

# White City & Emerald Park

APRIL EDITION, 2024

## Community Newsletter



### Turning Your Clutter Into Cash

Want to turn your clutter into cash? You need to take a few minutes to check out this quick guide. It's amazing how much money you have lying around the house that you could be selling! But if you hate selling stuff on Marketplace as much as I do, you will avoid it like the plague. What if I told you I can help you get your items noticed and out the door quicker? As a Declutter Expert in the area, I know this can be a tricky feat. Here are a few tips I have used that has helped both myself and my

clients bring in a little extra cash by selling stuff on Marketplace.

**Know When to Sell:** Seasonal stuff is a huge seller on Marketplace, but most people sell this stuff at the wrong time, hoping to get it out of the house. Items sell best when the demand is at it's peak and top of mind before they head to a store. Christmas decorations, sporting goods, outdoor furniture, Halloween costumes, winter jackets all have a small window to sell and it's optimal time is 2-3 weeks before a person

needs it.

**Take Quality Photos:** The amount of garbage photos I see on this platform is astonishing. No wonder people have a hard time selling stuff here! First things first, take a CLEAR, well-lit photo at multiple angles. I like to take my photos against a white wall or on top of a white countertop. Show any small flaws or damage upfront to avoid surprises. This will increase the trust and interest in potential buyers. Marketplace even has an option to take a video of

your item. This generates more views and will get your listing noticed more.

**Accurate Descriptions:** Writing detailed and accurate descriptions would be incredibly helpful. It doesn't need to be a novel, but key information like dimensions, colours, brands, and why this product is a good buy will likely make the potential buyer feel more inclined to take the plunge. It's also a great idea to show buyers what the retail value is vs. buying it from you, putting a spotlight on the potential savings.

- Continued on page 2

# Turning Your Clutter Into Cash

Continued from Page 1

hasn't seen the light in years could be your ticket to some serious cash. It will be a great motivator to continue with the process but also, it's a WAKE-UP call on your spending habits and what you are bringing into the home in the first place.

**Cross-Post:** Take this opportunity to become a member of your local "Used" pages in your specific area. People are more likely to purchase something from a person they know in their community so take advantage of posting your items on multiple sites. In fact, I actually tend to post my things on my personal Facebook Page as well as my Instagram account because I would much rather sell to my specific sphere!

## Worst-Sellers:

- Certain things are just not a great thing to sell on Marketplace:
- Valuable antiques (take to an appraiser and sell to collectors or specific shops for fair value)
- Clothing items can be difficult unless they are in pristine condition, with tags on, or a high-demanding brand (your best bet would be a consignment store, Poshmark, or donation)
- Used kitchenware does poorly unless it's still in the box, or is a small appliance that is in mint shape (donate to a non-profit)

Other places you can sell items: pawn stores, consignment stores, Poshmark, garage sales, EBay (good for collectables), VarageSale,

## Best-Sellers:

- Baby/Maternity gear
- Wooden toys
- Book collections
- Kids clothes that are in great condition sold in lots
- Items that are season
- Sporting goods

Remember to ensure that transactions are safe and convenient for both our you. Built-in payment options, e-transfers, meeting in a public location, or non face-to-face scenarios are the safest.

Turning your clutter into cash is not only liberating, it gives you the opportunity to contribute to a circular economy, where goods are reused, repurposed, minimizing your environmental impact. Pre-loved items still have a lot of extra life in them and don't belong in a landfill.

Jessica Dunn, REALTOR®

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**Competitive Pricing:** Just because you paid for an overpriced item and now you need to try and make up for it financially, does not mean that your stuff is worth retail price. Feel out the market by checking out what others in your area are asking for similar products. Consider factors like condition, age, and demand when setting your price. Remember the end goal is to get this stuff out of your house!

**Selling in Groups:** This tactic works great when you have multiple of similar items, like 5 pairs of 2T joggers, or the collection of Judy Blume novels, or those 10 action Blue Ray DVD's. It comes off like the buyer is getting a better deal and in turn, you're able to get more items out of your home quicker! This saves you a tonne of time. But don't forget to take clear photos... sometimes all we see in a photo is a tub of clothes with a few items on the top, which screams SKETCHY and RISKY to a buyer.

**Sell a Little Bit at a Time:** The amount of DM's that come in from selling items can be overwhelming and stressful. Managing ghost inquiries, hagglers, and no-shows can be incredibly frustrating, especially when you are trying to sell a tonne of stuff at once. I would try and focus on selling five or less items at a time so it's not so much of a burden.

**Income Tracker:** If you are new to this, I would suggest creating a tracker for the entire year to show you how much money you are actually recouping from selling items that no longer serve you. You would be incredibly surprised what that dress in the back of the closet can fetch you or that treadmill in the basement that's collecting dust. Things that are stuffed in a dark storage room that





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Dr. Deryl Dangstorp



Dr. Kelsey Ross

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## Elevate your lunch game with caprese-stuffed avocados

This delightful recipe not only brings together the creamy goodness of avocados from Mexico but also packs a punch of freshness with a caprese twist. Perfect as a healthy and filling lunch, snack or appetizer, this dish is as easy to make as it is delicious.

### Caprese-Stuffed Avocados

Prep time: 15 minutes

Makes: 4 servings

#### Ingredients:

2 large avocados from Mexico, peeled, halved and pitted

½ cup (125 ml) baby mozzarella balls

½ cup (125 ml) baby tomatoes, halved

2 tbsp (30 ml) extra virgin olive oil

2 tbsp (30 ml) basil pesto (homemade or store-bought)

2 tbsp (30 ml) freshly chopped basil, plus extra for garnish

Pepper and flaky Maldon salt to taste

Balsamic glaze (homemade or store-bought)



#### Directions:

1. Peel, halve and pit the avocados, ensuring to keep the flesh intact.
2. In a small bowl, combine mozzarella, tomatoes, olive oil, pesto, basil, salt and pepper. Mix gently.
3. Arrange the avocados on a plate and generously fill them with the caprese mixture.
4. Drizzle with balsamic glaze and top with additional basil.

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# DEVELOPER & CONSTRUCTION OPEN HOUSE

Drop in for coffee and meet the team for an informal look at how we can help make the process for development in the RM as smooth as possible.

## April 25th, 2024

1pm to 4pm



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## COMMUNITY WELLNESS EXPO



25 MAY 2024 10AM - 5PM

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# Do You Ruminare Too Much?

- By Gwen Randall-Young

strongly to this?" Making it about the other person prevents one from looking at their pre-existing wounds and working on self-healing. Blaming others makes us a victim, which may have been a theme throughout our lives.

People who ruminate

level. The resentment and stress created in the body compromise our physiology as well. High blood pressure, headaches, gastrointestinal issues are exacerbated by the stress of our own thoughts. The immune system is suppressed.

We avoid substances we

thoughts and resentments can have an equally damaging effect. They do this to us when we think these thoughts and do it to others when we keep voicing them.

We can learn to choose peace, to speak it and to live it. It is time.

Rumination involves repetitive thinking or dwelling on negative feelings and distress, and their causes and consequences. This kind of thinking can result in anxiety and depression and prevents us from being at peace.

Often when we feel hurt, it is because something in the present has triggered old wounds. Someone forgets a birthday, and the wounded part decides one is not important to that person, and they simply do not care about us.

Like a child picking away at the hole in their jeans, making the hole bigger and bigger, the mind can endlessly replay how bad it was that the person forgot. Perhaps they think of all the things they have done for that person, and so the hurt grows bigger.

Rumination is like a magnet; once started it attracts more and more negative thinking. Then the person may repeat their interpretation to all who will listen, making the issue bigger and bigger, while adding other negative things about that person. The one who forgot is now the "bad guy."

The question one should ask is, "Why am I reacting so



**Often when we feel hurt, it is because something in the present has triggered old wounds**



tend not to let things go. They may repeat negative stories from the past over and over. I tell high school students the way to commit something to long term memory is to go over and over it. The ruminator reinforces their victim story repeatedly. All the past hurt is right there on the surface. That is why it is no surprise that they keep getting triggered.

Ruminators get stuck in a negative feedback loop. Projecting their inner hurts on to others creates problems in relationships. Those problems create more negative thinking, reinforcing those old wounds.

The quality of life suffers.

It is important to declutter our hearts and minds from resentments and anger we might be carrying. Imagine walking down a long road with a couple of very heavy suitcases. The slow you down and cause your arms to hurt.

Carrying all the negative thoughts has the same effect on a psychological

know to be carcinogenic. Negative judgmental

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

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# NOMINATION DAY SET FOR MAY 1, 2024



A Message From:

## Brady Peter

Saskatchewan Party Nomination  
Candidate for White City - Qu'appelle

You're Invited to the  
White City - Qu'appelle Nomination

Location: Balgonie Multiplex | Date: May 1, 2024 | Doors Open: 6 PM

You must be a member by April 24, 2024 to vote

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Nutrition – Home Grown vs Store Bought  
Roxane Wagner,  
Sage Sustainable Solutions Consulting



Images downloaded from FREEPRK

Roxane Wagner is a dietitian, farmer and the owner of Sage Sustainable Solutions Consulting. She holds an MBA in Sustainable Systems with a major in Sustainable Food and Agriculture. Her business focuses on tools to support organizations to integrate sustainability into their programming. She works with Indigenous Communities in the expansion of their gardening programs with grow tunnels. She lives with her husband on a third-generation family farm 45 minutes north of Regina where she loves to garden organically and experiment growing and preserving a wide variety of fruits and vegetables.

Wednesday April 10<sup>th</sup>, 2024, at 7:00 pm  
Ramada Emerald Park  
Everyone Welcome

Visitors drop-in fee \$5.00 at the door

Info: <https://whitecitygardenclub.ca/events/>



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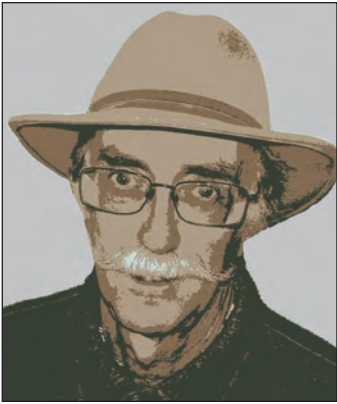
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# Off the Beaten Track

- By John Panter

out for him.

Which is perhaps why on page eight of this thirteen page report one might find as a "strategic plan item" a somewhat cryptic reference to a project to "identify needs assessment and services transition planning between Public Works and Parks and Recreation Services." The review (of public works and parks service) "identified actions to begin the process of building a dedicated parks service under Parks, Recreation and Culture."

As an aside, Mr. Schmidt said that each department would have its own crews but that this would be a couple of years in the future.

Trust me, I'm no expert in such things. I'm sure that, in large municipalities at least, there's a clear division between a Public Works Department and a Parks Department, each with its own staff and, here's the point I'm coming to, each with their own managers. The skill-set, knowledge and credentials of these managers don't come cheap. This becomes relevant given that, due to limited sewage treatment capacity, White City hasn't been growing the way it was growing a few short years ago. Slow growth means a slow-down in growth of tax revenues.

A Parks Manager might be affordable after the problems with the sewage treatment plant have been resolved and White City's growth resumes. Whether or not the plan to have a separate Parks Department actually materializes remains to be seen, but

it's there, in a staff report. As the council has found out before, things in staff reports which have been "received" or "adopted" by Council, whether they remember doing so or not, will be acted upon by administrative staff, and so they should be. Administration gets their marching orders from Council's resolutions.

If the council is taken by surprise by a Net Zero carbon reduction plan, a Government Relations Subcommittee, a by-law enforcement policy, or a new Parks Department (complete with a Manager of Parks?) well, such initiatives were there,

hidden in plain sight, for all to see.

\*\*\*\*\*

Would you like to see someone moving in to your neighbour's garage or into their back yard? The R.M. of Edenwold council has passed first reading of an amendment to the zoning by-law to allow "Garage and Secondary Suites" in new and existing homes in Emerald Park. A public consultation process will be your chance to opine on this proposal.

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

At White City's February 5th Committee of the Whole meeting, Manager of Public Works, Gary Schmidt, presented a very thorough Public Works Activity Report detailing the work undertaken in 2023 by the works department on such things as dust control, road repairs, water main repairs, and the costs associated with maintaining the town's infrastructure.

His presentation also included an overview of upcoming projects such as upgrading the new skating rink and improving the urban forests which will keep White City a great place to live.

Mr. Schmidt faces a variety of challenges, from keeping water in residents' faucets and out of their basements, keeping manhole covers at just the right elevation so as not to disable snow plows, and the ongoing fight to keep willow tree roots from taking over whole neighbourhoods.

He congratulated Council on their foresight in purchasing a spare emergency pump for the sewage lift stations to ensure that sewage moves in the right direction toward its ultimate destination at the treatment plant. A pump failure is what "keeps him sleeping with one eye open." Mr. Schmidt obviously has his work cut



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.

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**APRIL 2024 PROGRAM & EVENTS CALENDAR**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 One eRead Canada and National Poetry Month begin	2 One Book, One Province begins: <i>Miss G and Me</i> by Jennifer S. Wallace	3 LEGO Building 2:00PM Drop-in Ages 4 & up	4	5 Marble Run 10:30PM	6 Advanced Board Games for teens 1:00PM	
7	8	9	10	11 Advanced Board Games for adults 1:30PM	12 Storytime 10:00AM	13 Marble Run 1:00PM
14	15 Adult Book Club 6:30PM	16	17	18 Advanced Board Games for Adults 1:30PM	19 Storytime 10:00AM	20 Teen Upcycled T-shirt Tote 1:00PM
21	22	23	24	25 Advanced Board Games for adults 1:30PM	26 Storytime 10:00AM	27 Marble Run 1:00PM
28	29 LEGO Building 2:00PM Drop-in	30 Canadian Children's Book Week Virtual Author visit with Deborah Kerbel @10:00am				

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# GREENALL Update GRIFFINS

@greenallschool

Greenall High School

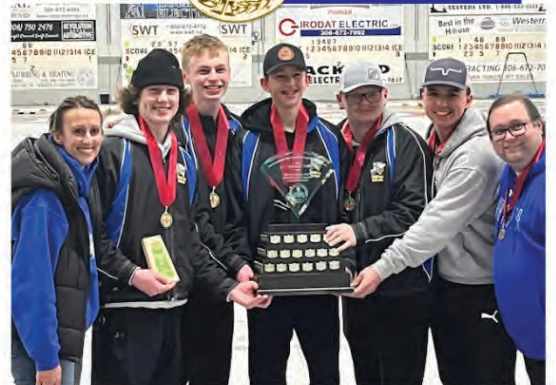
## April Update

### UPCOMING DATES:

- March 29-April 5  
Easter Break
- Parent/Teacher/  
Student Conf.  
April 16-17

### Greenall Provincial Champs- Senior Boys Curling

Congratulations to our Sr Boys Curling team who are this year's Provincial Champions. Our Skip is Peyton Blair, Third Freddie Comfort, Second Ryder Blair Lead Blake Rathgeber and Fifth Ryan Hooper. After some years away, curling is back at Greenall. It was a quick season that began on Feb 4. We were not sure how many practices we would get in or if the District or Regional tournament would happen. This year's Provincial Championship was in Gull Lake on March 8-9th. The round robin did not go as we would have liked. Difficult ice conditions put us off our normal game plan. However, we were able to pull out a win and some luck with the other teams record, which allowed us to move forward to the tiebreaker round. To make it to the semi-final we had to win two tiebreakers. The boys played great, keeping shots as simple as they could and got on a roll. It was a long 4 game day but the boys pulled through and are now Provincial Champs. The team would like to thank the officials and host committee for putting on a great event. We would also like to thank our Community Coach Jessica Blair, who was instrumental in organizing ice times for practices, help coach the team and organizing hotels for Regionals and Provincials.



### Unified Griffin Basketball

Unified Sport is an opportunity to witness Authentic inclusion. Unified Basketball, created in conjunction with Special Olympics, allows students who may not have the opportunity to play team sports the opportunity to play. It was inspired by a simple principle: training together and playing together is a quick path to friendship and understanding. In Unified Sports, teams are made up of people of similar age and ability. That makes practices more fun and games more challenging and exciting for all. Our Griffin team, coached by Mrs. Jana Toth will be hosting three games this season, as well as traveling to various high schools within the city to play. Greenall hopes to host 3 home games this year. We look forward to another successful season and welcome any and all fans to join us and cheer.




### Social 10- Mr. Headrick

The Social Studies 10 class have spent the last couple of weeks researching, planning and implementing a mock election and mock parliament. We finished our unit with a trip to the Legislature on March 14. We received a tour of the building, watched question period and had the chance to get a photo and speak with our MLA Don McMorris. We had a fun morning of learning and watching our decision-making process in action.





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# ERES Community Council News

Next ERESCC mtg: AGM, May 14 @ 6:30pm, in the ERES Library  
 All parents are encouraged to attend as your input & ideas are welcomed and valued!

## \$ We need a treasurer!

The ERES SCC is in need of a Treasurer! If you are someone or you know of someone who can help out the council with this crucial role, please email:  
[ERESCommunityCouncil@gmail.com](mailto:ERESCommunityCouncil@gmail.com)

## Save the Date!

Movie Night: April 18  
 Popcorn Day: April 19

\*\*Stay tuned for information about our Spring 50/50 Fundraiser! \*\*




## Important Dates:

- **March 29 - April 7 - Spring Break**
- **April 9 - Gr. 7/8 Heritage Fair**
- **April 11 - SLC Spirit Day: Jersey Day**
- **April 16 - K-5 Oratoricals**
- **April 29 - Non Student Day**
- **April 30 - Wizard of Oz performance**

# Kids Corner

Can you help the dog to find the bone?



## CROSSWORD for KIDS



FIND 12 DIFFERENCES





# Diversions

## ACROSS

1. Rounds of ammunition
5. U.S. TV award
9. American grey wolf
10. Tree trunk
12. Exclamation of surprise
14. Prefix, one
15. Half burnt coal
16. Single items
17. Yanked
19. Mutilate
21. Anthropoid
23. River of Hades
25. Depart
26. Greek goddess of peace
29. City in W Germany
31. Island in the Bay of Naples
34. Prefix meaning not
35. Ear part
37. Effeminate
40. Jewish girl
42. Alter
45. Angered
46. Fibber
48. Legendary emperor of China
49. Hallucinogenic drug
50. Untidy state
51. Stroll
52. States
53. Blackbird

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

## DOWN

1. Elide
2. Truthful
3. Off-Broadway theater award
4. In the direction of
5. Fragrant resin
6. Objective case of I
7. Yin and -
8. Cut with laser
10. A wineshop
11. Satisfactory
13. Trojan beauty
15. Brown-capped boletus mushroom
16. Unique thing
18. Machine for sending documents
20. Related
22. Reasoning
23. Cyst envelope
24. Bark sharply
27. The self
28. Supplement

29. existence
29. Coxae
30. Purgative injections
32. Asserts
33. Marsh plant
35. Captained
36. Occur
38. Small islands
39. And not
40. Cast aside
41. Marries
43. 8th month of the Jewish calendar
44. Pair of oxen
47. Part of the verb to be
50. Possessive form of me
51. Plural of I

## SOLUTION:

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

# APRIL 2024

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


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

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

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

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	EASTER MONDAY 1	WHITE CITY Composting 2	EMERALD PARK Garbage 3	EMERALD PARK Recycling 4	EMERALD PARK Composting 5	6
7	8	WHITE CITY Composting 9	EMERALD PARK & WHITE CITY Garbage 10	11	EMERALD PARK Composting Preschool Storytime 10:00am 12	13
14	15	WHITE CITY Composting 16	EMERALD PARK Garbage 17	EMERALD PARK Recycling 18	EMERALD PARK Composting Preschool Storytime 10:00am 19	20
21	22	WHITE CITY Composting 23	EMERALD PARK & WHITE CITY Garbage 24	25	EMERALD PARK Composting Preschool Storytime 10:00am 26	27
28	29	WHITE CITY Composting 30				

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Recycling pick up every Thursday

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