, or if you are interested in becoming a member just contact us at our email address: [whitecitymuseum.sk@gmail.com](mailto:whitecitymuseum.sk@gmail.com).

And be sure to follow us on social media for our upcoming posts to play “GTO” (Guess The Oldie) as we feature some of the collection.



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



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# Make fruit and veggies the star of the grill this summer



Sear marks are not just for your steak — grilled vegetables and fruits make for a delicious main, side or dessert and shine when charred just right with a delicious smoky flavour. They are also a great source of vitamins and minerals and can be a great way to boost your fibre intake, as well as serve as a nutritious and delicious alternative to animal foods.

As the summer rolls on, there are many local produce options to choose from and you can definitely taste the difference local makes. Here, Jasmine Kwok, a registered dietitian at Loblaws, provides tips to change it up and add more produce to your grill.

## Put a skewer in it.

Think local peppers, mushrooms, tomatoes, zucchini and more, which are in stores from local farmers now. Whether marinated with a mixture of fresh citrus, garlic and herbs or tossed with a drizzle of olive oil and

seasoned with a touch of salt and pepper, grilled vegetables are always a hit and can be served multiple ways. Tip — if you're using wooden skewers, make sure you soak them in water for 30 minutes before you start making your kabobs.

## Sear your salad.

Think outside the box and try grilling your salad. Romaine hearts are a great choice for the barbecue when topped with Caesar dressing, Parmesan cheese and bacon bits. The warmth and smoky flavour of the romaine will up your classic Caesar salad to a whole new level.

## Fire up your dessert.

Grilled fruit is like a magic trick. There are so many options available and while you likely have had grilled pineapple, why not skewer and grill straw-

berries this weekend? Strawberries are currently in season and are delicious on their own. You can also try them drizzled with balsamic vinegar or a touch of vanilla extract new taste. Serve with plain Greek yogurt and some crunchy granola or a scoop of vanilla ice cream for a real treat.

If you'd like more ideas, connect with a registered dietitian for helpful tips and recipes. Offering many ways to connect, you can try a free 15-minute initial nutrition consultation or check out a webinar on a variety of topics at [loblaws.ca/dietitians](http://loblaws.ca/dietitians).

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



# BELLA CHIC

As our world tells it's time to lift the restrictions we've dealt with for so very long like you we can not wait to reconnect. To reconnect with all those we've missed so very much - our friends, family, coworkers... We are thrilled to launch something new to celebrate this awesome time of reconnection.

## BELLA CHIC is launching something new - a Bella Bundle.

I'm sure you've heard of our Bella Boxes. Maybe you've bought a few. Like the Bella Boxes our Bella Bundle features exciting just-released items by top selling brands - all at crazy reduced prices. This gives our customers the opportunity to discover new style all while saving your fashion dollars.

This first Bella Bundle features the all new Z Supply V-neck Washed Modern Weekender in Lavendar Haze with the just-released double necklace set, Valkria, from Pilgrim. And to top off the bundle enjoy a Bella Chic \$15 gift certificate for you to select something special to complete your customized bundle.

**The items inside the Bella Bundle retail for \$182 however you can preorder your bundle for just \$129.99!**

**Watch for the release of the Bella Bundle dropping online & in stores this month.**

Find Bella Chic at 7C Great Plains Road (beside DQ), in Moose Jaw at 12 High Street East (across from Déjà Vu) and always online at [BellaChic.ca](http://BellaChic.ca).

Facebook @BellaChic.Fashion | @bellachicmj Insta @BellachicCanada | @Bellachic\_moosejaw

# The flavour for all your summer meals, yuzu

Look again, that's not a lemon, it's a yuzu! This citrus fruit is bright yellow, round and slightly smaller than an orange. The taste is between that of a grapefruit and a mandarin orange — tart but very sweet scented. While the fruit itself

is almost never eaten on its own, the zest and juice are used countless ways in foods and drinks.

Yuzu has a very strong flavour, and depending on your usage, very little may be needed to pack a punch. In

drinks, a little goes a very long way, and just a drop in a cocktail is often enough. It also has infinite

applications in sweet recipes, where it's best used like an essence. Try adding a couple of drops to your custards, jellies, ices and meringues and you won't regret it.

This summer, President's Choice Insiders Report has a great range of yuzu products for anyone looking to try something new, including this indulgent, dairy-free riff on ice cream cake. It's made with tangy-sweet yuzu citrus and blueberry sorbet, layered on a coconut-graham crust and topped with zesty blueberry-lime sauce.

## YUZU BLUEBERRY SORBET CAKE

Prep time: 20 minutes Cook time: 15 minutes Serves: 12

### Ingredients:

- 1 ½ cups (375 mL) graham cracker crumbs
- ½ cup (125 mL) unsweetened medium shredded coconut
- 5 tbsp (75 mL) coconut oil (solid or liquid)
- 1 tub (946 mL) PC yuzu citrus and blueberry sorbet
- 3 cups (750 mL) frozen wild blueberries
- 1/3 cup (83 mL) granulated sugar
- 2 tbsp (30 mL) cornstarch
- 1 tsp (5 mL) grated lime zest
- 2 tbsp (30 mL) fresh lime juice
- ½ cup (125 mL) coconut chips

### Directions:

1. Toast graham crumbs and shredded coconut in non-stick skillet over medium heat, stirring often, until light golden; about 5 minutes. Transfer to bowl. Return skillet to medium heat; add coconut oil and cook until melted (skip this step if using liquid coconut oil). Stir into graham crumb mixture.
2. Mist 9-inch (2.5 L) springform pan with cooking spray or grease with coconut oil. Lightly press graham crumb mixture into bottom of pan (do not press up side of pan and do not pack mixture firmly). Freeze 30 minutes.
3. Let sorbet stand at room temperature until beginning to soften, about 20 minutes. Scoop sorbet into springform pan over crust, smoothing top; return to freezer.
4. Meanwhile, bring frozen blueberries and sugar to a boil in small saucepan over medium-high heat. Reduce heat to maintain a gentle boil; cook, stirring occasionally, until blueberries are softened and liquid becomes a bit syrupy, about 5 minutes. Stir cornstarch with lime juice in small bowl; stir into blueberry mixture. Return to a boil, stirring constantly; remove from heat. Stir in lime zest.

5. Transfer blueberry mixture to a large heatproof bowl. Refrigerate until slightly cooled, about 20 minutes. Pour blueberry mixture over sorbet, gently smoothing top. Return to freezer until well chilled, at least 1 hour.

6. Run small paring knife around inside edge of springform pan; release and remove side of pan. Tip: If cake doesn't easily release from pan, dampen a kitchen towel with warm water and wrap it around base and side of pan to slightly melt the edge just enough to release.

7. Transfer to serving platter, removing from base. Sprinkle with coconut chips. Tip: Run your knife under warm water before slicing, wiping blade with a damp cloth between cuts.

Try this: Serving this cake outdoors? Freeze your serving platter and plates before using to keep the cake from melting too fast.

Nutritional information per 1/12 of cake: calories 390, fat 15 g, saturated fat 11 g, sodium 190 mg, carbohydrates 63 g, dietary fibre 3 g, sugars 33 g, protein 3 g.



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# ERES Community Council (ERESCC)

## 2021-2022 KINGERGARTEN REGISTRATION

ERES is accepting registrations for 2021-2022

Any child residing in the ERES area, who will be five years of age by December 31, 2021 is eligible to register for Kindergarten for the fall of 2021.

If you have not registered your child yet, please email the school office at: [emeraldridgeschool@pvsd.ca](mailto:emeraldridgeschool@pvsd.ca). Please share this contact information with any families new to our school community.

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/)



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



SAVE TIME AND ORDER YOUR SCHOOL SUPPLIES ONLINE: AT: [www.schoolstart.ca](http://www.schoolstart.ca)

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School Community Council

next meeting – September TBA

## CALLING ALL ÉWCS PARENTS!

ÉWCS's Community Council is recruiting participants!

Meetings held every 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 for fall!

## KINDERGARTEN REGISTRATION:

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, 2021.

Working Together For Success | Travaillons Ensemble Pour Réussir



*"One benefit of summer was that each day we had more light to read by."*

*~ Jeannette Walls*

Online: [whitecity.pvsd.ca](http://whitecity.pvsd.ca) -> click the "SCC" menu Phone: 306-781-2115 ÉWCS on Facebook: @EWCS

# Top tips for boating beginners

Nothing says summer in Canada like cruising across a glass-like lake in the morning. But it's easy to lose sight of the risks if you are unprepared. Keep yourself and your family safe by following these top boating safety tips:

### Check and maintain your boat.

Making necessary repairs early can help you avoid more costly fixes down the line and keep you from getting stranded on the water if your boat dies. At least once a year check your boat from bow to stern. Check the hull for any signs of damage, tune up the engine, and look at the electrical cables, batteries, and fuel lines for signs of damage or leaks. Make repairs using only ignition-protected parts and materials that are suitable for use in marine environments.

### Know the waterway and check for restrictions

Reefs, stumps, rocks, changing water levels, and sandbars are examples of hazards you need to know about. Carry local marine charts if avail-

able or ask someone who knows the area about any hidden dangers. You should also check for any vessel operation restrictions on the waterways where you plan to go boating. Follow all posted speed limits and the universal shoreline speed restriction, which is 10 kilometres per hour within 30 metres of shore on all waters in Ontario, Manitoba, Saskatchewan, Alberta, and the inland waters of British Columbia and Nova Scotia.

### Fuel up safely

Boats running out of gas is one of the top reasons boaters call for assistance. This situation is easy to avoid by always checking your fuel levels before leaving the dock. Remember the golden rule: 1/3 to go, 1/3 to return, and 1/3 in reserve.

When fueling, always mop up spills and watch for leaks to avoid fire hazards. Also keep in mind that gas vapours are extremely explosive and are difficult to remove if they accumulate. Always run your blower for



at least four minutes before starting your motor.

Learn more about safe boating from the Transport Canada Office of Boating website at [tc.gc.ca/boatingsafety](http://tc.gc.ca/boatingsafety).

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

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## PRE-REGISTRATION

- Start date for Playschool for the 2021/2022 year will be September 7th, 2021.
- Children must be 3 by December 31st, 2021 and potty-trained to register in our 3-year-old program starting September 2021. If your child will be 3 between January and May 2022, they will be eligible to register for our second semester beginning January (start date TBD) and ending in May.
- To qualify for the 4-year-old class, your child must be 4 by December 31st, 2021.
- A non-refundable \$50.00 deposit is required to pre-register your child; this deposit will go towards your child's first month tuition fees. Cash, cheque or e-transfer is accepted.
- Registration forms can be returned via email to [wccooperativeplayschool@gmail.com](mailto:wccooperativeplayschool@gmail.com), mailed to P.O. Box 657, White City, SK, S4L 5B1, or dropped off in the Playschool mailbox located at 7 Lipsett Street.
- First children registered get their first choice of class, so please return your forms and deposit promptly to secure your registration.
- **NEW - pre-kindergarten prep class (Tuesday PM)** designed to give your child a jump start on becoming a prepared and eager student ready for the kindergarten environment. We will continue to master letters, numbers, colors, calendar, and writing names, whilst also working on addresses, phone numbers, and preparation for reading readiness, to give your child their best start in Kindergarten.

**Please fill out the form found online at [whitecitycooperativeplayschool.weebly.com](http://whitecitycooperativeplayschool.weebly.com)**

Class confirmations will be sent out after the pre-registration deadline.

If you have any questions, contact Nicola at [wccooperativeplayschool@gmail.com](mailto:wccooperativeplayschool@gmail.com) or 306-529-1292

**More information on our website: [whitecitycooperativeplayschool.weebly.com](http://whitecitycooperativeplayschool.weebly.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

Please note: The library will be closed Thursday, July 1st for Canada Day and Monday, August 2 for Saskatchewan Day.

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

### JULY 2021 PROGRAM & EVENTS CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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				



### SUMMER PROGRAMS

#### Outdoor Activity Kit

Physical activity items for you to BORROW! Available the month of July, Scoop ball and horseshoes. Bring your library card to borrow equipment.

#### Summer Reading Challenge

Prevent the "Summer Slide". Keep reading over the summer. Sign up at the library and get your free notebook and stickers. Read anywhere and anything. For kids of all interests, ages and abilities. Pre-school to Teens.

Contests and prizes! Participate in online activities, read ebooks and listen to audiobooks at [tdsummerreadingclub.ca](http://tdsummerreadingclub.ca)

### CHILDREN'S PROGRAMS

#### TD Summer Reading Club

Fridays 10:00-11:30 am

July 9, 16, 23 & 30th

Registration is required to attend the program activities. Ages 5-12 yrs.

#### Virtual Magic Show Please Register

Tuesday, August 10th @ 10:00 AM

A virtual magic program with Chris Pilsworth. Visit his website: <https://borntoamaze.com/library-magic-show/>

#### Books on Wheels-WOW

Thursday, July 15th 10am-2pm

Come join the BOW-WOW, a free program to help you build your child's early literacy skills. Free books and resources for families will be provided. Ages 0-6.

Regional KidsFirst.

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

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





# Off the Beaten Track

- By John Panter

The other day I had a crazy notion that we should start a non-profit enterprise called Common Sense Inc. whose mission would be to invite politicians to 'phone in to obtain a common sense opinion before doing something stupid. You know...as a public service.

If CSI had been up and running a recent telephone call might have gone something like this:



**Hello, this is CSI.  
Our business is dispensing good advice.  
How may we help?**



Common Sense Inc.: Hello, this is CSI. Our business is dispensing good advice. How may we help?

Erin O'Toole: Oh, hi, it's Erin O'Toole. I need some advice.

CSI: Erin O'Toole, Erin O'Toole. Where have I heard that name? Are you that hot chick singer? Your voice sounds deeper than on your music videos.

EO: No! I'm the leader of the Conservative Party of Canada. Look, there's this election coming up soon probably and I've got this plan for a carbon tax. I want to run it past you.

CSI: A carbon tax? Didn't you promise to repeal Justin Trudeau's carbon tax?

EO: Sure, but my carbon tax isn't a tax. You see, tax

money goes to the government, but not one penny of my carbon tax, er, levy, goes to the government. The money will go into a green energy savings account that every Canadian will have. When you fill up at the pump or pay your gas bill, the tax, I mean the green investment levy goes into your individual green energy innovation account.

CSI: Sounds like a lot of bookkeeping. What happens to the money?

EO: That's the beauty of my plan. You get to buy green stuff with it. Like a bicycle, or a transit pass or new storm windows.

CSI: But Canadians can buy that stuff now if they want to.

your plan?

EO: They hate it.

CSI: Maybe they're trying to tell you something. Look, Justin Trudeau has been doing a lot of stupid stuff himself lately. There must be a hundred ways you can differentiate your election platform from his. Why pick the one thing, a carbon / levy/green investment/ whatever, that is basically the same as Justin's carbon

tax? C'mon; it's a tax by another name regardless of what you call it.

EO: By golly, I think you're right. Gee, I'm sure glad I called Common Sense Inc. before I did something stupid.

CSI: Don't mention it. We're here to help.

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



**PSMHA 2021-22  
Hockey Registration**

**NEW PLAYER Registration  
Opens July 16, 2021  
Until August 15, 2021**

**Visit the Prairie Storm Minor Hockey Association  
website at [www.psmha.ca/psmha-registration](http://www.psmha.ca/psmha-registration)  
or contact [registrar@psmha.ca](mailto:registrar@psmha.ca)**



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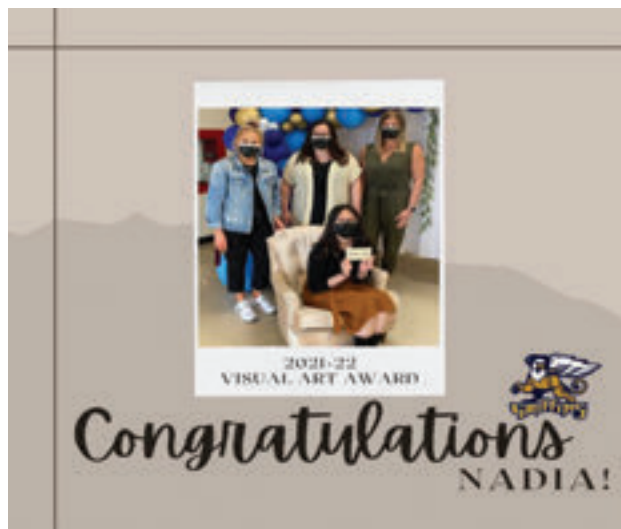
# Greenall Griffins Update

June in Review | 2021



Congratulations to the Greenall graduating class of 2021! We are so proud of each student's accomplishments and achievements. Even though graduation this year is different than it has been in the past, we still found multiple ways to honour our graduates around our school community and with our official graduation ceremonies at Mosaic Stadium. We would also like to congratulate Marika van den Berg on being named this year's valedictorian!

Congratulations to Nadia who is the recipient of the 2021-22 Greenall Visual Art Award. Nadia has a deep love for art and creativity. It helps her express herself and tell her story. Nadia was presented yesterday with a \$500 gift certificate to Black Dog Art Supply! We want to thank our gracious community member, Kimberly Kiel, who sponsored this award



Greenall found lots of different ways to celebrate PRIDE this month! We had multiple hallway art installations, free pins and colouring books and rainbow day for students to partake in!



# Sick Leave Shaming

- By Gwen Randall-Young

Over the years, a majority of my clients who must go on sick leave, have feelings of shame and embarrassment. The reason for this is that what is common in many workplaces, is criticizing ones who must be on disability.

The insults include that the person is faking it, is not that sick, or should come to work anyway.

This has always been a problem, but it has been exacerbated by the tremendous stress many workers are under, especially during this pandemic. They are exhausted and emotionally drained: completely burned out.

A common theme I have noticed over the past

being on disability or sick leave is between that person, their medical professional, and their insurance company. No one has the right to ask why, or to judge.

It is simply mean spirited to knock someone when they are down. Worse than that, is when those who need to be off fear what others might think, they may keep pushing themselves to the breaking point.

If a person is suffering from depression or anxiety, the knowledge that there is shaming directed at them in the workplace, is like salt on a wound. It is mean-spirited and bullying behavior.

Similarly, when a boss or supervisor keeps urging the person to hurry back, or complains about how much they need the person there, this is harassment.

A supervisor does not have the right to ask any questions about the person's health once a physician's note has been provided. In fact, there should be not

wish the person well and show caring for their staff's wellbeing.

Medical leave is a very personal and private matter. When the worker returns, it is inappropriate to ask why they were off. The thought of being asked such questions creates huge anxiety long before the person has actually returned to the workplace.

Tell them it is nice to see them again. Demonstrate welcoming behavior, and do not comment on how much work others had to do in their absence. Please,

supervisors and employers, do not leave all of the person's work for them to do when they return.

We can do all we can to protect the dignity of ones who may be suffering more than we know, and to conduct ourselves with high levels of integrity. Do unto others...

*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 daily inspiration.*



**We know that if we push a machine too far, we can burn out the motor, Humans can burn out too.**



few years, that employers are not replacing employees who have moved on or retired, leaving that extra workload on those remaining.

We know that if we push a machine too far, we can burn out the motor, Humans can burn out too. We are told to take care of ourselves, and to have a healthy work/life balance. For a variety of reasons, this is not possible, and eventually there is a price to be paid.

An individual's reason for

communication from the workplace, including phone calls, emails, or texts.

Yes, the person on leave may be a valued employee, but the employer's needs should never supersede the health and recovery of the one who is off work.

The employee must submit forms from the physician, if leave needs to be extended.

Beyond that, they should be left alone and given time to heal. The most evolved employers or supervisors



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# Getting to Know You!

*Councillor  
Scott Moskal*

## 1. WHERE DID YOU GROW UP AND HOW DID YOU COME TO BE LIVING IN OUR COMMUNITY?

I was born and raised in Regina. In early 2010, my wife Lyndsay and I began our search for our forever home. We looked at existing houses and options to build our own. We searched in all of the surrounding small urban communities around Regina including Lumsden, Grand Coulee, Pilot Butte, Balgonie, and White City. We were looking for a younger community to start and raising our family. We finally settled on building our home with Emerald Park Homes in White City. We moved into our forever home at 54 Emerald Ridge East in White City on July 1, 2011.

## 2. HOW MANY YEARS HAVE YOU SERVED ON COUNCIL?

I started attending Council meetings as a rate payer to become more informed in the spring of 2015. I sought nomination and was elected to Council in the Fall of 2016. I ran again in the fall of 2020 and was honored and humbled to be elected again to represent the rate payers of our great community.



## 4. WHAT ARE YOU PASSIONATE ABOUT?

I am passionate about being informed, research, understanding technology, governance and equality. But most of all being a good father to my children and loving husband to my wife. Family is my top priority in life and I put it above all other aspects.

## 5. WHAT IS YOUR FAVOURITE PLACE IN THE WORLD AND WHY?

I have a couple favorite places, first being the Rocky Mountains in the winter time. Exploring the scenic mountains by snowmobile either in BC, Alberta, Idaho, or Montana. I love the quiet, still, snow covered wilderness and it gives me a reason to get outside in the wintertime. The second is Mexico. I love to vacation with friends and family on the beaches and resorts of Mexico.

## 6. WHAT IS YOUR FAVOURITE BOOK, TV SHOW AND/OR MOVIE?

MY favorite reading material is anything Information Technology related. My favorite TV Show has been the Series "Yellowstone" because it is based in the Rocky Mountains and I have spent plenty of time exploring West Yellowstone. My favorite movie is the "Back to the Future" Trilogy.

## 7. TELL US A FUN FACT ABOUT YOURSELF!

A Fun fact about myself is that I have been Sky Diving and Scuba Diving, I am a thrill seeker. Also, if we attend a wedding together, you will likely witness me do "The Worm".



## 3. OUTSIDE OF SERVING ON COUNCIL, HOW DO YOU SPEND YOUR TIME? WHAT ARE YOUR HOBBIES?

Outside of Council, I am employed Full Time as a Manager at SaskTel. I have 2 children Annabel 9 years old and Adalyn 7 years old. We keep busy snowmobiling in the winter time and boating in the summer time. We spend plenty of time biking and walking around our pathways in White City and going to the many of the different parks and play structures along with our Dalmation Pepper. Between family, kid's activities, work, and Council, I like to spend time in the garage fixing snowmobiles, quads, bikes, and vehicles.

# Getting to Know You!

*Craig Strudwick*

*Councillor Division 1*

## **1. WHERE DID YOU GROW UP AND HOW DID YOU COME TO BE LIVING IN OUR COMMUNITY?**

My ancestors immigrated from England and Austria, this must be where their donkey died! So, consequently I was born and raised in the RM on a farm just east of Balgonie.

## **2. HOW MANY YEARS HAVE YOU SERVED ON COUNCIL?**

I have been on the council for 15 years, initially as Division 3 councillor and now as Division 1.

It seemed like an excellent progression from volunteering on various local boards. I have been on the Equipment and Buildings committees for 15 yrs. and more recently joined the gravel committee.

## **3. OUTSIDE OF SERVING ON COUNCIL, HOW DO YOU SPEND YOUR TIME? WHAT ARE YOUR HOBBIES?**

Together with my brother and our families, we are the fourth generation to operate the family farm located east of Balgonie, near the eastern boundary of the RM. We grow oilseed, cereal, and pulse crops. In my spare time, I enjoy restoring antique farm tractors and most recently taken a liking to motorsports, mainly tractor pulls. My son Taylor and I have just completed a modified mini pulling tractor. I can be found in the rink watching my daughter, Courtney, play ringette in the winter months.

## **WHAT ARE YOU PASSIONATE ABOUT?**

My passion is for agriculture and keeping current with the latest technology and sustainable farming practices.

In 2021 we incorporated Variable Rate Technology in our seeding operation; by using GPS and satellite signals, we change fertilizer rates to apply precisely the amount of fertilizer that the crop requires on every portion of the field.



*Pulling tractor built by Craig and his son Taylor.*

## **4. WHAT IS YOUR FAVOURITE PLACE IN THE WORLD AND WHY?**

I enjoy spending time at the lake and sitting around the campfire with my family during the summer. In the winter months, we seem to have taken a liking to Las Vegas.



In Las Vegas, we like to tour local attractions, Hoover Dam, Grand Canyon, Etc. The Hoover Dam is educational and entertaining.



*Generators inside Hoover Dam.*

## **5. WHAT IS YOUR FAVOURITE BOOK, TV SHOW AND/OR MOVIE?**

I do enjoy action or history movies. Nothing can bring history to life like the big screen.

## **TELL US A FUN FACT ABOUT YOURSELF!**

I am the third member of my family to be involved with the RM, my father served as councillor in the eighties, then my mother was the Administrator for over twenty years prior to me becoming a councillor.

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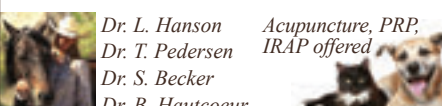
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## Featuring Resident Arnold and Alma Wolf

Another great couple recently moved into William Albert House, named Arnold and Alma Wolf. They have made a very smooth transition from living on the farm near Pilot Butte, to living in their new home here. They are enjoying the comfort of their spacious room, as well as many of the various activities offered here. They enjoy taking part in daily morning exercises (Forever Young Fitness), sing-a-longs, worship services, and games such as Wheel of Fortune, Horse Racing, UNO and Bunco.

June 1st was a very special day in their lives, when they marked their 72nd wedding anniversary! They were married at Grace Lutheran Church in Regina, in 1949. Congratulations, Arnold and Alma, on this remarkable milestone! Arnold says, "The Good Lord is looking after us!"

Arnold is originally from Coderre, SK. He grew up in a family of nine children and took his schooling at Coderre and Mazenod. When three of his brothers were called up to join the army, it was necessary for Arnold to leave school to work on the family farm.

Alma was born in Poland, and emigrated, at the age of one, with her parents to the Markinch district, and then to Pilot Butte. She took her schooling at Arrat School



and Pilot Butte. At the age of sixteen, Alma was stricken with a severe case of rheumatic fever, which left her unable to walk and talk. And so, she faced the enormous challenge of relearning these basic skills.

Arnold and Alma first met each other while tobogganing on the Pilot Butte hill. At the time, they lived only three miles apart. Their new friendship took off and they gradually started to see each other quite regularly. Arnold would often ride horseback to see Alma at her home.

Love was in the air, and as previously mentioned, they were married in 1949.

Arnold worked as a dry-waller until they bought the family farm in 1954. They farmed full time until 2005, at which time they decided to semi-retire. Alma worked at Army and Navy, Simpsons and Mappins Jewellers. They have two sons, Bryon and Rick, one daughter-in-law, Carol, 3 grandchildren (and their spouses), 5 great-grandchildren and one more "on the way" in November. They both dearly love chil-

dren and they cherish their family with all their hearts!

Alma's interests and hobbies included knitting, crocheting, gardening and dancing. Arnold liked wood-working and "tinkering". His family says that "Dad could fix just about anything!" Arnold always looked forward to fishing trips out to Long Lake. They were both active members of their church.

Both Arnold and Alma are fun-loving and have a wonderful sense of humor. When I asked Arnold about some of his accomplishments in life, he thought for quite some time before Alma interjected, "Well, you married me!" □ Arnold is a tease, too. "Grandpa was known for stealing someone's dessert, if they took their eyes off it for a minute. He'd always say it was a ghost." The family loved wiener roasts

where there was always an abundance of fun and laughter. "Often Grandpa would be missing in action at the farm. Grandma would go searching for him and he would be sleeping in the truck or in the quonset."

**Arnold and Alma, you are such a delightful couple and we are so glad that you've decided to make William Albert House your new home. Thank you for the many ways you bring happiness to those around you. We love and appreciate you both very much!**

*If you have any comments you'd like to pass along to this month's featured resident, you may forward them to: [lowchar@sasktel.net](mailto:lowchar@sasktel.net)*



# 5 fun summer ideas for kids and parents

The warmer weather means it's time for exploring and adventures, especially after spending so much time cooped up indoors. Here are a few creative ways to do family favourites this summer:

## 1. Take a neighbourhood tour

Try rediscovering an area in your city or town and experiencing it with new eyes. Look for self-guided walking tours online where you can learn about its history and neat facts. Or make a scavenger hunt game out of it, getting everyone to try to be the first to spot some graffiti art, a purple car or a special landmark. Whoever wins can get an extra scoop of ice cream when you visit the local parlour at the end of the day.

## 2. Check out a drive-in attraction

Who says drive-ins are old school? They're making a comeback as a safer way to enjoy activities that typically involve crowds in closed spaces. Look for a theatre near you screening the latest Hollywood release or an old classic. Other drive-in options now available include comedy shows and

concerts. Pack some cozy blankets and your favourite snacks for a budget-friendly family evening.

## 3. Camp under the stars near or far

Camping is super popular this summer, but there should still be a few openings left at a national or provincial park that's a bit further afield or less in demand. Or save yourself the trip and camp out in your own backyard — the kids will have just as much fun and it'll be less work for parents. Plan fun activities, like camping charades, crafts with nature and glow-in-the-dark bowling.

## 4. Enjoy the journey on a road trip

See new places in a safer way with an in-province day trip that's all about the journey. Schedule stops at outdoor landmarks or attractions and plan to stop at fun local takeout spots that you pick together as a family. Save money by getting more out of your gas with a high-efficiency fuel like Synergy Supreme. Available at Esso stations, the premium fuel helps keep your engine three times cleaner for more kilometres per tank compared



to gasoline meeting minimum Canadian government standards in port-fuel injected engines. Actual benefits are based on continuous use and may vary depending on vehicle type, driving style and gasoline previously used.

## 5. Visit a new community park

Spend an afternoon at a park you don't normally go to, pointing out any new trees, plants and birds to your kids. You'll be surprised how exciting a different playground or sport facility can feel. You can even bring activities for the kids and your laptop to get some work done on a weekday afternoon for a break in your usual routine.

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# Wellness With Rachelle

## SEVEN ELEMENTS OF WELLNESS

THIS MONTH'S FOCUS IS EMOTIONAL WELLNESS

“Wellness is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity”

– *The World Health Organization*

Surrounding yourself with positive people and positive circumstances has been the crux of change in healthy living over my last several years. It is truly incredible to see how your day can be brightened by allowing in only the sunshine and really eliminating the darkness that can seep in from negative people, situations, and events.

If you are a bit like me you may have learned that you too have several qualities of a “Highly Sensitive Person”.

One of the main things that a HSP needs to be very aware of is that we recognize other people’s discomfort and feel the need to fix it. I am becoming more aware of when I need to be there to listen, to help, to love but I am also aware that I need to be in positive environments or I crumble. I am learning more about what my limitations are and how I can only help those when I am feeling at my best. If the setting is too negative I may have to excuse myself. There is an

old saying about rocks in a wagon; the bottom line is sometimes those rocks are not ours to carry and we need to let them go. I also learned years ago not to be offended when people call me sensitive. When I was a child I remember people saying it to me, growing up I remember people saying it to me and even as an adult I have heard it. You know what, I embrace it now.....and I even get so bold as to thank someone when they call me that. If this sounds like you, well, welcome to the club.. the world needs more people like us!

Can I challenge you on something this month..... the next time someone tells you “You’re so emotional” or “You’re so sensitive”, give them a big smile, say “Thank you, the world needs more people like me” and spin around on your beautiful high heels and walk away!! Then email me, I want to hear about it!!! Trust me, just do it, it empowers you like nothing else!

Do what brings you joy, pleasure and purpose. If you cannot find it in your work (which I highly encourage you to do ) you HAVE to find something that you can focus on that does bring you those things.

This is integral when you are going through a prolonged period of challenges or what we all call “a really hard time”. These “times” can last a while so we need to be able to step back a bit and look out from the circumstances that are surrounding us and take a bit of time to do the one thing



that will bring us some joy and happiness. For me that was really focusing on my spiritual growth and being intentional about rebuilding friendships that I had let slide over the “crazy years.” It is incredible how God allows us to go through certain things in our lives and we won’t know it at the time but He is using it for something good in our future. That is a promise that He has made us. All the dots of life connect. You cannot see it in the present but when you have the privilege of being able to look back a few years, things start to make some sense and it is really incredible to piece it all together!

Do not underestimate the Power of You. So many of us go through life void of the confidence and self understanding that we need to really live our best life. We have each been given very unique gifts and abilities and guess what, it is actually our responsibility to grow those to the fullest. Find out what those are.

Ask the people that care for you to give their honest feedback to you about what they see as your strengths and weaknesses. Part of the Strength Finders 2.0 curriculum is to send out an email to several people that you know; friends, coworkers, family and even people that you know don’t care for you very much. Ask them a series of questions to receive honest feedback to help you gain a new perspective and catapult your emotional wellness, personal development and success.

Author Hal Elrod says “The moment you accept total responsibility for everything in your life is the moment you claim the power to change anything in your life.” How powerful is that?

**Cheers to your health!**

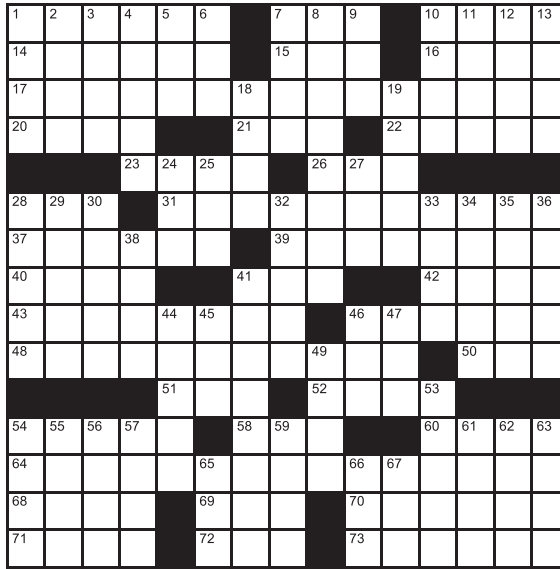
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# Diversions

Across

- 1. Main course
- 7. Marvelous, in slang
- 10. Way, way off
- 14. Boat propellers
- 15. "To \_\_\_ is human ..."
- 16. Exclusive
- 17. Moving cels
- 20. Stiff hair
- 21. \_\_\_ Wednesday
- 22. Greased
- 23. Young salmon
- 26. Drops on blades
- 28. French vineyard
- 31. Prone to risk taking
- 37. Left in a hurry, with "it"
- 39. Halloween costume
- 40. A lot of lot
- 41. Ed.'s request
- 42. 11,000-foot Italian peak
- 43. Less generous
- 46. Sesame is one
- 48. Visually charming
- 50. Bar order
- 51. Certain digital watch face, for short
- 52. Annul
- 54. Heirloom location
- 58. Vital force of Chinese medicine
- 60. Bother
- 64. Often bedecked with a bow
- 68. Ashtabula's lake
- 69. An end to sex?
- 70. Display
- 71. Bad end
- 72. Ballpoint, e.g.



73. Six-line poem

Down

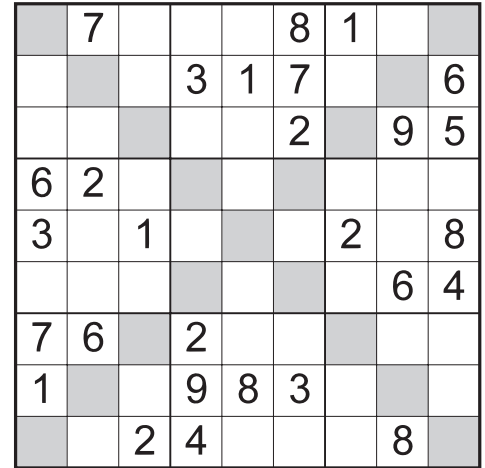
- 1. "-zoic" things
- 2. \_\_\_ of the above
- 3. Blockhead
- 4. Chart anew
- 5. Big time
- 6. Founded: Abbr.
- 7. Revenuers
- 8. A prince of the Austrian imperial dynasty
- 9. Car accessory
- 10. \_\_\_ Spumante
- 11. April honoree
- 12. Soothing plant
- 13. Cleave
- 18. Make, as money
- 19. Part of a spur

24. Fifth, e.g.: Abbr.

- 25. Cabernet, e.g.
- 27. "... \_\_\_ he drove out of sight"
- 28. Catch
- 29. Prefix with linear
- 30. A subdivision of the Uralic family of languages
- 32. Autocrats
- 33. Nostradamus, for one
- 34. Aquatic mammal
- 35. Bank contents
- 36. Related maternally
- 38. Chap
- 41. Plant holder
- 44. A deep, narrow ravine
- 45. Boiling blood

46. Juliet, to Romeo

- 47. Spread, as hay
- 49. Bon mot
- 53. Desert sight
- 54. Lying, maybe
- 55. Novice
- 56. Duet plus one
- 57. Any thing
- 59. Mass number
- 61. Mar, in a way
- 62. Enough, for some
- 63. Leave in, to an editor
- 65. Pickpocket, in slang
- 66. \_\_\_ judicata
- 67. Brink



ANSWER

9	3	2	4	7	6	5	8	1	
1	4	5	9	3	6	7	2		
7	6	8	2	5	1	4	3	7	
5	8	7	1	2	9	3	6	4	
3	9	1	7	6	4	2	5	8	
8	2	4	8	3	5	9	1	7	
8	1	3	6	4	2	7	9	5	
4	5	9	3	1	7	8	2	6	
2	7	6	5	9	8	1	4	3	

ANSWER

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

## coffee dogs



# Kids Corner

## Vehicles

10. Taxi

8. Tractor

9. Truck

6. Car

7. Crane

4. Bicycle

5. Train

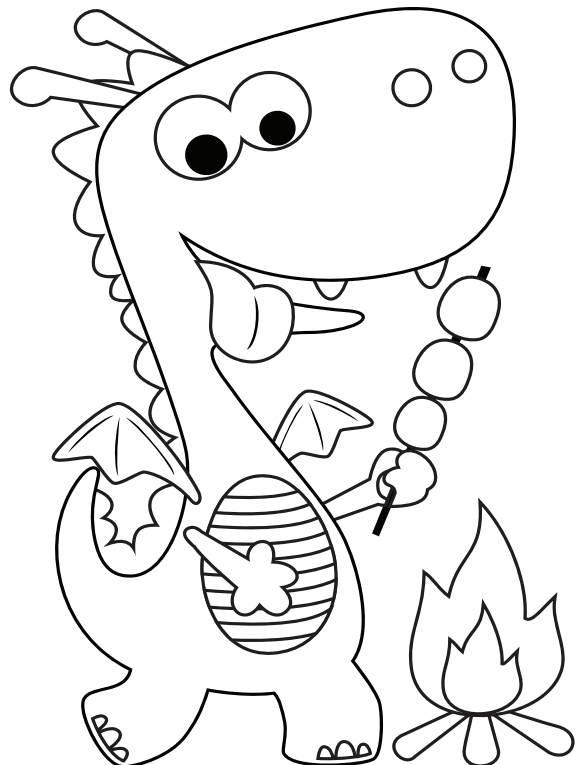
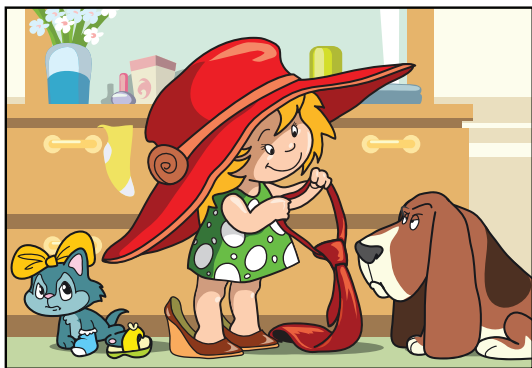
3. Motorcycle

2. Ambulance

1. Bus



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Dr. Brian Baker

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# Emerald Park Dental Clinic

## Hours

- Monday 8-5
- Tuesday 8-7
- Wednesday 8-7
- Thursday 8-7
- Friday 8-4

## Dentists

- Dr. Deryl Dangstorp
- Dr. Kelsey Ross
- Dr. Brian Baker
- Dr Kyla Tzupa

New Patients Welcome

General Dentistry

Emergencies Welcome



Dangstorp Dental

312 Great Plains Road, Emerald Park S4L 0B8

# 2021 July

## TAX NOTICES ARE ON THE WAY!

2021 Tax Notices will be hitting your mailboxes by the beginning of July!

Taxes can be paid online or at the Town Office (debit, cash, credit card or cheque.)  
Pay by July 31st, 2021 to receive the largest discount on your taxes.

## Tree-rific!

Community Youth joined the Town of White City on Friday June 18th to plant 50 trees from the Saskatchewan Tree for Life Program in a nursery environment. We will nurture these trees till they have grown and are ready to move on to their fir-ever homes throughout White City.



## SUMMER PLAY PROGRAM

2021 In-Person Program  
July 5 to August 19  
Spots still available! See [whitcity.ca](http://whitcity.ca)  
for themes and information on how  
to register.  
We're excited to have you back!

## Looking to Volunteer?

The Town of White City welcomes all volunteers with open arms!

Currently we are seeking members for the Traffic Advisory Committee and for the Emergency Measures Organization.

See [whitcity.ca](http://whitcity.ca) for details!

## Council Meetings

July 12, 2021

Development Services Committee - 3:45 pm

Regular Council Meeting - 7:00 pm

July 26, 2021

Community Services Committee - 3:30 pm

Regular Council Meeting - 7:00 pm



White City

306 781 2355

[townoffice@whitcity.ca](mailto:townoffice@whitcity.ca)

[whitcity.ca](http://whitcity.ca)

# Why we still don't have self-driving cars on the roads in 2021

Do you remember the time when self-driving cars were upon us? It was almost a decade ago when the Autonomous Vehicle division at Google (now Waymo) promised a world where people would be chauffeured around by self-driving robot cars.

We were shown computer renderings of futuristic cities filled with autonomous robot taxis and luxurious concept vehicles where riders could rest on fully reclining seats while watching high-resolution TVs.

That was what they promised us. As it turns out, they were wrong.

## Unfulfilled potential

The autonomous driving industrial complex has suffered major blows — technological and safety-related — over the last decade. So much so that recently even John Krafcik, former CEO of Waymo and among the most die-hard believers in self-driving cars, have started to budge.

So, what went wrong?

The simple answer is that the community overestimated the potential of even the most advanced technology and underestimated the capabilities of even the least trained human driver.

Driving, despite what many think, is a complex, dynamic effort at multitasking. Maintaining the speed and position of a vehicle no matter the changes in weather, traffic, road conditions, and the diverse mental, perceptual and motor capabilities of the human driver is not easy.

When you also add the increasing difficulty of having to use unintelligible “intelligent” systems, it's no surprise that many motorists are just giving up on using assistance systems altogether.

Not to forget the multiple attempts by automakers to mislead the general public using names like “autopilot” for lesser capable technology.



have warned about the gaping flaws in the ongoing autonomous driving effort.

Accident reports on vehicles that, at least in principle, were fully capable of negotiating the “simplest” highway driving scenarios, pointed at these systems’ design limitations as probable causes for the accidents. Because of the false sense of security of driving “autopilot” systems, some motorists may have felt that they could excuse themselves from monitoring the behaviour of the vehicle, thus leading to avoidable collisions.

The backlash manifested in declining public opinion and acceptance of autonomous vehicles. These accidents also didn't help further the autonomous vehicle cause.

## Don't hold your breath

What's next then? Notwithstanding the ever-growing labour challenges, commercial driving where individual trucks become more technologically advanced or drive as platoons is where autonomous driving might be making more strides, at least in the short term.

As for self-driving cars, the next time an autonomous vehicle executive tells me to get ready, I will make sure not to hold my breath waiting.

**Francesco Biondi**

*Assistant Professor, Human Kinetics,  
University of Windsor*

**THE CONVERSATION**

In all, while some may take the sudden failure of autonomous vehicles as unforeseeable, the reality is that part of the scientific community is surprised it even took this long to manifest.

## Public opinion backlash

For years, scientists investigating the human factors of autonomous driving

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# July 2021

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

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

We do offer a classified section containing advertisements, items for sale, employment opportunities, etc. 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		EMERALD PARK Recycling	EMERALD PARK Composting	2 3
4	5	WHITE CITY Composting	EMERALD PARK & WHITE CITY Garbage	8	EMERALD PARK Composting	9 10
11	Development Services Committee Meeting – 3:45 p.m. Regular Council Meeting – 7:00 p.m.	12 WHITE CITY Composting	13 EMERALD PARK Garbage WHITE CITY Recycling	EMERALD PARK Recycling	EMERALD PARK Composting	16 17
18	19	WHITE CITY Composting	EMERALD PARK & WHITE CITY Garbage	22	EMERALD PARK Composting	23 24
25	Community Services Committee Meeting – 3:30 p.m. Regular Council Meeting – 7:00 p.m.	26 WHITE CITY Composting	27 EMERALD PARK Garbage WHITE CITY Recycling	EMERALD PARK Recycling	EMERALD PARK Composting	30 31

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