

# White City & Emerald Park

OCTOBER EDITION, 2023

## Community Newsletter



### Celebrating the 4th Annual Community Golf Tournament!

*Hey there, fellow golf enthusiasts and community champions!*

It was that time of year again when our community came together for a day of golf, fun, and camaraderie at the 4th Annual White City / Emerald Park Community Golf Tournament at the Aspen Links Golf Club Course. And what a spectacular event it turned out to be! With the sun shining bright and the greens looking luscious, we couldn't have asked for a better day. Aspen Links is looking spec-

tacular.

One of the most heartwarming aspects of our community is how we rally together to make events like this possible. We want to extend a heartfelt thank you to all the local businesses that generously donated prizes, helping to elevate this year's tournament to new heights. Your support is the driving force behind the success of the event, and we appreciate

your commitment to our community.

The 4th Annual Community Golf Tournament was not just about swinging clubs and sinking putts; it was about building connections, fostering friendships, and creating memories. Seeing neighbours, friends, and even newcomers all coming together to enjoy a day on the golf course was truly awesome.

One of the highlights of the

day was the fantastic attire many of the teams sported. Our community members went all out with their golf-themed costumes, making the tournament even more entertaining. From golf pros to whimsical golf-themed costumes, it was a sight to behold.

As golfers teed off, laughter echoed across the fairways, and the friendly competition was palpable.

- Continued on page 2

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

## SUPPORT LOCAL *with*



We're giving away gift cards to your neighbourhood businesses when you book a service call with us!

Call 306-522-0050 for details



Group of Companies

# Celebrating the 4th Annual Community Golf Tournament! - Continued from page 1



Golfers of all skill levels, from beginners to seasoned pros, came together to celebrate the sport they love. The spirit of unity and camaraderie was truly inspiring.

Throughout the day, the golf course was abuzz with excitement and cheers as players attempted those tricky putts and sought that elusive hole-in-one. The sense of achievement, even in the face of missed shots, was infectious. There was even a little gnome out there to be found. It reminded us that it's not just about the score; it's about the experience and the shared journey.

The 19th hole, the clubhouse, was abuzz with stories and laughter as participants shared their golfing triumphs and near misses. This sense of community, of coming together to celebrate not only the winners but also the shared experience, is what makes our annual tournament so special.

The trophy for 1st place in the tournament went to the White City Councillor team, consisting of Andrew Boschman, Scott Moskal, Kris Moen, and Bill Kryzysik. The trophy is on display at the clubhouse. A huge thanks to our local businesses, the heart and soul of our community, for their generous support. Your donations made this event truly memorable.

I also want to express our gratitude to all the participants, my husband Randy and son Hudson for all hours they put in to help prepare. A big thank you to the Mayor of White City, Brian Fergusson, for spotting our \$10,000 hole-in-

one that was sponsored by Harvard Western Insurance.

We look forward to seeing you all back on the greens for our 5th Annual Tournament next year. Until then, keep practicing those swings, and let's continue to celebrate the unity and spirit of our wonderful community. The theme next year is "THE 70s - Where have all the hippies gone".

## The Gold Sponsors for the event were:

- TCU Financial Group
- Harvard Western Insurance sponsored our \$10,000 hole
- Serbu Sand & Gravel Ltd.
- Aspen Links Clubhouse and Rec Room

## Other Key Sponsors were:

- Kelly Markwart - Desjardins Financial Security Investments Inc
- Fancy Fork Café & Bistro
- Cool Things Promotions
- Pure Living Yoga
- Cornerstone Credit Union
- The Town of White City
- Mayfair Diagnostics
- EECOL Electric
- Tim Hortons
- Phoenix Group
- Melissa Hilsendager Massage Therapy
- TWB Home Décor
- The Ice House
- Emerald Park Coop
- Boston Pizza
- Jessica Tiefenbach Hair Salon
- The Wireless Age
- Legacy MMA and Fitness
- SoZo Vibes
- Nichole Posehn Arbonne International

**See you next year - Nichole**

# NEVER STOP

BELIEVING IN PRINT ■



POSTERS • PAMPLETS • EVENT TICKETS • BUSINESS CARDS • CATALOGUES  
PROMOTIONAL ADVERTISING • BANNERS & SIGNS - WE PRINT IT ALL



40 Years of Excellence  
"One of Saskatchewan's Best Managed Companies!"

**Serbu** LTD.  
Since 1978 • WHITE CITY •



Serbu Sand & Gravel Ltd. Provides All Types Of Excavation Services

- Concrete Removal
- Bobcat & Mini Bobcat Service
- Basements
- Track Hoe
- Snow Removal

Proudly serving Regina and surrounding area

781-SAND (7263)  
781-4595

Email: [nathans@sasktel.net](mailto:nathans@sasktel.net)  
Website: [www.serbu.ca](http://www.serbu.ca)

Suppliers Of:

- Fill Sand & Dirt
- Sand & Gravel
- Mortar Sand
- Top Soil & Manure
- Quality Aggregates Produced and Supplied Directly From Us To You!



## Create spooky peanut spiders

Making these creepy critters together is a great family activity – and they're sure to scare off all the ghosts and goblins on Halloween.

### SPOOKY PEANUT SPIDERS

#### Materials:

Whole peanut, in-shell  
 Black marker  
 Two 12" (30 cm) pipe cleaners, orange  
 Scissors  
 White glue  
 Clear tape

#### Directions:

1. Carefully open peanut, ensuring each half shell is intact.
2. With black marker, colour the outer surface of each half shell. Let dry.
3. Fold one pipe cleaner in half. Using sharp scissors, cut pipe cleaner into two equal pieces at fold. Repeat step with second pipe cleaner to make a total of

- four pieces, each approximately 6" (15 cm) in length.
4. Colour each piece of pipe cleaner with black stripes using marker. Let dry.
  5. Generously apply glue along edge and inside of one half shell. Place each piece of pipe cleaner side by side, centred and perpendicular to the shell. Generously apply glue along the edge of the second half shell and affix on top of the pipe cleaners, ensuring both half shells are aligned and edges match. Use two pieces of clear tape to secure the front and back of the peanut shell. Remove tape when glue dries.
  6. Separate each pipe cleaner piece and carefully bend at angles to make joints.

Additional crafts and recipes can be found at [peanutbureau.ca](http://peanutbureau.ca).

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



## ERES Community Council News

**Next ERESCC mtg: Nov. 14 @ 6:30pm,  
 in the library**

**All parents are encouraged to attend as your input &  
 ideas are welcomed and valued!**

### Important Dates:

- October 9 - No School
- October 23 - No School
- October 26 - Picture Retakes, AM ONLY

Do you have extra bottles and cans taking up space in your garage?

Learn how you can help us fundraise!

The funds from your donation at SARCAN will be used for our school's Learning Improvement Plan initiatives. Check out the ERES Facebook page for more details:

[www.facebook.com/EMRidge](http://www.facebook.com/EMRidge)

Thank you for your support with our apple fundraiser!



# Savour the flavours of France: Duck confit with honey and rosemary



Indulge in the rustic sophistication of duck confit with honey and rosemary, a French delight that brings the heartwarming tastes of the southwest to your table. This sumptuous dish is a perfect centerpiece for gatherings, whether you're hosting an intimate dinner or a festive family feast.

Tender duck meat, infused with a luscious honey and rosemary sauce, complements the crispy roasted potatoes.

## French Duck Confit with Honey and Rosemary

Prep time: 20-30 minutes  
Cook Time: 2 hours  
Makes: 4 servings

### Ingredients:

4 whole confit duck legs  
2 tbsp (30 ml) duck fat  
1 onion, chopped  
2 cloves garlic, minced  
2 large carrots, diced  
2 celery stalks, diced  
½ cup (125 ml) red wine  
1 cup (250 ml) honey  
2 tsp (10 ml) soy sauce  
2 sprigs fresh rosemary  
2 cloves garlic, skin on, lightly crushed  
8 large potatoes, skin on  
12 baby potatoes, skin on  
½ cup (125ml) fresh parsley, chopped  
Salt and pepper, to taste

### Directions:

1. Heat a heavy-bottomed pot or Dutch oven over medium heat. Add the duck fat and confit duck legs, browning them on all sides for approximately 5 to 7 minutes. Remove and set aside.
2. In the same pot, add the onion, garlic, carrots and celery. Sauté until the vegetables are softened, about 5 minutes.
3. Pour in the red wine and let it reduce by half; around 5 to 7 minutes.
4. Add the honey, soy sauce, rosemary sprigs and crushed garlic cloves to the pot. Stir and bring the mixture to a gentle simmer. Let it infuse for 10 minutes.
5. Return the duck legs to the pot, ensuring they are submerged in the sauce. Cover and let the mixture cook over low heat for 1½ to 2 hours until the meat becomes tender and easily falls off the bone.
6. Carefully remove the duck legs from the sauce and shred the meat using a fork. Return the shredded meat to the sauce and mix well.



7. While the duck is cooking, preheat your oven to 375°F (190°C). Cut the large potatoes in half lengthwise. Place these potatoes, cut side down, in a large oven-safe skillet with the melted duck fat. Cook for 5 minutes until they take on a light golden hue. Transfer the skillet to the oven and roast the potatoes for 15 minutes, until they are crisp and golden.
8. In a large pot of salted boiling water, cook the baby potatoes until tender, approximately 15 minutes. Drain.
9. Once the duck is ready, arrange the roasted potatoes on a serving platter. Sprinkle them with fresh parsley, salt and pepper.
10. Serve the duck meat and sauce over the roasted potatoes.
11. Place the baby potatoes alongside the duck and roasted potatoes.
12. Garnish with chopped fresh parsley.

Pair with a robust red wine and immerse yourself in the rich flavours and traditions of France. Learn about exquisite villa getaways in France and other locales at [hostedvillas.com](http://hostedvillas.com).

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

**MADERA**  
KITCHEN + BATH

**[ free in-home consultation + measure ]**  
with no obligations or commitments

[ cabinetry + furniture ]  
[ local + experienced ]

we also provide 3D renderings of every project so you can truly visualize your space!

Call Ethan in White City!  
306.530.5466  
[maderakitchenandbath.com](http://maderakitchenandbath.com)

# Give Your Home A Proper Send-Off

It's completely normal to be emotional about selling your home. Reliving all the memories, big milestones, and every day glimmers can bring a roller coaster of feelings.

Those four walls have been your safety net and security blanket for many years and now it's time to say farewell. But how do you let go? Here are a few tips that has helped my clients get through this big transition and embrace the change that lies ahead.

- **Reflect and Acknowledge:** Take some time to reflect on the memories and experiences you've had in the house. Acknowledge the importance it has had in your life.
- **Walk Through Each Room:** Take a walk through each room and allow yourself to reminisce. Recall special moments, both big and small, that took place in each space.
- **Capture Photographs and Videos:** Document the house, room by room. This can serve as a keepsake and help you preserve the memories associated with each area.
- **Leave a Personal Touch:** Consider leaving a small note or memento behind. It could be a heartfelt letter to the



new owners or a small token that holds sentimental value.

- **Thank the House:** Express gratitude for the shelter and warmth it provided you over the years. This may feel symbolic, but it can be a meaningful gesture.
- **Embrace Change and New Beginnings:** Recognize that moving on is a natural part of life. Embrace the new opportunities and adventures that await you in your next home.
- **Host a Farewell Gathering:** If circumstances allow, consider inviting close friends or family to join you in saying goodbye. Share stories and celebrate the time you've spent in the house.
- **Take a Final Tour:** Before you leave for the last time, take one final tour of the house. Take in the sights, sounds, and even the scents that are unique to that space.
- **Closure Ritual:** Create a small ritual to mark the moment. This could be lighting a candle, saying a prayer, or simply taking a moment of silence to acknowledge the significance of this transition.
- **Leave with a Positive Mindset:** As you step out of the house for the last time, do so with a positive mindset.



**Unusual Plants to Try**  
**Helen Hugh**  
Chilliwack Garden Club



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

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

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



Focus on the new adventures and opportunities that lie ahead.

• **Stay Connected to the Memories:** Even though you're leaving the physical space behind, the memories will always be a part of you. Keep photos, mementos, and stories to remind you of those cherished moments.

• **Give Yourself Time to Grieve:** It's completely normal to feel a sense of loss when leaving a place with so many memories. Give yourself the time and space to grieve this transition.

Remember that it's okay to feel a mix of emotions during this process. It's a significant life event, and it's important to honor your feelings. If you are looking for help in this department, the best process is to start early through decluttering and packing up things so you don't add onto the overwhelm that already comes with moving. That's where I come in. Downsizing and helping clients sift through their things before they move is my specialty. Connect with me if you are looking for a hand or visit my website at [www.athomewithjess.ca](http://www.athomewithjess.ca).



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

Jessica Dunn, REALTOR®  
JC Realty Regina  
2241 Albert Street  
Regina, SK. | S4L 0A9  
[www.athomewithjess.ca](http://www.athomewithjess.ca)

# White City & Emerald Park Community Newsletter

Advertise With Us Today!



Advertise your business card for one year - \$300!

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

**All ÉWCS Parents Welcome to Attend  
SCC Meetings!**

**AGM set for October 17, 2023 at 6:30  
PM in the school library!**

**KINDERGARTEN  
REGISTRATION 24/25**

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, 2024.

Working Together For Success | Travaillons Ensemble Pour Réussir



Autumn Word Scramble

shavter \_\_\_\_\_  
raccowers \_\_\_\_\_  
quirlers \_\_\_\_\_  
eark \_\_\_\_\_  
minkpup \_\_\_\_\_

**IMPORTANT DATES**

Oct 9	Thanksgiving – school closed
Oct 23	Non-student day
Nov 10	Non-student day
Nov 13	Remembrance Day (in lieu)
Nov 24	No school

Don't forget Wolverine Wednesdays!

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

Phone: 306-781-2115

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



CELEBRATION OF LIFE FOR  
**STAN EWERT**  
 OCTOBER 21ST AT 2:00 P.M.

WASCANA CENTRE LADY SLIPPER  
 COURTYARD  
 2900 WASCANA DRIVE



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

**LIBRARY HOURS:**

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

We will be closed on October 9th for Thanksgiving

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Makerspace lets this month Circuit Scribe Glow-in-the-dark Mini Golf	2	3	4	5	6 Preschool Storytime 10:00AM	7 Glow-in-the-dark Mini Golf 10am-2pm
8	9 Closed for Thanksgiving	10 Family Circuit Scribe 6:30 pm	11 Women's Leadership Book Club 6:30 PM	12	13 Preschool Storytime 10:00AM	14 Adult Beaded Poppy Workshop 10:00 AM
15	16 Adult Book Club 6:30 PM	17 Family Circuit Scribe 6:30 pm	18 Women's Leadership Book Club 6:30 PM	19	20 Preschool Storytime 10:00AM	21 Glow-in-the-Dark Mini golf 10am-2pm
22	23	24 Youth Cooking with Heather Halloween Treats 6:30 PM Please register	25 Adult Craft & Chat 1:30 PM	26	27 Preschool Storytime 10:00AM	28 Glow-in-the-Dark Mini golf 10am-2pm
29	30	31	Visit our Facebook/ Instagram page for program updates			

Advertise With Us Today!

**White City &  
 Emerald Park**  
*Community Newsletter*

Quarter Page Ad \$100  
 Half Page Ad \$200  
 Full Page Ad \$400  
 Business Card \$360/year

Deadline for ad copy is the 20th of each month.  
 Email: [shannon@westernlitho.ca](mailto:shannon@westernlitho.ca) for more information



[WWW.SOUTHEASTLIBRARY.CA](http://www.southeastlibrary.ca)

**Women's Leadership  
 Book club**

**White City Public Library  
 Branch  
 Wednesday, October 11, 2023  
 6:30 pm**

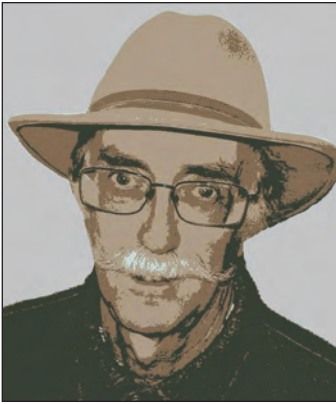
Join Lisa Peters for a 4 part discussion of the book Lead The 90%: Kind Leadership by Darci Lang. Leading through a 90% lens involves compassion, confidence and kindness in a world that demands acceptance, inclusion and understanding. The truth is, confident, caring communicators keep their teams motivated and engaged while cultivating happy and healthy workplaces. But what does it take to be a kind leader and why are kind leaders desperately needed in our world?



Copies available on Hoopla e-resources  
 Please register at the library or call 781-2118  
 Register early to ensure a spot.







# Off the Beaten Track

- By John Panter

A few months ago an article in the Community Newsletter posed this hypothesis: "Shading crops with solar panels can improve farming, lower food costs and reduce emissions."

Okay, I'm a sucker for intriguing headlines so I decided to read on. The article was written by Joshua M. Pearce who, apparently, is a professor of Information Technology and Innovation at Western University.

The very first paragraph aroused my skepticism by asking if the reader has noticed how grass grows taller under a backyard trampoline because "many crops, including these grasses grow better when protected from the sun." I don't own a trampoline with which to observe this phenomenon, but I have assumed all along that plants growing in shade are often taller because they are trying to reach the sunlight. Live and learn, I guess. I plowed on.

The next paragraph explained how researchers "have been working on shading large crop lands with solar panels - on purpose," a practice called agrivoltaic farming. While the prime purpose of all those solar panels out in the country is to generate electricity, who knew that

we could also "grow crops in the protected shadows of solar panels." Now the professor really had my attention. He continues:

"Many crops grown here (in Canada) including corn, lettuce, potatoes, tomatoes, wheat and pasture grass have already been proven to increase with agrivoltaics." I don't take a lot of wooden nickels so I double checked to make sure this wasn't an April fools' joke. Nope. July, 2023. Reading on, I was informed also that



**I've never driven a combine so I can only imagine the challenge of combining wheat under a field of solar panels, ditto for harvesting corn.**

"solar panels are put over different types of crops, including fruit trees."

Apparently crops yields increase because the microclimate created under solar panels "conserves water and protects plants from excess sun." All along I have been thinking that shielding crops from rain and sunlight would somehow have a deleterious effect on plant growth. Not so, apparently.

Canada, the article urges, needs to start large-scale agriculture in the shadow of solar panels for such crops as broccoli, spinach and tomatoes as well as field crops like "potatoes, corn and wheat."

I've never driven a combine so I can only imagine the challenge of combin-

ing wheat under a field of solar panels, ditto for harvesting corn. But I have spent countless hours on a tractor bailing hay, some of those "pasture grass" crops that Canadians should be growing under solar panels according to the professor.

I was beginning to think that the article was written by a badly programmed Chat GPT or similar artificial intelligence when I read that "embracing agrivoltaics in Canada would completely drop fossil fuel

matter.

\*\*\*\*\*

Opposition to the proposed composting facility in the R.M. of Edenwold to deal with Regina's compostables is - how to put this - overwhelming? By the numbers: 196 people at the public hearing, 35 written submissions opposed, including one with a 519 signature petition, 12 verbal submissions opposed. Strongest opposition comes from Pilot Butte which will bear the brunt of any failure at the facility. In favour: the company which will operate the facility and three other individuals.

The R.M.'s motto of "cooperation" (with neighbouring municipalities) has now gone out the window. Ah yes, but think of the increased tax revenues the facility will generate. 'Twas ever thus.

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



use," and that "less than one per cent of Canadian land would be sufficient to support over 25% of the country's electrical needs using this system." One per cent of Canada's land mass is about ninety thousand square kilometers. That's a lot of solar panels.

When the good professor wandered off into the weeds (solar panel-shaded weeds I assume) of touting the benefits of agrivoltaics for cryptocurrency miners, I figured I had had enough of agrivoltaics as being viable for anything other than growing a couple of tomato plants under couple of a back-yard solar panels.

I'll bet the professor has never been a farmer. Or been on a farm for that





What colour comes to mind when you think of Halloween? If it's a bold shade of orange, it's time to start thinking green.

But don't get spooked out by being an environmental champion, turn your Halloween into Hallow-green with these simple tips that will help protect our envi-

ronment, one trick (or treat) at a time.

#### **Carry reusable bags**

While trick-or-treating with your kids, be sure to trade in your plastic or paper bags for cloth and canvas versions. Reusable bags or old pillowcases are not only the ultimate candy carriers big enough to let mom and

## The ultimate green Halloween hacks

dad sneak in some candy for themselves, but are environmentally friendly alternatives that won't wind up in the garbage after one use.

#### **Reuse costumes**

Halloween costumes generally end up in the trash and make their way into landfills. But there are alternatives to throwing your child's costume away just because it doesn't fit or it's time for a new look. Halloween costumes are the number one hand-me-down because they never go out of style. Give them to a friend or family member, donate them to someone in need or purchase one from a thrift store at a discounted rate.

#### **Decorate with reusable materials**

Give your home the spook you're looking for without the environmental scare. To limit the amount of trash ending up in landfills, purchase items you can use year after year over single-use items. When reusing battery-operated Halloween gadgets and décor such as a fog machine or lawn props, replace and recycle any old or damaged batteries. Call2Recycle Canada has more than 9,000 drop-off locations across the country, so take them to one near you. You can visit their website at [call2recycle.ca](http://call2recycle.ca) and plug in your postal code to find one closest to your home or work.

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



## Halloween safety for your pet

Halloween isn't just for kids. Pets are joining the festivities too, but it's important to keep safety in mind while you celebrate. To make Halloween a real treat for pets and ensure they stay safe and happy, here are a few tips to keep in mind:

#### **Entertaining at home**

Is your dog easily spooked? Even the friendliest pet may be alarmed by a ghost or witch at the front door. One of the best ways to help eliminate unwanted surprises is by establishing a safe, pets-only room in the house. This may also put trick-or-treaters who are uncomfortable around pets at ease.

"Before having pets join in the Halloween festivities, it's important to assess whether your pet will be comfortable participating or if the festivities will cause undue stress," says Dr. Robyn Jaynes, a pet care expert at PetSmart. "If you have a young or senior pet, or one that is shy around others, it's better to give them a quiet space away from all the activity or host a

small family celebration where they'll feel more comfortable."

#### **Pet-friendly treats**

Chocolate is particularly tempting for pets, but it can make them seriously ill. Pet parents should keep all Halloween candy out of pets' reach. Also, choose a treat that will help pets celebrate Halloween and includes health benefits, such as Greenies Dental Chews, which keep dogs' and cats' teeth clean and breath fresh.

#### **Safety first**

Is your pet ready to step out on the street? Reflective leashes, collars and ID tags with flashing lights are essential accessories for any pet Halloween costume. Pets should also have proper identification that includes pet parents' contact information. Finally, make sure that an adult is holding the leash and that the pet is at ease around strangers and crowds.

More tips on pet safety as well as Halloween costumes and toys can be found at [PetSmart.com](http://PetSmart.com).

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



# Why We Stay in Bad Situations

- By Gwen Randall-Young

Over the years I have worked with clients who are in unhappy, even toxic, relationships. They may have tried everything, including counselling, but history just keeps repeating itself. When asked why they stay if they don't see it ever changing, sometimes the answer is that they are afraid of being alone.

Sometimes these people, often women, are CEOs, highly educated and professionally recognized, and are viewed as very strong. Yet when it comes to the idea of leaving a bad relationship they crumble.

It is the inner child of that person who is afraid of being alone. For a young child, being all alone can be terrifying. They do not have the ability to care for themselves, and if left alone for long they feel abandoned.

It is the inner child of the strong woman that holds her back from taking charge of her life. Very few women are incapable of being on their own, but the inner child takes over and expresses fear about doing so.

Certainly, there are cases where finances limit the ability to move on but that is different from being emo-

tionally frightened. Fear of being alone is fear of being with ourselves, and being independent.

Unquestionably, a major life shift can be daunting. However, there is support in terms of lawyers, bankers, realtors, psychologists, family, and friends. Liv-

they are embarrassed. This leaves them isolated and vulnerable. It is important to share with someone. If there are no friends or relatives with whom you can share, seek out counselling.

Others think that ending the relationship spells doom for the children. This

home where there is stress, tension, arguing, and fighting is worse than living with one parent at a time.

And for those who think therapists always tell women to leave their partners, that is untrue as well. Therapists do not tell people what to do, but rather help them to clarify their thinking and consider all options for a healthier life.

*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.*

“**As a child we have no ability to change the circumstances in which we live. As adults we might feel powerless, but we are not.**”


ing on our own is part of becoming an independent adult.

Being in a toxic relationship eats away at confidence and self-esteem. It can even have adverse effects on physical and mental health. No one deserves to be mistreated or devalued. If you are in a situation like this, and you have tried everything to improve the relationship, you need to rethink things. It may be the partner's responsibility for the hurt we feel, but it is our responsibility for allowing it to continue.

As a child we have no ability to change the circumstances in which we live. As adults we might feel powerless, but we are not. Millions of women have freed themselves from bad situations, and virtually none would say it is easy.

Some women tell no one of their suffering because

is not true. Children can thrive after divorce unless it is adversarial. Living in a



**Fermented Foods**  
**Conrad Nixon**  
Back to YouRoots



Back to YouRoots focuses on wholesome, plant-based "soul food", vegan kimchi, and kraut, and fermented products are some of their most popular. All of their ferments are never pasteurized and are vinegar free. They have a unique fermentation process not seen anywhere else, which makes each ferment incredibly delicious while still maximizing the amount of probiotics and enzymes within their products.  
Conrad will explain the health and nutritional benefits of including more natural foods in your diet.

**Wed. Oct. 11<sup>th</sup>, 2023, at 7:00 pm**  
**Ramada Emerald Park**  
**Everyone Welcome**  
**\$5 Visitors    Members Free**

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





# Advertise With Us Today!

# White City & Emerald Park

## Community Newsletter



Advertise your business card for one year - \$360!

email: shannon@westernlitho.ca

**Emerald Park Eye Care**

Vision Therapy  
Eyewear Studio  
Contact Lens Center  
Emergency Eye Care  
Comprehensive Eye Exams

**306-585-2424**  
www.emeraldparkeyecare.com

emeraldparkeyecare.com  
Your Vision. Our Priority!

**LIFT MOVE FUEL**  
PERSONAL TRAINING STUDIO

Group Training | Personal Training  
Nutrition Coaching | Team Athlete Training  
Youth Fitness | First Aid/CPR Certs.

38 GREAT PLAINS ROAD, EMERALD PARK  
WWW.LIFTMOVEFUEL.CA

BRINGING MORE "YES" TO REGINA

VISIT OUR REGINA LOCATION  
4850 E Victoria Ave. |  
Regina, SK S4N 7A9  
306-271-0431

**SUNBELT RENTALS**

© 2020 Sunbelt Rentals. All Rights Reserved.

**CORY SAWCHYN**

306-789-0250  
CorySawchyn@gmail.com  
Regina & Area

**SPEEDY STUMP CUTTER**  
FREE & STUMP REMOVAL

TREES | STUMPS | HEDGES CALL TODAY FOR A FREE ESTIMATE

**HUB** Insurance Brokers and Consultants

64 Great Plains Road  
Emerald Park, SK, S4L 1C3

Ph: 306.781.2244 Fax: 306.781.0066  
www.hubinternational.com

*Esthetics by Shelley*  
gel nails, pedicures, manicures, waxing  
Shelley Bencharnski, Esthetician

- Over 20 years of experience
- Debit, Visa, Master Card, and Cash Accepted
- Tuesday, Friday - 8:30 am til 5:15 pm
- Wednesday, Thursday - 8:30 am til 8:00 pm
- By appointment only, no walk-ins

32 Fairway Crescent, White City • 306.527.8414  
ksbench@sasktel.net

**KEE STORAGE**

42 Great Plains Rd.  
Emerald Park, SK

**306-781-5678**  
www.keestorage.com  
keestorage@sasktel.net

**KLEMP**  
PLUMBING & HEATING

NOW PROUDLY SERVING WHITE CITY, EMERALD PARK AND SURROUNDING AREA

**JARED JACKSON**

Offering Services in:  
• Residential & Commercial Plumbing  
• Furnace & Boiler Repair & Installation  
• Air Conditioner Repair & Installation

PH (306) 545-1487  
Fax (306) 731-6987  
Email: kpanth@sasktel.net

**SHOPPERS DRUG MART**

**DEVIYANI J. PATEL** BSP  
ASSOCIATE OWNER

22B Great Plains Road  
Emerald Park, SK S4L 1B6  
T 306-721-7290 EXT 3.3  
F 306-721-7294  
asdm2464@shoppersdrugmart.ca

**3 EASY WAYS TO ORDER REFILLS**

- 1 By phone
- 2 Online
- 3 Mobile App

**WESTERN LITHO PRINTERS**  
DESIGN | PRINTING

SERIOUSLY SMART PRINTING  
Serving Saskatchewan businesses with unprecedented speed, efficiency and accuracy

300 Dewdney Avenue, Regina, SK S4N 0E8  
Bus: 306.525.8796 Toll Free: 1.877.475.4846  
Fax: 306.565.2525 | www.westernlitho.ca

**M&O CONSTRUCTION** FORM FOAM BASEMENTS

www.mandoconstruction.ca  
**306-757-9433**  
SPECIALIZING IN ALL CONCRETE WORK

**winecraft!** YOUR WINE | YOUR WAY

Same owner, same staff, same great service, same locations.  
New look & amazing new products!

WINE KITZ

TWO LOCATIONS IN REGINA: 1916 PRINCE OF WALES DR. 306-352-0790 | 4415 ROCHEDALE BLVD. 306-347-0677  
winecraftregina.com

More Flooring In Stock, More Prices You'll Love.

**Let's get flooring.**

Hardwood | Laminate | Area Rugs | Luxury Vinyl | Carpet | & More!

**END OF THE ROLL**  
FLOORING CENTRES

Regina  
2570 Victoria Ave E  
306.585.7655

endoftheroll.com

**HAAS** PHYSICAL THERAPY Prof. Corp.  
Strength - Balance - Stability

haasphysicaltherapy.ca  
admin@haasphysicaltherapy.ca  
**306-559-5676**  
336 Great Plains Rd • Emerald Park, SK

**2 EASY WAYS TO BOOK AN APPOINTMENT**

- 1 By phone
- 2 Online

**Christine Tell, MLA**  
Regina Wascana Plains

Constituency Office  
2318B Assiniboine Ave. E.  
Regina, SK S4V 2P5

Tel (306) 205-2126 Fax (306) 205-2127  
Email christinetellmla@accesscomm.ca  
Web www.christinetell.com

**OK TIRE** Service, Repair, Tires Since 1953

Gord Carnahan  
Manager

1717 Park Street  
Regina, SK

Phone: 306.347.0440  
Fax: 306.347.7775  
Email: parkstreet@oktire.com  
www.oktireparkstreet.ca

ENGINEERING TRUST SINCE 1976

**GN**  
GANG-NAIL TRUSSES

**Cornerstone**  
CREDIT UNION

Emerald Park Branch, 15 Great Plains Road  
*Open 6 days a week*

Phone: 1.855.875.2255

[cornerstonecu.com](http://cornerstonecu.com)

JESSICA DUNN  
REALTOR®  
Real Estate | Interiors | Styling  
[www.athomewithjess.ca](http://www.athomewithjess.ca)  
C: 306.531.8578

**JJ REALTY**  
REGINA

**twb home décor**  
LOCAL. HANDCRAFTED. GIFTS.

101-36 Great Plains Road  
Emerald Park, SK  
S4L 1B6

info@twbhomedecor.com  
306-775-3531  
@TWBHomeDecor  
TWBHomeDecor  
twbhomedecor.com

**Robin & Michele Tremblay**  
Owners

Cell: 306.535.1478  
Office: 306.359.1900  
jrumpel@royallepage.ca

**Jason Rumpel**  
REALTOR®

**db Dusy & Barlow**  
INSURANCE BROKERS LTD

302 University Park Dr.  
Regina, SK S4V 0V8  
Facsimile: 306.791.3471  
Toll Free: 1.800.305.6737  
[www.saskinsurance.com](http://www.saskinsurance.com)  
stephen.barlow@saskinsurance.com

**Stephen Barlow**  
Insurance Broker, CAIB  
Vice President Marketing/HR  
Ph: 306.791.3474

**SLACK'S ACCOUNTING & INCOME TAX SERVICES**  
*Farm, Personal & Corporate Tax Preparation, Bookkeeping & Business Consulting*

**Howard and Mavis Slack**  
Box 511, Stn. Main, White City, SK S4L 5B1  
**Ph: 306.781.2213 Fax: 306.781.2522**  
h.slack@sasktel.net or mjslack@sasktel.net

**Martin Dupont LLP**

Barristers, Solicitors, Mediators 200-1870 Albert Street  
Regina, SK S4P 4B7

Phone: 306.525.2737  
Fax: 306.565.3244  
sharon@martinlawfirm.ca

**Sharon A. Martin | B.A., LL.B.**

**CK underground**

DIRECTIONAL DRILLING HYDROVACUING  
TRENCHING EXCAVATING PRESSURE WELDING  
TRUCKING

ckunderground.org  
iweld@sasktel.net

Corey Stoudt 306-535-7488  
Kyle Flaman 306-535-6585

**Advertise With Us Today!**  
**White City & Emerald Park**

Advertise your business card for one year - \$360!  
email: shannon@westernlitho.ca

**FD HOME**  
*is a major player in the realm of sophisticated wall arts, décor, and furniture.*

6 Ratner ST, Unit 29,  
Emerald Park, SK  
639-997-8953  
sam.shen@fdhome.ca  
[www.fdhome.ca](http://www.fdhome.ca)

**COLLEGE WINDOW WASHERS**

RESIDENTIAL & COMMERCIAL  
**WINDOW CLEANING**  
PRESSURE WASHING

306.596.7896  
book online  
[COLLEGEWINDOWWASHERS.CA](http://COLLEGEWINDOWWASHERS.CA)

**COMMUNISKATE PRO SHOP**

SKATE SHARPENING • TAPE, LACES AND MUCH MORE FOR YOUR SKATING NEEDS

P: 306 781 7465  
E: [communiskateadmin@sasktel.net](mailto:communiskateadmin@sasktel.net)  
[www.communiskate.com](http://www.communiskate.com)  
201 Great Plains Road | Emerald Park, Saskatchewan

**Largest Selection in SK!**

Sales & Parts 306-525-5666  
Service & Hitches 306-569-8733  
[www.villagerv.ca](http://www.villagerv.ca)

**Village RV**

Lehanne Potts  
Mobile Mortgage Specialist  
Cell 306.550.7283  
lehanne.potts@conexus.ca

Mortgage services on the move!

**conexus**  
Credit Union

**F.P.C. INDUSTRIES**  
CHAIN LINK FENCE SPECIALIST

Living in White City over 20 years  
email: [fpcindustries@sasktel.net](mailto:fpcindustries@sasktel.net)  
305 QUEBEC ST. S4R 1K5  
Fax 306-721-7811 REGINA

Change Your Coffee, Change Your Life.

**ORGANO GOLD**

Joy Sluser  
Independent Consultant  
306-737-7507  
[www.joyjoy107@hotmail.com](mailto:www.joyjoy107@hotmail.com)  
<http://Joysluser.myorganogold.com>

**RV RANCH**

**Dan - Lee Enterprises Inc.**  
Indoor/Outdoor Storage

White City Area **306-537-7372**  
[dan.lee.inc@sasktel.net](mailto:dan.lee.inc@sasktel.net)

**Andrew SCHEER**  
MP—Regina-Qu'Appelle

**(306) 790-4727**  
[WWW.ANDREWMP.CA](http://WWW.ANDREWMP.CA)

**STREIFEL'S LAWN & YARD CARE LTD.**  
Residential • Commercial • Condominium • Crecreages

P.O. Box 159  
White City, SK S4L 5B1  
Cell: 306-536-7180  
Fax: 306-761-0031  
Email: [streifel@sasktel.net](mailto:streifel@sasktel.net)

Lawn Mowing, Power Raking,  
Vacuum, Core Aeration, Weed  
Control, Fertilizing, Hedge Trimming,  
Pruning, Rototilling, Sprinkler  
Blowouts, Seasonal Cleanups,  
Snow Removal, Bobcat Services

**FREE ESTIMATES • IN BUSINESS FOR OVER 20 YEARS**

**GRAYSON & COMPANY**  
Law Firm  
Established in 1883

INTEGRITY COMMITMENT RESULTS

REGINA, SK  
#320-2075  
Prince of Wales Dr.  
Idowu F. Adetogun  
\*\*Thursdays and  
Fridays

BY APPOINTMENT  
ONLY PLEASE CALL  
306-693-6176 and mention  
you are booking for  
Regina  
[www.graysonandcompany.com](http://www.graysonandcompany.com)

Driveway Grates - Basement Braces  
Steel and Metal Sales - Fabrication  
CNC Plasma Cutting - Bending  
Welding - Design

**AS ALLWYNN STEEL**  
SOLID SOLUTIONS

**(306)781-2226**  
6 Percival Drive, Emerald Park







# The Happy

## Thanksgiving / Halloween Family Skate Party


Dress up in your Halloween costume!

**FREE FOR ALL AGES!**

**MONDAY, OCTOBER 9TH from 1pm to 3pm**

Your Edenwold provides you with the opportunity to learn about RM projects and have your say.



LEARN MORE AT [WWW.RMEDENWOLD.CA](http://WWW.RMEDENWOLD.CA) OR SCAN HERE!

## Open House

# THURSDAY

## OCT 12

6PM TO 8:30PM

BRING THE KIDS!  
**TOURS +**  
LEARN WHAT BEING A FIREFIGHTER IS ALL ABOUT




FREE HOT DOGS ! 102 HUTCHENCE ROAD, EMERALD PARK, SK



## Municipal By-Election

for Reeve only

October 25, 2023 9am to 8pm

Advance polls will take place at the RM Office on:

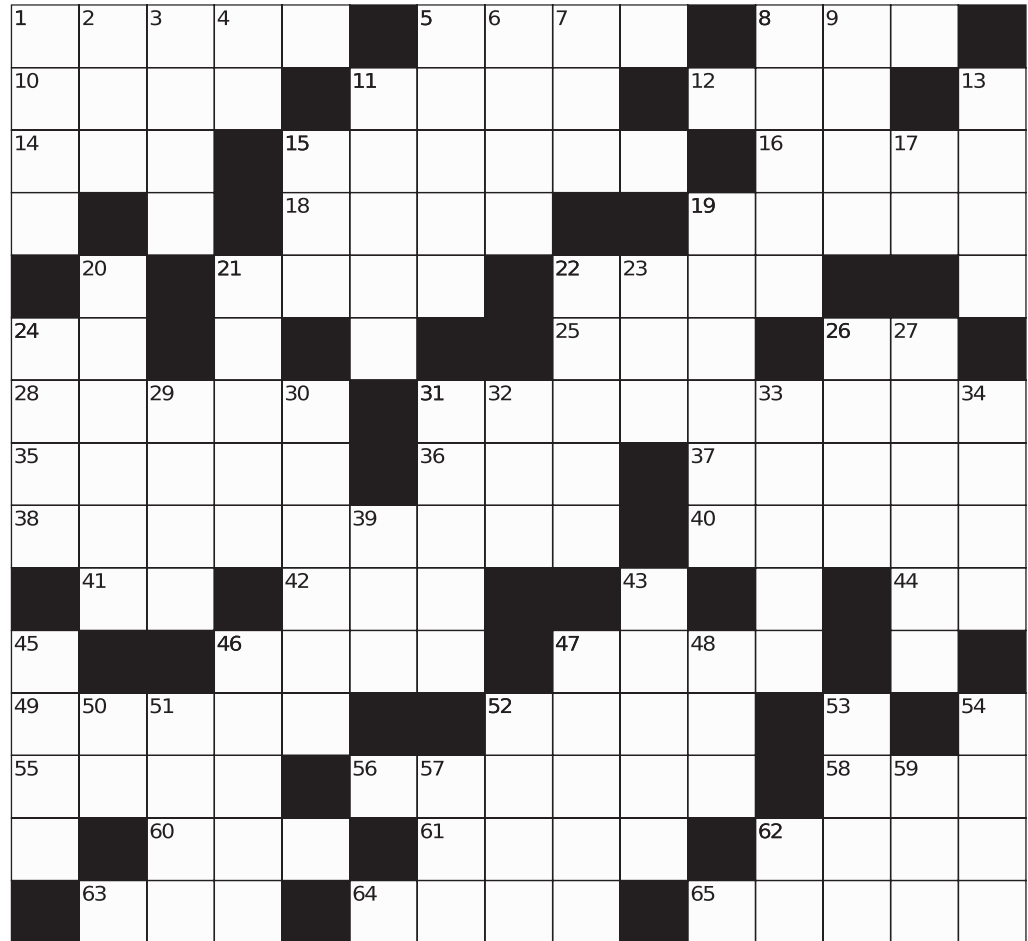
- October 16th - 9am to 6pm
- October 19th - 5pm to 8pm
- October 21st - 10am to 2pm



# Diversions

## ACROSS

1. Instrument panel
5. Delights
8. As
10. Military detachment
11. Gown
12. Of us
14. Handwoven Scandinavian rug
15. 4th letter of the Hebrew alphabet
16. Object of worship
18. Lazily
19. Main stem of a tree
21. June 6, 1944
22. Greet
24. Plural of I
25. Egyptian serpent
26. Therefore
28. White vestment
31. Belief in three Gods
35. Capital of Morocco
36. A dynasty in China
37. Wireless
38. Having three lobes
40. Asserts
41. Similar to
42. Charged particle
44. Part of the verb to be
46. Agave
47. Units of loudness
49. Firearm
52. Cart
55. Door handle
56. Procession
58. Sailor
60. Regret
61. Lacelike
62. Prefix, air
63. Jewel
64. French clergyman
65. Genuflect



## DOWN

1. Fold (flag)
2. Some
3. Goodbye
4. Neuter singular pronoun
5. Merry
6. Heed
7. To date
8. Riding whip
9. Official language of

11. Navigational aid
13. An alcoholic
15. Carried out
17. Not off
19. Volcanic material
20. Part of the Talmud
21. Transfer design
22. US State
23. Superlative suffix
24. Ugly growth
26. Team
27. Egyptian god
29. Sacred Egyptian bird
30. Star (Heraldry)
31. Baron
32. Rodent
33. Roof overhangs
34. Lichen
39. Jeer
43. Intoxicating
45. Annoys
46. Photograph book
47. Truss
48. Soap ingredient
50. Prefix meaning not
51. At the bow of a vessel
52. Dull
53. Double curve
54. Ancient Greek coin
57. Long-sleeved linen vestment
59. Crude mineral
62. Prefix meaning without

## SOLUTION:









Dr. Deryl Dangstorp



Dr. Kelsey Ross



Dr. Kyla Tzupa

# Emerald Park Dental Clinic

## Hours

Monday 8-5  
Tuesday 8-5  
Wednesday 8-5  
Thursday 8-5  
Friday 8-2

## Dentists

Dr. Deryl Dangstorp  
Dr. Kelsey Ross  
Dr. Kyla Tzupa

New Patients  
Welcome

General Dentistry

Emergencies  
Welcome



Dangstorp  
Dental

306.949.2767 • DangstorpDental.com

312 Great Plains Road, Emerald Park S4L 0B8



## A European vacation to please every type of traveller

When dreaming of a vacation, many of us crave a unique and authentic experience complete with delicious food. One picturesque place that fits the bill for any adventurous traveller is the Burgundy region in France,

known for lush vineyards, historic villages and exquisite cuisine. Here's why:

**A nature enthusiast's wonderland:** With rolling hills, meandering rivers and verdant vineyards, this region is full of captivating

natural beauty. Exploring the idyllic countryside is an opportunity to reconnect with nature and find solace in the great outdoors.

**A wine-lover's paradise:** Renowned worldwide for exceptional wines, Burgundy's wine culture is deeply ingrained in its identity, and its vineyards rank among the UNESCO list of World Heritage sites.

"Wine enthusiasts will relish in the chance to visit prestigious wineries, learn about the winemaking process and savour some of the finest wines France – and indeed the world – has to offer," says Chris Mark, travel expert with HV Luxury Travel, which organizes private tours and provides accommodation listings around the world.

**A foodie's fantasy:** Burgundy boasts a rich culinary heritage, celebrated for traditional dishes and premium ingredients. "From escargot to coq au vin," Mark says, "every meal is a delightful exploration of local cuisine."

**A culture vulture's nest:** Burgundy's history is steeped in tales of chivalry, royalty and architectural wonders. History enthusiasts will revel in the chance to explore historical landmarks, ancient abbeys and charming villages that seem frozen in time.

An active explorer's adventure: For travellers who prefer not to keep still during their holidays, there are plenty of ways to get your

- Continued on page 19

# 2023 OCTOBER

## Upcoming Events & Meetings

### Committee of the Whole Meeting

October 2 - 7PM  
October 16 - 4PM  
October 30 - 7PM

### Regular Council Meeting

October 16 - 7PM

Meetings are open to public  
and held at:

White City Council Chambers  
14 Ramm Avenue E

## White City Fire Department Open House

Tuesday October 10 - 5:30PM  
101 Gregory Ave East

Free BBQ & activities for all ages!

- Facepainting
- Fire truck tours
- Fire safety
- Meet the team!



White City

306 781 2355

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

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



In observance of  
**Thanksgiving**  
the Town Office will be  
**Closed**  
Monday October 9th.

## FALL CLEAN UP PROGRAMS

Branch Chipping  
September 25 - October 6

Clean Up Bins:  
October 11 - October 19

Leaf Bag Pickup:  
October 16 - October 27

For tips, reminders and FAQ check our  
website or social media pages!



Instagram: @whitcitysk



Facebook: Town of White City

Visit our Local Advertisers 

**Design Mortgages**  
 License # 316055  
*Designing Dreams*  
 Box 13 Station Main White City, Sask. S4L 5B1

**Lavonne Melle AMP** Cell: 306-535-3136  
**Mortgage Broker** Fax: 306-721-2419  
 License # 316387

Email: [lavonne.melle@DesignMortgages.onmicrosoft.com](mailto:lavonne.melle@DesignMortgages.onmicrosoft.com)

**PHARMASAVE**  
*Charles Obeng*  
 MPHARM RPH (PHARMACIST / OWNER)  
 P: (306)347-1270 / (306)201-6970  
 E: [charles.ps436@sasktel.net](mailto:charles.ps436@sasktel.net)  
[ps436@sasktel.net](mailto:ps436@sasktel.net)  
**7D Great Plain Road - Emerald Park**  
**20% off for Seniors**  
 Specialty Compounding • Vaccinations • 3 Month Prescription Dispensing



**WHITE CITY**  
 Quality Tools • Hardware • Electrical



32-6 Ratner Street, Emerald Park S4L 0E3  
 Ph: 306-502-3535 E: [laoqingsheng@hotmail.com](mailto:laoqingsheng@hotmail.com) f Qingsheng Lao

**ALEX PIZZA**  
**Pilot Butte**  
**306-559-3636**




**MOONSTONE BOOKKEEPING & ADMINISTRATION**  
**KAREN D. LOVELACE**  
 306-529-8495  
[moonstonebook1@gmail.com](mailto:moonstonebook1@gmail.com)  
[moonstonebookkeeping.ca](http://moonstonebookkeeping.ca)  
 Emerald Park, SK



**SHERWOOD GREENHOUSE & GARDEN CENTRE**



17350 Range Road 2190 | Regina, SK | 306-522-1116  
[www.sherwoodgreenhouses.com](http://www.sherwoodgreenhouses.com)

**Rispens LANDSCAPING**



306-522-1116 [WWW.RISPENSLANDSCAPING.COM](http://WWW.RISPENSLANDSCAPING.COM)  
 17350 RANGE ROAD 2190, REGINA, SK



## A European vacation to please every type of traveller

- Continued from page 17

activity fix. Mark's top tip – which will satisfy any type of vacationer – is to take an e-bike tour through the region. "The experience is unique, allowing travellers to connect with the land and people, to create lasting memories that go beyond the usual tourist spots," he says.

He adds, "It allows travellers of varying fitness levels to cover longer distances with ease, making it accessible to a wide range of adventurers."

Find more information and insider tips for a seamless and unforgettable trip to Burgundy at [hostedvillas.com](http://hostedvillas.com).

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

## Everything for Christmas Sale



Fabulous Venders

Saturday, November 4<sup>th</sup>, 10:00 - 5:00

Sunday November 5<sup>th</sup>, 10:00 - 4:00

Pilot Butte School Gym, 300 6th Street

(Northeast entrance, off 5th St.)

Find Everything for Christmas at this event!

Lunch, Snacks, Beverages available!

Crafters, Artists, Creators, Trades, and home-based businesses!

For more information visit:

[www.pilotbuttearts.ca](http://www.pilotbuttearts.ca)

PILOT BUTTE

Arts

LET'S CREATE

# OCTOBER 2023

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

All copy **MUST** be submitted on or before **October 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)

Special thanks to the advertisers for supporting the distribution of our newsletter. By using their services you support our community.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	Committee of the Whole Meeting - 7 PM	WHITE CITY Composting	EMERALD PARK Garbage	EMERALD PARK Recycling	EMERALD PARK Composting Preschool Storytime 10:00am	7
8	THANKSGIVING	WHITE CITY Composting White City Fire Department Open House	EMERALD PARK & WHITE CITY Garbage		EMERALD PARK Composting Preschool Storytime 10:00am	14
15	Committee of the Whole Meeting - 4 PM Regular Council Meeting - 7 PM	WHITE CITY Composting	EMERALD PARK Garbage WHITE CITY Recycling	EMERALD PARK Recycling	EMERALD PARK Composting Preschool Storytime 10:00am	21
22		WHITE CITY Composting	EMERALD PARK & WHITE CITY Garbage		EMERALD PARK Composting Preschool Storytime 10:00am	28
29	Committee of the Whole Meeting - 7 PM	WHITE CITY Composting HALLOWEEN	WHITE CITY Clean-up bins: October 11 - October 19 Leaf bag pickup: October 16 - October 27		CASA ROSA/JAMESON ESTATES Garbage pick up every Tuesday Recycling pick up every Thursday	

## WC/EP RECREATION INFORMATION/REGISTRATION CONTACTS:

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

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

**CHENGLIDA ENTERPRISES LTD.**  
Landscape Service

**OUR SERVICES:**  
Snow Removal • Yard Maintenance • Fence • Grass & Plant Building Cleaning • Installation • Indoor & Outdoor Decoration

**Book Now for Snow Removal**

639-999-8108 | 306-807-3666 | [llc666llc666@gmail.com](mailto:llc666llc666@gmail.com)  
Unit 30 - 6 Ratner St, Emerald Park, SK

**PARAGON FUNERAL & CREMATION SERVICES**

• Family owned & operated  
• Serving Regina and area for over 20 years  
• Full service funeral provider

**MILES & LOUISE ERNST**  
521 VICTORIA AVENUE, REGINA, SK  
(306) 359-7776  
[PFCS@ACCESSCOMM.CA](mailto:PFCS@ACCESSCOMM.CA)  
[WWW.PARAGONFUNERALSERVICES.COM](http://WWW.PARAGONFUNERALSERVICES.COM)

*Celebrating 30 Years of Business*

**EMERALD PARK HOMES LTD.**  
Custom Builder, Our Quality Shows

**Garry Sawchyn**  
President and C.E.O.  
76 Great Plains Road  
Emerald Park, SK S4L 1C3  
Phone: 306-781-3383  
Cell: 306-596-0577  
[emeraldparkhomes@sasktel.net](mailto:emeraldparkhomes@sasktel.net)

[www.emeraldparkhomes.ca](http://www.emeraldparkhomes.ca)

Whatever it takes to **BUILD.**

REGINA | 306.721.2666 **Redhead**

**Serbu SAND & GRAVEL LTD.** 306-781-4595

Discounts For White City & Emerald Park Area  
Sand & Gravel • Topsoil • Aggregates  
Lorne Serbu White City

**RE/MAX**  
CROWN REAL ESTATE

**TROY GORDON**  
REALTOR®

Office: 306-791-7666  
Cell: 306-530-7862  
[troy@remaxregina.ca](mailto:troy@remaxregina.ca)

**BERGER CAVAN GROUP**  
Chartered Professional Accountants and Business Advisors

Phone: 306.347.2244 Website: [BCGLLP.ca](http://BCGLLP.ca) Right on the money.