

White City & Emerald Park Community Newsletter

JUNE EDITION, 2022



Inflation: the supermarket business model is too fragile to shield customers from rising food prices

Food prices, like almost everything else, are rising fast. There have recently been warnings of “apocalyptic” costs, and a declaration that the “era of cheap food” is over.

Such announcements have been linked to creaking economies trying to recover from the pandemic and the effects of war in Ukraine, one of the world’s largest

exporters of food.

But to fully understand why food prices cannot be kept down, and what could be done to help struggling households, we need to look at how our supermarkets actually make money. My research shows that the current system has been balanced on a knife edge for some time.

The fact is that most of the

income from selling food with very low margins at very high volumes is swallowed up in overheads such as payroll and the costs of running stores and distribution centres. This has three effects on supermarket economics worth considering the next time you stock up on groceries.

Firstly, supermarkets only make a decent profit

if people buy convenience food, treats and non-food items (everything from toilet paper to fuel and clothing). Seven out of the top ten items that bring in the most money for supermarkets fall into the categories of alcohol, snacks and confectionery.

One influential book on the subject argues supermarkets need to ensure –

- Continued on page 2

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Inflation: the supermarket business model is too fragile to shield customers from rising food prices - Continued from page 1

through shop design and promotion – that customers buy at least some higher margin items (regardless of their intention when they enter the store).

Supermarkets also need to be competitive by offering great deals on cheap, bulk, long-life foods such as cereals and pasta, to provide customers with savings which they may then spend on the non-food items and higher margin treats. If there is generally less money in people's pockets, due to inflation and a cost-of-living crisis, they will be generally less inclined to buy these discretionary (and more profitable) items, making the supermarket less profitable.

From this perspective, the recent controversial announcement that multi-buy deals are now not being banned in the UK is in fact good news for the retailers.

Food for thought

Secondly, food is cheap in supermarkets because they use their bargaining power to get large volume discounts. When Tesco was founded in the early 1960s, consumers benefited because it challenged the previous situation which had favoured the large manufacturers and processors in setting prices.

This lowers prices for shoppers, but severely impacts earnings for the supermarket. And once prices cannot be pushed down any

further – with cow's milk, the price paid to producers is mostly at or below the cost of production – charging suppliers to market and promote their products is one of the few tools available for a supermarket to make money.

Information about this kind of "commercial income" can be found in the notes at the back of retailers' annual financial reports. I have analysed these, and found that without commercial income, in 2021 very few supermarkets would have made any profit at all.

But there is a limit to bargaining and fee earnings. And when the prices of raw ingredients, fuel, financing and packaging are all rising,

supermarkets will have to give way. It is likely they will have to raise prices for customers in order to maintain stocks and keep their 365-day 24-hour model going. Many food producers have already been pushed as low as they can go.

Supermarket sweep

Thirdly, around 80% of the cost of the food we buy is simply the overheads of providing shops, factories, transport, distribution centres and production. If fuel goes up, so does the cost of the infrastructure – and then the cost of groceries.

A related issue is that cheap food is a real benefit for those who have storage, particularly fridge freezers. Shoppers overstocking at

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home benefits the supermarkets, but we know that around one third of all UK food is wasted. So we end paying more, but end up throwing the food away.

To achieve a fair, sustainable, healthy and affordable food system we need to tackle the overheads and waste to keep costs down. With this aim, some supermarkets are investing in artificial intelligence systems to track and manage food waste more effectively, which in turn should bring better inventory management and forecasting. That would contribute to less wasted products throughout the entire system.

Shorter supply chains would cut down transpor-

tation costs as does reducing the range of products on offer (which is effective but not always popular with consumers). Away from the supermarket shelves, there is research which suggests that the best way to make sure the poorest can afford food is to increase incomes through living wages, universal credit or a universal basic income.

But supermarkets could still play a major role. The current system, which relies on some consumers buying large quantities of food, some of which is unhealthy and some of which will be thrown away, is a model in desperate need of change.

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What's the deal with those loud TV commercials?

Have you ever been startled by a loud commercial while watching live TV? Many of us have had this experience. So, what's the deal? Why are commercials so disruptive and what can you do about them?

What's happening:

Until roughly a decade ago, as long as the sound coming to your TV was within a certain signal range, it was considered fine by the rules, even if the perceived volume of programming and ads varied significantly. However, in more recent years, international standards that have been introduced to measure loudness and the switch to digital television signals have made it easier to maintain a consistent volume between

shows and commercials.

Now, CRTC rules require Canadian broadcasters and television service providers including cable, satellite and IPTV to follow international standards. They must ensure that programs and ads are transmitted at a mostly even volume, so you don't have to reach for the remote when a commercial comes on.

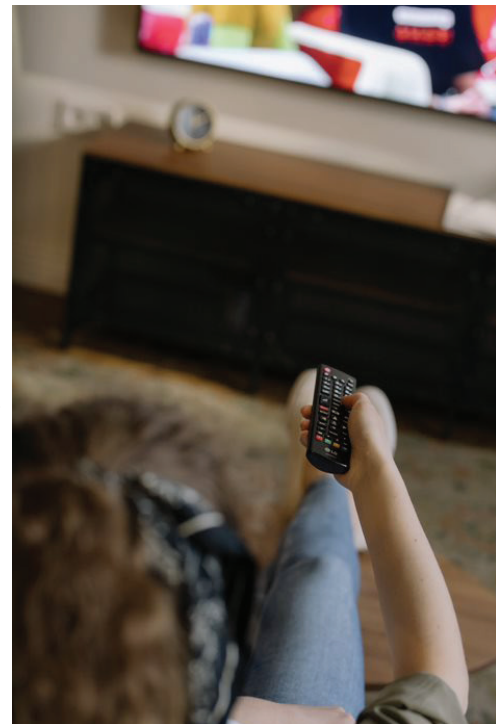
What you can do:

If a television commercial is excessively loud compared to the surrounding programming, there are steps you can take.

Review the manual and settings for your TV or cable box. See if you can adjust the settings to solve your problem. If that doesn't work, and it's not a matter

of the contrasting content making the volume seem louder – like a dramatic commercial coming after a quiet scene – then contact the broadcaster or your service provider.

If you cannot resolve the problem with them directly and you think they aren't following the rules, then it's time to complain to the Canadian Radio-television and Telecommunications Commission directly. You'll need to include the date and time of the issue and describe it among other



requirements, so be sure to take notes when you notice the issue.

Find more information at crtc.gc.ca/LoudAd
www.newscanada.com



Whether you're taking endless videos of your grandkids or trying to become a social media influencer, it takes practice to create appealing video content. If you're just starting out or looking to improve your videos, a few simple steps can go a long way to making them more polished and engaging.

Plan your lighting

Cameras need light to capture images, so don't forget this step. In general, more

light is better as it keeps your subjects clear. However, be wary of overhead lights or harsh noontime sun, which can wash out your star or add unflattering shadows to their face. Instead, softer morning and evening light are often best. For indoor images, try experimenting with a few different lamps or lights together to see what setup you like the most. If you're outside, have the sun at your back. Although your subjects may be facing the sun, it will be worth it once they see the results.

Consider composition

How you frame the images in your video matters. Use

3 easy steps to take better videos

the tried-and-true rule of thirds to help draw the eye and create interest. Think of your screen as divided into thirds using a grid pattern with two vertical lines and two horizontal ones, then hold your camera so the object or person of focus is where two of the lines intersect. It's okay if you cut off the top of their head in the frame, that's more natural than leaving their chin out of view. If you'll be moving the camera around, hold your first shot for about 10 seconds first to let your audience get oriented, and look ahead to where you'll stop moving.

Don't forget about sound

Whether you're used to taking photographs or you're just caught up in the moment, it can be easy to

forget about the audio side of the video. Audio recorded directly by the camera is often not-so-great quality – your camera is far away from the subject and there's other competing noise. While this might not matter for random home movies, it helps for special occasions. Think about how much better a video of your grandkid's birthday party would be if you could hear their joy and laughter crisp and clear. It's usually worth it to buy an external microphone for video recording. If you think you'll be doing any interviews, a mic that clips on to the speaker's shirt is also handy.

Find more tips on how to make better videos and select the best gear at henrys.com.

www.newscanada.com

A modern take on the classic finger sandwich

When it comes to recipes, some classics are ripe for reinvention. Take this fresh twist on the traditional chicken salad sandwich, which boasts more fibre, protein and other nutrients – in addition to a great taste.



The naturally fermented bread brings this sandwich to the next level, adding the perfect texture and aroma to set off the flavours.

According to registered dietitian Abbey Sharp, “Fermentation provides probiotics or ‘good’ bacteria, which are great for supporting our immune systems and for regulating digestion. Fermentation is also known to bring out rich and delicious flavours.”

Sharp recommends pairing the sandwich with a fresh bottle of ginger kombucha to add a unique and appealing tang.

Curry Apple Chicken Salad

Prep time: 5-10 minutes

Cook time: N/A *rotisserie chicken is store-bought

Serves: 6

Ingredients:

- 3/4 cup (175 ml) full fat Greek yogurt
- 1 1/2 tsp (7.5 ml) curry powder
- Salt and pepper, to taste
- 2 cups (500 ml) rotisserie chicken, shredded
- 1 large green apple, diced
- 1/4 cup (60 ml) golden raisins
- 1/2 cup (125 ml) halved red grapes
- 3 tbsp (45 ml) minced shallots
- 2 stalks celery, finely diced
- 1 tbsp (15 ml) fresh chives, minced
- 1 loaf (12 slices) Stonemill Bakehouse Sprouted 3 Grains bread

Directions:

1. In a large bowl, mix together the Greek yogurt, curry powder, salt and pepper.
2. Into the bowl, add the chicken, apple, raisins, grapes, shallots, celery, and chives. Toss until everything is well coated in the dressing.
3. Divide mixture between 6 slices of bread and top each with the corresponding slice.

Find more information at stonemillbakehouse.ca.
www.newscanada.com



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Glamping: Simple ways to upgrade your next camping trip

take your site from camp to glamp. Add a variety of lanterns and solar powered string lights to create ambiance at night.

Bring the entertainment with you

Make your glamping trip memorable by setting up an outdoor movie night complete with popcorn made on a camping stove. Simply tie a sheet between two trees and project your favorite movie.

You can also get creative and make your own bowling alley. Hit the dollar store and stock up on glow sticks that can be added to half filled water bottles. Lay out glow sticks on the ground and voila – glow-in-the dark five-pin bowling on a budget.

A good quality air mattress

The true key to glamping is having a luxurious bed to enjoy. Start with a comfy base like an elevated cot, air bed or plush sleeping mattress. When it comes to air beds, look for one with built-in pumps that inflates quickly and won't leak, such as Coleman's rechargeable SupportRest queen size bed. Top the air bed with an insulating layer, some soft sheets, a duvet and a ton of pillows and you're guaranteed to sleep soundly.

Find our more ways to upgrade your camping experience at colemancanada.ca.

www.newscanada.com

Glamorous camping or "glamping," has become a buzzword for vacationers who choose to stay local. The big differentiator between traditional camping and glamping is the comfort level, but you don't need to break the bank to turn your next outdoor

experience to a glamping trip. There are several ways you can elevate your experience without fancy equipment.

Add touches of home

Consider adding colourful rugs, side tables, fresh flowers, and a mirror to

ERES Community Council (ERESCC)

★
CONGRATULATIONS TO TRACEY HENDRIKS FOR WINNING THE 50/50 FUNDRAISER!

WE WERE ABLE TO RAISE OVER \$ 2,100 FROM YOUR SUPPORT. THANK YOU!



2022—2023

Kindergarten Registration
 Emerald Ridge Elementary School is accepting registrations for the 2022-2023 school year. Any child who will be five years of age by Dec. 31, 2022 is eligible to register for Kindergarten for the Fall of 2022. The link to register your child is on the ERES webpage under **Quick Links - Kindergarten On-line Registration Form**.

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



Emerald Ridge Elementary School
Contact Information:

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



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Home of the THUNDERBIRDS!

Upcoming Dates:

June 17 Teacher Prep (No School)

June 27 Grade 8 Farewell 7:00pm

June 28 Last Day of Classes for Students and Report Card Distribution



GREENALL Update GRIFFINS

@greenallschool

Greenall High School

SLC UPDATE

The SLC recently hosted their monthly spirit week with lots of exciting dress up days! Students partook in wearing hats, dressing as their "type", bikers vs. surfers gear, teacher and student style swap day, and lastly, a formal day. In June, the SLC is excited to announce they will be hosting the annual Griffin Spring Thing with various food trucks, snacks, games, activities, bouncers, a dunk tank, and car show on June 2!



GREENALL ONE ACTS

Griffin Drama had a great time watching 12 plays, working through some tech challenges, having a park, mall, restaurant, ice cream & U of R adventures, connecting with other drama kids and rocking a professional stage at their provincial run. Lea-Melane Hanson was awarded the Debbie Baker Cheer Award. Nathan Kemp & Anika Hoff received individual certificates of merit for technical excellence (lighting design & stage management). Reece Kirby & Olivia Vollman received certificates of merit in acting excellence. Lea-Melane Hanson & Macy Birss won a Best Technical Performance Award for Set Design. Our show also won Runner-Up to Best Technical Production as well as Best Visual Production. Thank you to all who supported Griffin drama this past year! It was a huge success! See you all in the fall.



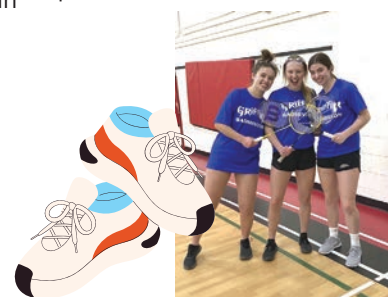
RDIEC TRY-A-CAREER

Grade 9 students had the opportunity to participate in the RDIEC Try-A-Career career fair in Balgonie. Students got to partake in a number of hands on experiences like virtual reality simulations, importance of safety on the job, meeting various professionals, and experiencing a variety of possible career paths.

ATHLETICS UPDATE

Griffin Track and Field recently partook in zones. It's been a whirlwind track season (thanks to our Saskatchewan weather) so, it's great to see a number of athletes hard work pay off. Along with many top finishes from other athletes, we would like to congratulate the following Zone aggregate winners: Grace Kozan, Reese Sommer, Lucas Sulewski, Jordan Roberts, Riley Dorsch, Olivia Reutz, Grace Heisler, Alexis Petford, Marcus Butz, and Tate Olson.

Griffin Badminton recently wrapped up a successful season. Students had the opportunity to partake in a number of meets across the division and play in a number of matches. Congratulations to Alexis Petford who advanced to Regionals!





2022 ACTIVITIES PROGRAM

Celebrating our 10th anniversary
beautifying our community

Education Sessions usually held the 2nd Wednesday at 7 PM

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

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

Drop-ins: send email address to and then e-transfer \$5.00 to wgcg.communications@gmail.com 3 days prior

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



Fruits for the Prairies

What fruits can be grown, special challenges to consider when choosing what to plant, care of fruit crops, recommended varieties

Dr. Bob Bors



University of Saskatchewan Fruit Program Home Page

Dr. Bob Bors is a Professor at the U of S where he teaches classes on Fruit Science, Plant Propagation, Greenhouse Management and Introduction to Horticulture. His research involves breeding hardy fruits for northern areas. His program has 40 acres of fruit and a 93-year history of developing varieties for Northern Canada and is the coldest location in North America for a major fruit breeding program. In recent years his program has released 5 sour cherries, 4 apples and 8 Haskap varieties.

Wed. June 8th, 2022 at 7:00 pm

Ramada Emerald Park or Virtual Meeting

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

Zoom link will be shared the afternoon of June 8th

Visitors drop-in fee \$5.00 or for virtual meeting send email address to and then e-transfer \$5.00/person to wgcg.communications@gmail.com by June 4th

Info: www.whitecitygardenclub.weebly.com/wcgc-upcoming-events



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

LIBRARY HOURS:

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

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

JUNE 2022 PROGRAM & EVENTS CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Rand Teed "Adventures in the Adolescent Brain" 6:30pm	2 Children's Take & Make Craft kits Available during the Month!	3 Preschool Storytime 10:00am Ages 0-5 yrs.	4 Harry Potter Coding Wand Activity for Families Drop-in 11am to 3:00pm
5	6 Bug Exploration Outdoor Items for you to BORROW	7	8 Virtual Cooking "Ramen: Step Up your Game" YouTube/Facebook	9	10 Preschool Storytime 10:00am Ages 0-5 yrs.	11 TD Summer Reading Club Launch Sign-up for a Free Reading kit
12	13 Harry Potter Coding Wand Activity for Families Drop-in 6-8pm	14 Adult Book Club Part 1: 21 Things You May Not Know about The Indian Act 6:30pm	15	16	17 Bug Exploration Activity for Families Drop-in 11am to 3:00pm	18 Harry Potter Coding Wand Activity for Families Drop-in 11am to 3:00pm
19	20 Rachelle Roberts Eco-Friendly Cleaning Options for a Natural Home 6:30pm	21 National Indigenous Peoples Day Adult Book Club Part 2: 21 Things You May Not Know about 6:30pm	22	23	24 Preschool Storytime 10:00am Ages 0-5 yrs.	25 Bug Exploration Activity for Families Drop-in 11am to 3:00pm
26	27 Summer Scavenger Hunt Activity Sheets Available	28	29	30	July 1 Closed for Canada Day	



CHILDREN'S PROGRAMS

Preschool Storytime Drop-in

Fridays @ 10:00 AM

June 3, 10 & 24

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

Family Makerspace Programs this Month

Harry Potter Coding Wands

June 4, 13, 18

Bug Exploration June 17, 25

TD Summer Reading Club

Programming every Friday morning in July & August for Ages 5-12. Reading challenges for Youth of all ages. Pick up your free reading kit.

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

WWW.SOUTHEASTLIBRARY.CA

ADULT PROGRAMS

Rand Teed Presentation

Wednesday, June 1, 2022 6:30pm

Adventures in the Adolescent Brain-what's going on up there? Things to help Kids and Parents better understand motivation. This session is geared towards Preteens, Teens and Adults who have this age group in their lives.

Adult Book Club ~ Please Register

21 Things You May Not Know about the Indian Act by Bob Joseph

Tues. June 14 (part 1) & June 21 (part 2)
6:30pm

Eco-Friendly Cleaning Options for a Natural Home June 20th 6:30pm

Rachelle Roberts, Certified Holistic Nutritionist will be joining us to discuss the harmful effects of common household chemicals used in our homes everyday and share with us some healthier greener, safer options! Please Register.



Off the Beaten Track

- By John Panter

Day candle-light vigil and parade to the cenotaph, and an annual event that defies description, Midnight Madness, the highlight of the summer social season. Merchants put slow-moving merchandise out on the sidewalks and stay open until, you guessed it, midnight. Hokey it is, but it draws an annual crowd of thousands from near and far to savour socializing with like-minded people until midnight, listening to a half-dozen street bands of varying abilities.

The Lions Club stages their annual raffle of a vintage automobile, parked on the main drag for viewing for a full month. The Rotary Club and the Royal Canadian Legion host their own annual events and the half dozen churches put on annual week-long fund-raising suppers.

The population of this small town is nearly identi-

What brought all this to mind was the RM of Edenswold putting the finishing touches to a Sector Plan for Emerald Park. (What the Official Community Plan is to the whole RM, a Sector Plan is to a portion of it, in this case, Emerald Park.)

Undeveloped land surrounding Emerald Park will acquire zoning designations such as highway commercial, commercial, industrial, residential and so forth to guide future development. What stands out on the maps identifying these areas is that there is no such thing as a "downtown" now, nor will there be in the future.

The RM's current planners can't be faulted for this. Emerald Park was designed from the start not as a small town, but instead as a bedroom

community for Regina and, as such, not in need of a downtown. Or so they thought. Because without a "downtown" Emerald Park will never have its own unique identity. Its main function seems to be to contribute to the RM's tax base. The Sector Planners have given up on the idea of an Emerald Park "downtown."

And this is a shame because Emerald Park is a nice place to live. It has some of the same amenities as the town described above; the "bones" if you will. But without a downtown it has less personality and spirit than that little town and very little of its own unique "soul".

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

The town I'm about to describe need not be named. But, trust me, it exists. It has a town's typical blend of commercial and retail establishments: a couple of banks, two hardware stores, a grocery store, a number of restaurants, a barber shop, a few professional offices, a couple of service stations, several churches and a high-school.

There is a library, a curling rink, a post office, a community centre, a tourist information office, a fairground for the annual Fall Fair; not Agribition to be sure but the locals and visitors from miles around enjoy it.



Emerald Park was designed from the start not as a small town, but instead as a bedroom community for Regina and, as such, not in need of a downtown. Or so they thought.



Residents of this town support the Festival of Flags, the Steam Show, the Highland Games, an art festival, the wine festival, a Winter carnival, the Santa Claus parade, ("You freeze your a** off and they throw candies at you", one regular attendee described it, proud of her community therefore comfortable in joshing it).

There is a Remembrance

cal to that of Emerald Park-approximately 1800. So why is there seemingly so much activity in that town and not in Emerald Park? One explanation surely stems from the simple fact that, not being a town, Emerald Park has no unique identity. The other explanation is perhaps less obvious: the town I have described has a "downtown".



PSMHA 2022-23 Hockey Registration

RETURNING PLAYERS – June 1 to 30, 2022

NEW PLAYERS – opens July 4, 2022

For more details, visit the Prairie Storm Minor Hockey Association website at www.psmha.ca or contact registrar@psmha.ca



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EMERALD PARK FARMER'S MARKET

Friday from 9 am to 2 pm at Kuzmicz Commemorative Park

June 3rd

Pie-a-Councillor & World Bike Day

Donate to KidSport Canada and pie a councillor! Also, the first 10 people to bike to the market get \$10 MarketDollars to put towards any purchase.

June 10th

Grow a Big Smile & Yoga in the Park

In celebration of White City Garden Club's 10th anniversary, children are invited to take home a pumpkin or sunflower plant for the season! Pick up your seedling and 'Grow a Big Smile' in a container or in the ground.

June 17th



Sports!



Come and try out a new sport with equipment provided by École White City School.

June 24th

Yoga in the Park

Pure Living Yoga will be hosting a FREE Yoga in the Park session. This class will be open to everyone, so wear something comfortable and stop by Kuzmicz Park!

July 1st



Happy Canada Day!

(No Farmer's Market)



Upcoming events...

Movie night - Food trucks - Summer
Reading - Roughrider Game Day -
And many more!

To sign up as a vendor, or to learn more about the Farmer's Market, please visit rmedenwold.ca/p/emerald-park-farmer-s-market



Nurturing Young Minds

- By Gwen Randall-Young

pleted high school.

While I am certainly an advocate of education, there is a danger that children might equate their intelligence with how they do in school. While there certainly is some connection, many very intelligent children do not, for various reasons, perform well in school. They may have difficulty with attention, sitting still, behavior, or they may be bored.

It is important for parents to help children have confidence in their own brains! Perhaps they are skilled at building things, or they are

children to the world of knowledge beyond what is taught in the classroom.

Most importantly, be curious about their own thoughts.

Show them that their thinking has value, beyond knowing a right answer. Ask them often what they think about a topic, listen carefully, showing them that their ideas are interesting. Do not tell them the way they think is wrong!

Certainly, you can express a different way of looking at the topic or issue, but follow up with a question about what they think of that.

Over the years I have worked with some brilliant people, often women at high levels in their companies, who hold back

expressing their valuable ideas. They fear they might be seen as wrong, or they don't want to step on the toes of a higher up.

Thus, the "intelligence" of the organization is diminished.

However, you are involved with the children in your life, value their ideas, and ask their opinion. Build their self-esteem, and encourage them, even if they are not blazing stars in the classroom. Einstein wasn't.

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

Our children will become the ones who influence the way civilization evolves in the future. It is natural for us to want the best for them, and to help them develop their gifts and talents.

The rational mind is logical and analytical. The intuitive



"The intuitive mind is a sacred gift and the rational mind is a faithful servant. We have created a society that honors the servant and has forgotten the gift."

- Albert Einstein



mind has been described as that part that sees many things at once, views the big picture, contains perspective, is heart centered, oriented in space and time, and tends to the real or concrete.

This kind of thinking cannot be taught, as much as modeled. It involves language, communication and sharing ideas with others in a way that feels safe.

Intelligence is not just about "book learning." We all know of people who achieved great success, be it in farming, business, or computer technology who may not even have com-

artistic. A child might have a good imagination. These are all signs of intelligence. Similarly, a child might be very compassionate and understanding. This demonstrates emotional intelligence.

School success depends on so much more than what the score on an IQ test. There must be motivation, an ability to concentrate and stay focused, and a good fit between learning style and the teaching style of the classroom.

If you really want to raise intelligent children, then have intelligent conversations with them. Expose

**AMBASSADORS FOR CHRIST
2022 VACATION BIBLE SCHOOL**

VBS JULY 18-22

As you plan for summer activities for your children, including VBS will be of great benefit. Our week long VBS is a time for children 3 -13 years old to learn about how special they are to God and His love for them. Please save the date and watch for details.

**Contact Us: 306-347-3272
www.afcml.org**

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Six Things To Declutter Before Your Move



Trust me, I know the intense stress and overwhelm that comes with the process of moving. Too often, clients will underestimate the time it will take to sift through their stuff and pack up before possession day. If the very thought of packing up all of your items causes you to curl up in the fetal position, don't worry, I got you covered. The average household owns over 300,000 items. No wonder you are freaking out! It's time to eat away at this, little by little, so your home shows better, so it will be easier for you to keep up and maintain while listed, and so move less, saving you time and money. Here are six categories that you can begin to work on that will give you some control and confidence for your move.

1. FOOD. So many clients that I help declutter have an obscene amount of food in their home. Like they have enough food to last them for months if there was an apocalypse. Not only

do they have the standard fridge, freezer, pantry, but they have an entire back stock from Costco, a spare clunker of a fridge in the basement full of random stuff, and a deep freeze the size of a small apartment full of 5-year old frozen meat that they have completely forgotten about. A great hack is to begin tossing out anything that is expired. Create your meal plans around what you have and use up as much as you can before you move. A great idea is to take a quick inventory of what you have and go from there. You will be amazed at home many meals you will be able to make with your existing food. Near your possession date, do your best to go without a few non-essential items for a few days so you have less food to pack and you can use your coolers to pack other things.

2. BATHROOM ITEMS. This is usually a tough spot to keep tidy during showings. So I recommend my clients to sift through all of

the bathroom products and again, remove all expired medications, make-up, and lotions. Begin to believe in the mindset of **LIVING WITH ONE.** What I essentially mean by this is imagine that you are heading on a trip and you are packing only the essentials to keep up your look. **THESE ARE THE ONLY THINGS THAT STAY.** Begin to pack up back stock, use one palette of make-up and pack away all those nail polishes, the mountain of hair products, and keep only what you need for the next month or two. A great idea is to put your morning routine products into a small basket and once you are ready for the morning, stick it under the sink with a microfibre cloth to wipe down counters and polish your taps.

3. LINEN CLOSETS. These areas are always stuffed to the nines. I'm not quite sure why we all keep seven sets of sheets and tonnes of mis-matched towels, but we do! A great hack is to use most of these items as packing protection rather than newspapers. For the next few months, you really only need one set of sheets for each bed and enough towels and face clothes to last you a wash cycle. Example: for my family of 4, we go through 8 towels, 6 hand towels, and 6 face clothes before we do a load of laundry... that's all you really need to keep on hand while you are listed! So pay attention of what your family uses before your laundry cycle and pack up the rest! You can do the same for many things like your dish clothes, rags, tea towels, dishes, and coffee cups.

4. BOOKS. There are book lovers, and then there are people who hoard books. It's time to start to deal

with these. Have the mindset of keeping only the few books you want to finish up before you move. This may be a time where you donate ones you will never read again to the library, friends, senior centre, daycare, or school. When considering whether you are going to keep them, ask yourself these key questions: am I going to read this again? What does this book symbolize for me? Why am I keeping it? I am old school and still like to read physical books, but I know I will never pick them up again once I'm finished unless it is a specific self-help book or how-to manual that I want to refer back to. I pass them off as soon as I'm done and it's been quite liberating!

5. TOYS. I know, I'm a monster for asking you to pack up your kid's toys! The average 10 year-old kid owns over 238 toys yet only plays with 12 on a regular basis. You may do this with your child by starting an edit. Example: Instead of keeping 25 stuffies, narrow it down to 10. Now is the time to toss anything broken, donate anything that your child has outgrown, and organize into a clear bins for your little ones to easily find. If your child is having a tough time with this, you can always pack up and reassure them that these items are coming to the new house. Personally, I have found that rotating toys monthly or quarterly anyway is an awesome experience for my little ones. It gives the child the sense of new wonderment, making it feel new again and frees up their physical space so their mind has more room to create, imagine, and problem-solve.

- Continued on page 19

Diversions



CRISS-CROSS



Fill in the blanks with the words. To help you get started one letter is already in place.

3 letter words

FUN

HMM

4 letter words

ECRU

HORN

5 letter words

AGREE

EMBED

EXACT

FRESH

HAPPY

MUSIC

OCHER

PARIS

RELAX

RESIN

SERIF

TEACH

6 letter words

BEAUTY

CUDDLE

DEPTHS

FORMAT

GARLIC

LAMBDA

MASTER

OLEFIN

RADISH

REASON

TOM-TOM

VELOUR

7 letter words

AVERAGE

BUCOLIC

CAREFUL

1		2		3		4		5		6		7		8		9		10
11												12						
				13														
14												15						
				16														
17												18	19		20		21	
				22	A					23		24						
25	26		27					28										
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31								32						33		34		
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37												38			39		40	41
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43		44		45		46		47							48			
								49										
50															51			
								52										
53															54			
								55										

COCONUT

DIAGRAM

EXPENSE

GRANOLA

LEOPARD

MATISSE

RHYTHMS

TANGRAM

TOURIST

8 letter words

BIRTHDAY

CLEANSER

CRITERIA

DISCRETE

EMPLOYED

EXCHANGE

TOMORROW

WOODCHIP

9 letter words

ABEJORRAL

ADDICTIVE

ARROWHEAD

BIOGRAPHY

CHEROKEES

ELBOW ROOM

10 letter words

BREADCRUMB

CUSTARD PIE

11 letter words

CONNECTICUT

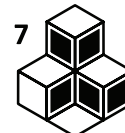
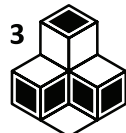
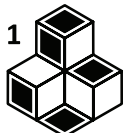
POMEGRANATE



VISUAL PUZZLE



Spot the two identical graphic elements (rotation allowed).




Kids Corner


Sudoku

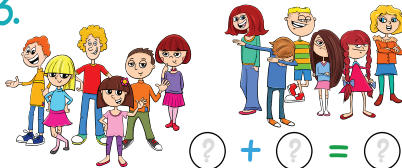
Insert the pictures so that in each column and each line and each selected square THEY ARE NOT REPEATED



The right answer

1.  $2 + 3 = 5$


2.  $1 + 4 = 5$


3.  $6 + 3 = 9$


0 1 2 3 4 5 6 7 8 9 + - $\times \div$
 10 11 12 13 14 15 16 17 18 19 20 =





Math crossword


	-	1	=	8
-			+	
=				
	+	2	=	9

1	+	7	=	
+			-	4
			=	
	-	2		

	+	5	=	6
+			-	4
=				
9	-			

	-	4	=	2
-			+	
=				6
3	+			

3	-		=	
+			+	
4			=	8
+				9

5	-		=	1
+			+	
3				
	-	6		

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Upcoming Meetings

Committee of the Whole

June 13, 2022 at 4:00PM

June 27, 2022 at 7:00PM

Regular Council Meeting

June 13, 2022 at 7:00PM

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Six Things To Declutter Before Your Move

- Continued from pg. 14

6. CLOTHES. I leave this one until last because I know a lot of people are very attached to their clothes and have a hard time parting with them. But let me tell you, closet space sells, and the less you have, the better it will be for your sale. This process is also incredibly liberating and will make you feel lighter. If we have time to work with our seller, we ask them to do a complete edit of their clothes, removing everything they aren't going to wear in the next few months. Seasonal items, wedding dresses, jerseys, costumes, ball gowns, all should go. Sort your items: DONATE, TOSS, SELL, PACK, KEEP ON DISPLAY. Everyone has a tonne of clothes but we actually wear the same 20% of clothes 80% of the time anyway. Keep essentials that you can mix and match, and again, consider what you need to keep that will last you until the next wash cycle. If this step is tripping you up, start with the sock and underwear drawer. Then move to accessories like purses, belts, and shoes.

If you get this tackled well before your possession day, you will be well ahead of the game and be on your way to move on to harder things to sift through like that garage, storage space in the basement, and your sentimental items.



Jessica Dunn is a REALTOR® with JC Realty Regina and has resided in White City since 2009. She specializes in marketing and listing preparation but has also recently been helping people outside of real estate too with decluttering and home organization.

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			EMERALD PARK Garbage WHITE CITY Recycling	EMERALD PARK Recycling	EMERALD PARK Composting Preschool Storytime at White City Public Library 10am	
	CASA ROSA/JAMESON ESTATES Garbage pick up every Tuesday					
5	6	WHITE CITY Composting	EMERALD PARK & WHITE CITY Garbage		EMERALD PARK Composting Preschool Storytime at White City Public Library 10am	11
	Committee of the Whole - 4:00pm Regular Council Meeting - 7:00pm	WHITE CITY Composting	EMERALD PARK Garbage WHITE CITY Recycling	EMERALD PARK Recycling	EMERALD PARK Composting	18
12	13	14	16	17	18	
19		WHITE CITY Composting NATIONAL INDIGENOUS PEOPLES DAY	EMERALD PARK & WHITE CITY Garbage		EMERALD PARK Composting Preschool Storytime at White City Public Library 10am	25
FATHER'S DAY	20	21	23	24	25	
	Committee of the Whole - 7:00pm	WHITE CITY Composting	EMERALD PARK Garbage WHITE CITY Recycling	EMERALD PARK Recycling		
26	27	28	30			

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