

White City & Emerald Park

MAY EDITION, 2022

Community Newsletter



If your yard or home is looking bleak...you gotta call Unique! (In White City!)

Ten years ago we moved into our home in Emerald Park. Having lived in the city up until then we were excited to move to a smaller community with more yard space and that small town feel. We built the house ourselves (well my husband did, I provided moral support and the occasional meal or beverage.) Even after all this time it still feels

like we have more to do. I suppose owning and maintaining any home is much like what they say about the Golden Gate Bridge... you start at one end to do regular maintenance and by the time you get to the other it is time to start all over again.

I believe it was about a year after we moved in that we decided to get some

trees into the ground so we could start enjoying them as soon as possible while giving them the most time possible to get growing! We started with fir trees around the perimeter of the yard and have been adding to the landscape ever since.

Last summer we visited Unique Garden Landscaping (at that time on Broad Street) and carefully placed

our new (big!) trees on the back of our truck and slowly worked our way home with our beautiful new additions soon to be planted in the yard. The team at Unique was fabulous to deal with showing us trees that would have the best chance of surviving our unique (no pun intended) soil and would grow quickly to help finish off our vision for the yard.

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

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Call 306-522-0050 for details



Group of Companies

If your yard or home is looking bleak...you gotta call Unique! - Continued from page 1

We plan to keep adding until we feel like the yard is what we've always wanted - lush, green, and full of trees, shrubs and for me, low maintenance flowers.

The good news is that this year when we go to purchase from Unique, again, we can do so simply by visiting Deb and Travis Cal-

laghan's acreage in Mead-ow Ridge Estates. Deb and Travis have owned Unique Garden Landscapes and Construction since 2016 and have lived in White City even longer - since 2002. We all know that tree planting and landscaping can be challenging and some of us are up for it and some of us not so much. But the end game is always to have a beautiful yard. Deb and Travis learned a ton when they bought their acreage, and that knowledge has helped them and their customers tremendously over the years. Having built their own homes, a cottage in 2000, and in renovating and building for customers for many years the two are a force to be reckoned with - they not only can make your life better inside your house but outside too. The great news for us as residents of Emerald Park/ White City and area, is that they are our neighbours. The days of visiting Broad Street North only to drive home at an ungodly slow speed, to save our purchases from damage on the trip, are now behind us. You can literally visit their acreage for everything they had at the store and more and take the quick trip home once you've chosen what you want for your yard. You can also shop online on their web site at uniquegardenlandscapes.com

It's important to note that because of Covid and the subsequent time we have all spent in our homes and yards the last couple of years the demand for plants and trees has been significant. In order to accommodate demand last year many growers were digging trees out earlier than they normally would and selling them immediately. So, if big trees are what you're after, when you visit Unique on the Callaghan's acreage, I suggest you snap them up quickly because they will be few and far between. Having said that Deb assures me that there will be more

coming in August just in time for a great time of year to plant - in the cooler weeks of fall.

I mentioned earlier that some homeowners are up for the challenge of landscaping, and some aren't. Some feel comfortable doing the planting, but not the designing, and some want nothing to do with any of it other than to enjoy the results. The Callaghan's can provide whatever you need whether it is simply to help guide you in your tree and plant choices so you can plant where you choose to, or they can actually come out to your yard and provide guidance on the actual design. When Deb told me that they offer a one-hour consult for only \$50 I had to ask her if she knows they could be charging a much higher premium for this valuable service.

She knows. But they love it, and they know that if they can help you figure out the final plan the odds are good you'll buy your products from them.

If you're one of those people that want a fabulous yard but want nothing to do with the plan, or the planting, you can absolutely hire them to take care of every single part of your landscaping. When working from home last summer, I had a birds-eye view of

this exact service they provide when I watched them landscape our neighbours yard filling in every nook and cranny with something green and beautiful right down to a drip system to ensure all the new greenery stays alive and flourishes. One of the trees they planted took on the colours of orange and black in early October and I absolutely fell in love with that tree. It's on my list to buy one just like it this year. To say they did an incredible job is an understatement. I watched their crew of people tenderly plant each bush and tree and the final result is stunning.

I am personally thrilled that they have moved the business out here. In true White City/Emerald Park fashion we continue to attract more and more businesses and it sure makes our quality of life better not having to drive into the city for every single thing anymore. (Remember the days when a missing ingredient for a meal meant a trip back into Regina?)

We can all collectively "wet our plants" in anticipation of their grand opening on May 6th. Visit their shiny new website at uniquegardenlandscapes.com for more information.

Happy planting!
Trish Bezbortko



laghan's acreage in Mead-ow Ridge Estates. Deb and Travis have owned Unique Garden Landscapes and Construction since 2016 and have lived in White City even longer - since 2002.

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The great news for us as

Unique
Garden Landscapes & Construction

306-777-0186 **White City, SK**
www.uniquegardenlandscapes.com

Haas Physical Therapy

Jannah and Michael first opened Haas Physical Therapy in Melville, SK in the Spring of 2019. Prior to that, Jannah Haas had practiced for 10 years in inpatients and outpatients at the local hospital (St. Peter's Hospital). When Covid started back in March of 2020, Michael and Jannah were troubled with a difficult decision. Moving to a larger center was being recommended by Michael's work and it was going to be more ideal for him to be closer to head offices for his position as an account executive with 3M Canada. "I loved living in my hometown of Melville, but I knew moving to a larger center would be helpful to Michael's career. As a physical therapist, I can pretty much work anywhere", says

Jannah. In August of 2020, Jannah and Michael purchased their house in White City and moved their two beautiful daughters, Hailey and Abigail. "We like White City because it still has that small town feel and has large city convenience so close. We have a lot of friends and family in the area, and Melville is not a long drive to see my parents", says Jannah. Jannah decided to first practise out of the Dash and Reed Sports Medicine clinic along Dr. Reed, Dr. Joss, and Dr. Dufour for the first 1.5 yrs. "The Doctors and staff were very welcoming and supported me through this transition as I rebuilt my business. I don't think I could have been successful without their sup-



- Continued on page 4



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Haas Physical Therapy

- Continued from page 3



port", says Jannah. Jannah is thankful for how supportive the communities of Emerald Park, White City, Balgonie, Pilot Butte, and all the communities east of the #1 highway have been for her business. She also is humbled and thankful for the client's that continue to travel to see her from the Melville/Yorkton area.

Jannah's caseload grew quickly, and it was time to make that scary decision

that small business owners eventually face. Do you take on your own location and grow your team of Therapists, or stay the same size? Covid has made small business owners more nervous about investing/growing their businesses with the possibility of lockdowns. Jannah and Michael decided to take the risk and signed a lease at 336 Great Plains Road in Emerald Park. "I was nervous about

this decision, but also very excited. I know this area can support a full clinic with several Physical Therapists and possibly other health care disciplines. Currently there are three of us (Physical Therapists) and we have room for two more team members. As we get busier, we will decide what disciplines to add", says Jannah. Services the clinic is currently providing include (but are not limited to) pre & post surgical care, sports related injuries, injury prevention, joint dysfunction, neurological conditions, pelvic floor dysfunction, and improving general mobility. The

clinic also is also very fortunate to welcome Clayton Spalding (Spalding Orthopaedic Design Inc) to the clinic every second Thursday. Clayton is a certified orthotist and qualified to custom build foot orthotics, ankle foot orthotics, lower extremity prosthetics, knee braces, wrist braces, spinal bracing, footwear modifications, and specialized helmets.

Jannah and Michael would like to thank the local communities for supporting their clinic and look forward to serving them into the future. See you soon!




Crocus
Art Show & Sale
May 14th & 15th, 2022
Saturday 10 a.m. - 5 p.m. Sunday 12 p.m. - 4 p.m.
PILOT BUTTE Arena (East Entrance - 2nd door)
222 Diamond Place, Pilot Butte, SK
Featuring Talented Artists
Exciting Vendors
& Student Art
from the Pilot Butte School
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www.pilotbuttearts.ca
Email: pilotbuttearts@gmail.com
PILOT BUTTE

LET'S CREATE




There's no such thing as too much green

During the week, every minute counts; simple, quick, healthy and



oh-so-tasty, this green power bowl is the recipe you can put on your calendar several times a week.

With the crunch of the salad and the smooth, comforting texture of avocados from Mexico, this recipe will surprise you with every bite.

This power bowl will give you all the energy you need to get through the day, with vitamins, good fats and great taste.

Green Power Bowl

Prep time: 25 mins - Cook time: 5 mins - Portions: 2-4

Ingredients:

Vinaigrette

- 1 medium ripe avocado
- ¼ cup apple cider vinegar
- 1 tbsp Dijon mustard
- 1 tbsp lemon juice and zest of 1 lemon
- 1 tbsp nutritional yeast
- Salt and pepper to taste
- ¾ cup good olive oil

Salad

- 2 avocados from Mexico, diced
- 2 tbsp lemon juice
- 2 cups washed and shredded kale leaves
- 1 cup salad niçoise or escarole
- 4 Brussel sprouts, thinly shaved
- ¾ cup thinly shaved cabbage
- 2 cups cooked broccoli
- 1 cup cooked green beans cut in 1" pieces

Directions:

1. For the vinaigrette, in a food processor, combine all ingredients except the olive oil.
2. Once the mixture is smooth and creamy, slowly stream in olive oil until just combined.
3. Place in a sealed container that is easy to shake whenever you want a portion.
4. For the salad, toss all the salad ingredients into a large bowl. Top with desired amount of avocado vinaigrette and serve.

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Burnout: How to spot it and take action



Most of us know burnout is something to be avoided, but preventing it seems to be getting more of a challenge.

In fact, according to a recent survey, the percentage of respondents who rated their mental health as excellent or good has dropped 12 percentage points since 2019. The same survey reveals feelings of burnout were the main source of stress related to this drop.

Moreover, Canadians who said they had poor mental health were also more likely to take time off from work due to disability than those who reported good

mental health.

"A third of our new disability claims from 18 to 39 years old were related to mental health last year – and this is trending upward since 2019," says Maria Winslow, senior director of life and health at RBC Insurance. "It's no doubt been a challenging and unpredictable time for many working Canadians and it's had a major impact on mental health."

The mental, physical and emotional exhaustion that are hallmarks of burnout can start to creep up on you. Left unchecked they can also lead to other serious health problems like

heart problems, digestion and mood disorders. Though often associated with work, burnout can happen in other situations too – the common factor is ongoing severe stress.

Here are signs you need to watch out for:

- Sleeping too much or too little
- Lack of motivation and feeling disengaged
- Cognitive problems – difficulty focusing
- Feeling isolated
- Feeling numb or a sense of dread
- Physical and/or mental exhaustion
- Tension headaches, stomach issues
- Cynicism, anger or irritability

What you can do:

- Look for something big or small you enjoy
- Reaffirm work-life boundaries
- Practice self-care strategies
- Get active and eat well
- Take a vacation and really relax – even when it seems impossible
- Develop a support network made of trusted family, friends or a therapist

Another important action that can help is to speak with an expert about disability insurance, which can replace your income if you can't work due to mental health issues related to burnout.

Find more information at rbcsinsurance.com/disability.

www.newscanada.com

ERES Community Council (ERESCC)

Upcoming Dates:

- May 23** Victoria Day (No School)
- June 17** Teacher Prep (No School)
- June 27** Grade 8 Farewell (7:00pm)
- June 28** Last Day of Classes for Students



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 emerald-ridgeschool@pvsd.ca and we will email you the registration form. Early registrations assist ERES to plan for the upcoming school year.



Link can be found on the school website or at: www.emeraldridgeelementaryschool.entripyshops.com



**FAMILY PICNIC
FRIDAY, JUNE 10th**


Home of the THUNDERBIRDS!


Emerald Ridge Elementary School Community Council (ERESCC) Mission:

"To share the responsibility for the learning success and well-being of all students in Emerald Ridge Elementary School, while encouraging and facilitating parent and community engagement in school planning and improvement processes."



GREENALL Update GRIFFINS

 @greenallschool

 Greenall High School

BADMINTON SEASON UNDERWAY

Jr. and Sr. badminton are in mid season. Although the Jr's have not yet played any games, they are currently practicing and are preparing for pre-zone and zone playdowns which are being held after the Easter break. The Sr. Badminton team has competed in an exhibition tournament in Melville which was held on Monday March 28. The team had several 2nd and 3rd place finishers at the tournament.

Our Sr. Badminton team also competed in the zone playdowns in Lumsden. Our Griffins played extremely well throughout the day. In girls singles Alexis Petford finished in 2nd place, boys singles Logan Cappelle finished in 3rd place, girls doubles Ashlyn McCullough and Anika Ottenbreit finished in 2nd place, boys doubles 2 teams - Tate Olsen and Kyler Faucher finished in 1st place and Carter Lachance and Riley Munro finished in 4th place, and in mixed doubles Jayna Stoudt and Kaelan Smith finished in 2nd place. Our teams that finished 1st or 2nd have now advanced on to the district playdowns which are being held on April 27th in Kipling. Best of luck to all players!



GREENALL ONE ACTS

Greenall hosted Saskatchewan Drama Association's Region 5 One Acts Festival on April 8-9. There were 140 participants, 5 PVSD schools, 7 plays, 7 tech rehearsals, 7 production workshops, 2 adjudicators, 1 banquet, 1 awards night and 1 spontaneous dance party.

Griffin Drama presented "10 Best Worst Things About High School" and "Property Rites" on the Friday evening session of the festival. Griffin Drama took home a whopping 30 awards including all the major awards. "Property Rites" won a berth to Provincial Drama Festival which takes place May 5-7 at the Riddell Centre - U of R. We are so proud of all of the students, staff, community members, and volunteers who have dedicated so many hours to making these productions so memorable and special!



HISTORY 20 UPDATE

History 20 students at Greenall High School researched the harsh conditions for soldiers fighting in trenches along the Western Front in World War 1. Ravaged by disease, wet conditions, mustard gas and artillery fire, students simulated and then reflected on the sacrifices made our Allied troops. As we move on to study the Russian Revolution, our thoughts are with those fighting and the millions displaced by the current Russian invasion of Ukraine.



SLC SPIRIT WEEK

SLC students put together their monthly spirit week that consisted of a number of special events to spread some Easter Spirit. Students partook in a variety of dress up days, and trivia games for prizes!



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 wgccommunications@gmail.com 3 days prior

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



How to attract feathered friends to your backyard.

Nest boxes, feeders, plantings attractive to birds, shelter, water and the safety and health of birds will be covered.

Alan Smith



An exciting scientist, inspired wildlife artist and all-around outdoor enthusiast, Alan Smith has travelled Saskatchewan extensively seeking the records of fellow birders and in search of new bird sightings. He is author of *Atlas of Saskatchewan Birds*, a comprehensive guide chronicling bird sightings in Saskatchewan, and has worked for the Canadian Wildlife Service for close to 30 years. This career has taken him all over Costa Rica to study North American songbirds. Most recently, he has been involved in the establishment and operation of the Last Mountain Bird Observatory on the north shore of Last Mountain Lake.

Wed. May 11th, 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 May 11th

Visitors drop in fee \$5.00 or for virtual meeting send email address to and then e-transfer \$5.00/person to wgccommunications@gmail.com by May 8th

Info: www.whitecitygardenclub.weebly.com/wgcg-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](#) White City Public Library Branch [t](#) WhiteCityLib

MAY 2022 PROGRAM & EVENTS CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Canadian Children's Book Week: May 1-7	2 Resume Writing 6:30pm Please Register	3 Ruth Ohi Workshop 10am Board meeting 8:00pm	4 Closed for Staff Workshop	5	6 Preschool Storytime 10:00am	7 Family Floor Curling 11:00am
8	9 Lego Club 6:00pm Drop-in /All ages	10	11	12	13 Preschool Storytime 10:00am	14 Family Pickle Ball 11:00am
15	16 Craft & Chat 1:30 pm Adult drop-in	17 Adult Book Club 6:30 pm	18	19	20 Preschool Storytime 10:00am	21 Family Floor Curling 11:00am
22	23 Closed for Victoria Day	24	25	26	27 Preschool Storytime 10:00am	28 Family Pickle Ball 11:00am
29	30 Lego Club 6:00pm Drop-in /All ages	31				



CHILDREN'S PROGRAMS

Preschool Storytime ~ Drop-in

Fridays @ 10:00 AM

May 6, 13, 20, 27

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

Makerspace Programs this Month

Family Floor Curling, May 7 & 21

Family Pickle Ball, May 14 & 28

Canadian Children's Book Week

Choose Kindness: Picturing Stories

Cartooning Workshop with Ruth Ohi

Tuesday, May 3 at 10am via Zoom

To Register visit southeastlibrary.ca

ADULT PROGRAMS

Adult Book Club

Tuesday, May 17 at 6:30 pm

Our Little Lies by Sue Watson

New members welcome!

Resume Writing Workshop

Monday, May 2 @ 6:30pm

A presentation by Candace Seon on

How to Write Your First Resume.

Teens welcome! Please register

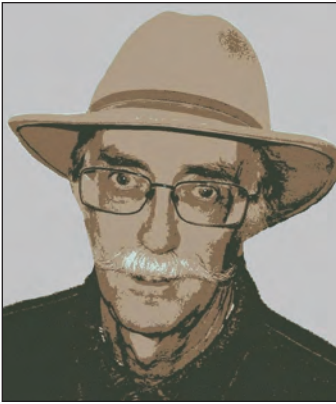
Craft & Chat - Drop-in

Socialize, skill share and connect with fellow crafters.

Monday, May 16th 1:30pm

To register for programs, please call 781-2118.

WWW.SOUTHEASTLIBRARY.CA [f](#) [t](#) [w](#) [s](#)



Off the Beaten Track

- By John Panter

Back in February someone hacked into the GiveSendGo crowd-funding website and the stolen file with names of supporters of the Canadian truckers Freedom Convoy was made available to various Canadian police forces and media outlets.

This information was potentially helpful to Ottawa City acting police chief Steve Bell, who advised that "If you are involved in this protest we will actively look to identify you and follow up with financial sanctions and criminal charges." The financial sanctions he was referring to included the freezing of bank accounts of several hundred Canadians.

The Emergencies Act invocation was a shameful chapter in Canadian history and the prime minister and his government will have to live with the shame, assuming they care which, I'm willing to bet, they don't. Canadians, on the other hand, who saw our rights and freedoms eroded, do care.

The Canadian print media didn't exactly cover itself in glory either. The hacked names of individuals who gave money to the truckers to help defray their expenses on the drive to Ottawa were leaked to newspapers across Canada, from the Nanaimo News Bulletin in the west to The Independent in Newfoundland.

In suspiciously similar

news stories, too similar to be coincidental, support for the Freedom Convoy was portrayed as socially inappropriate if not outright illegal. Some papers, the Prince George Citizen for example, merely wanted to show contempt for anyone financially supporting the truckers without actually naming them.

Everyone who the Citizen contacted declined to confirm or deny if they had actually given money to the cause. This leads me to believe that the residents



Have you ever seen a story in a newspaper in which someone was asked why he had donated 50 bucks to the United Way? Neither have I.

of Prince George are smarter than the newspaper's reporters. They may not have wanted to be identified and have the delightful experience of having their bank accounts frozen or having criminal charges levied against them by the busy little Ottawa police chief who informed us that "this (criminal) investigation will go on for months."

The Public Record in Hamilton, less subtly, listed the dollar amounts given by un-named Convoy supporters by postal code and identified their businesses: florist, mortgage broker, yoga instructor etc., letting the readers do their own sleuthing if so inclined.

Similarly, The Abbotsford News breathlessly informed their readers "A Langley

shooting range is one of the biggest contributors at \$23,000." (How many shooting ranges can there be in Langley?)

Some newspapers threw caution to the wind. The Peterborough Examiner ratted out, by name, a \$25,000 donor who, although he has given hundreds of thousands of dollars to local charities such as food banks and women's shelters, declared bankruptcy in the 1980s and was implicated in a shady land deal. (He must be bad and even

form used to raise money for controversial figures." (Whether it was the controversy or the Christianity that they found more offensive, The Northern View didn't say.)

Have you ever seen a story in a newspaper in which someone was asked why he had donated 50 bucks to the United Way? Neither have I.

What motivated more than fifty Canadian newspapers to condemn the truckers convoy and intimidate their financial supporters? We do know that The Abbotsford News received \$244,162 in federal government subsidies out of the \$600 million budgeted in 2019 for newspaper hand-outs. The Prince George Citizen received \$276,888 from the same source.

We know too that Justin Trudeau and his government hated the Freedom Convoy, the truckers, and donors to their cause. ("A small fringe minority holding unacceptable views.")

Six hundred million dollars can buy or rent a lot of loyalty from the news media and the government's investment seems to have paid off.

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



hundreds of thousands of dollars of charitable giving can't, apparently, buy redemption even after 40 years.)

The Waterloo Record named and identified a Catholic School Trustee who gave \$200 and was "un-vaccinated." (Beneath contempt, right?)

The Independent in Newfoundland tagged Ches Crosbie, the former Newfoundland P.C. party leader, who gave \$800 "to the Freedom Convoy which has been linked to far-right, white supremacist groups." (Hint, hint; maybe ol' Ches is a white supremacist.)

The Prince Rupert Northern View made sure that its readers understood that GiveSendGo was a "Christian fund-raising plat-



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White City, SK

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Opening May 6 – Meadow Ridge Estates



Anger Makes Things Worse

- By Gwen Randall-Young

This is a knee-jerk, primitive response, and as a civilization, this has not served us. It is clearly time to evolve beyond this way of thinking.

Look at our world today. Never has there been so much divisiveness.

Individuals, families or groups may find that conflict becomes a central facet of existence. There is always something, or someone, to rage about, either silently or openly. However, true joy is impossible in an angry heart, and anger never brings peace.

Marshal Rosenberg, a global mediator, did not seek to

Life presents opportunities daily for us to get caught up in polarity, negativity and conflict. Whether it be something in our personal lives, our work situation, or a global issue, anger can be triggered. We may justify our anger based on the actions of others.

our lives, and will ultimately wash away all signs of our existence. The same, eventually, will happen to our entire species.

Of what consequence will be our battles with individuals or nations? What will it all have been for?

As individuals, and as a species, we must ask ourselves how well we are utilizing our evolutionary potential. What separates us from other animals is our ability to think, plan and communicate with each other. Whenever we fight, we are at our most primitive.

Yes, there will be problems, disagreements and differing viewpoints in any situation. We must care enough

to consider the other's point of view, and work to create respectful relationships where we can work together to find solutions.

The time will come when we are all gone. There may be no memory of our existence on this earth. Somewhere however, our souls will carry the memory of how we lived here, and how we treated one another.

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



**“Nothing is permanent.
Nothing is worthy of anger.
Nothing is worthy of dispute.
Nothing.”**

- From Heart of a Buddha



Some may say that another made them so mad, as though that person caused them to behave as they did.

This way of thinking allows the angry one to take no responsibility for their behaviors. It is important to clarify that we are talking about angry behaviors, not feelings.

Something can trigger our anger, but the way we respond is totally our own choice and responsibility.

If you do not agree with this, what would you say to a husband who beat his wife, and argued, "I wouldn't have had to hit her if she hadn't lipped me off."

get parties to agree about their interpretations of the situation. It was about ceasing the fighting, and then looking for options both could live with, despite their differences.

I remember spending hours building intricate sand castles at the beach. Soon the waves began lapping at the edge of the structure, and eventually washed it away. In the end, the beach was completely smooth, flat and pristine, with no sign of what had once been.

We are no more permanent than the sand castle. Time laps at the edge of

Pilot Butte Arts 2nd Annual
ARTIST RETREAT

June 23 - 26, 2022
Pilot Butte Arena

Thursday 2:00 pm - 8:00 pm
Friday 8:00 am - 8:00 pm
Saturday 8:00 am - 8:00 pm
Sunday 10:00 am - 4:00 pm



Inviting participants of all skill levels!
Artist, artisan, creator, maker – Whatever your medium, you are welcome! Create art without distraction of work or family responsibilities.

Get inspired. Benefit from other participants through mutual sharing of styles, ideas, and techniques.

**Early bird price until May 1st:
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Register at: www.pilotbuttearts.ca
Email: pilotbuttearts@gmail.com



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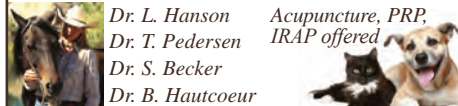
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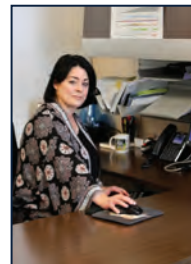


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Fill in the blanks with the words. To help you get started one letter is already in place.

3 letter words

RAM
TEA

4 letter words

POND
STIR

5 letter words

ATHOS
DOZEN
FLOUR
GLOVE
I HOPE
LINDA
LINEN
ROADS
SPADE
SPEAK
VOICE
YUCCA

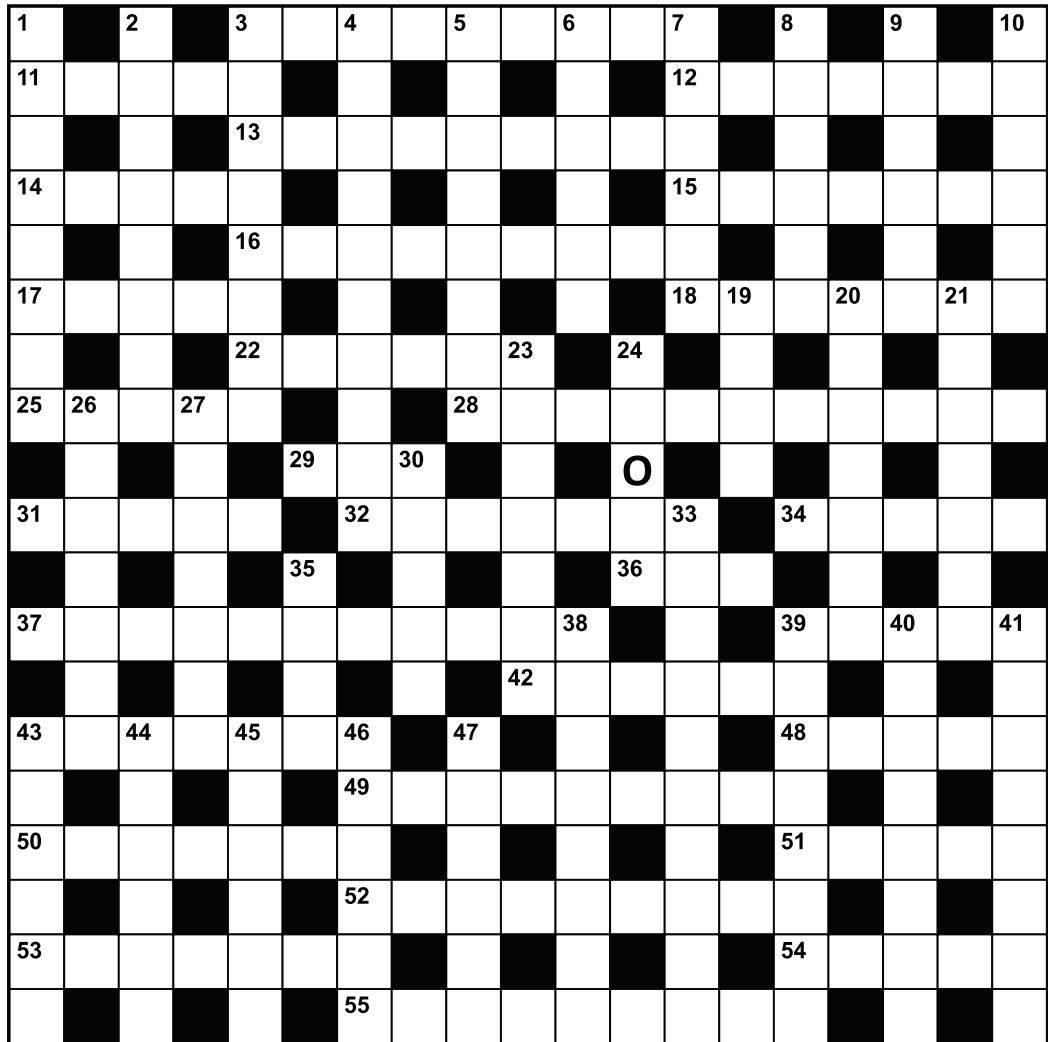
6 letter words

APPLES
BABOON
ENAMEL
INLAID
PIRATE
RUFIOUS
SPONGE
SPOTTY
STATUE

TALENT
TATAMI
TOBAGO

7 letter words

BORDERS
BUFFALO
DIVIDED



EPISTLE
LUGGAGE
NEAREST

SHAMPOO
STARTUP

LICENSEE
NO CHARGE
NONSENSE

9 letter words
PEPPERONI
POGO CELLO
RETRACING

10 letter words
PARABOLOID
VEGETABLES

OPULENT
OVERLAP
PALERMO
PEASANT

8 letter words
BICYCLES
DELIVERY
GOLCONDA

SEPARATE
ZANZIBAR

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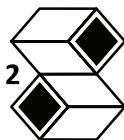
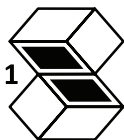
11 letter words
EVELYN WAUGH
TRADITIONAL



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

HOW MANY?

COUNT & CALCULATE

? + ? + ? + ? = ?

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

Math crossword

4 - 2 =

+ -

- 7 = 2 + 8 =

+ 6 = 6 =

- 5 = - = 5

- 1 = 3 - =

= 8 = 9 - = + 5 =

3 + 3 = - 4 =

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2022 MAY



Saskatchewan Association of Fire Chiefs 50/50 Raffle

We are excited to announce that the White City Fire Department is now taking part in the Saskatchewan Association of Fire Chiefs Weekly 50/50! SAFC 5050 Raffle

Head to: <https://www.rafflebox.ca/raffle/safc> and select White City Fire Dept from the drop down and purchase your tickets!

Summer Festival is back! June 11th, 2022

More info on whitecity.ca

Spring Clean Up Dates

Branch Chipping

May 2 - 13, 2022

Leaf Bag Pick-Up

May 16 - 27, 2022

Clean Up Bins

May 18 - 26, 2022

Office Closure

Town Office
will be
closed on
Victoria Day,
May 23rd, 2022

We will re-open
May 24th 2022
8AM - 5PM

Upcoming Meetings

Committee of the Whole

May 2, 2022 at 7:00PM

May 16, 2022 at 4:00PM

May 30, 2022 at 7:00PM

Regular Council Meeting

May 16, 2022 at 7:00PM

Meetings are open to public and held at:

White City Council Chambers

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whitecity.ca

The Year of the Garden is worth celebrating



While each spring we celebrate the return of gardening season, this year's celebrations may be extra special. The Canadian Garden Council and Communities in Bloom are inviting individual gardeners and municipalities to celebrate gardening in Canada.

Whether you are a long-time gardener, or just took up the pastime during the pandemic, the Year of the Garden is a great opportunity to grow your interest and your skills.

Gardens and gardening come with a wide array of benefits. Creating more urban green spaces has long-term sustainabil-

ity benefits. For example, plants and gardens produce oxygen, sequester carbon, and mitigate the heat island effect in urban areas. Gardening also has individual health benefits for gardeners and broader societal health benefits by creating spaces for us all to enjoy active living.

Gardens and gardening also create important economic benefits, including attracting residents and visitors to communities across the country.

But growing healthy lawns, flowers and vegetables can be challenging. Just as farmers must overcome threats from insects,

weeds and diseases to grow safe and healthy food for Canadians, gardeners face similar challenges. Careful planning and management are important to success. When pest challenges threaten your lawn or garden, there are pest control tools available that

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Let's all celebrate The Year of the Garden and the many benefits that gardens bring to our communities.

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May 2022

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

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

We do offer a classified section containing advertisements, items for sale, employment opportunities, etc. Everyone is welcome to put meeting dates, birthdays, anniversaries, etc. on the calendar, free of charge.

Please email: shannon@westernlitho.ca

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 - 7:00pm	WHITE CITY Composting	EMERALD PARK Garbage	EMERALD PARK Recycling	EMERALD PARK Composting	7
8	MOTHER'S DAY	WHITE CITY Composting	EMERALD PARK & WHITE CITY Garbage		EMERALD PARK Composting Preschool Storytime at White City Public Library 10am	14
15	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 Preschool Storytime at White City Public Library 10am	21
22	VICTORIA DAY	WHITE CITY Composting	EMERALD PARK & WHITE CITY Garbage		EMERALD PARK Composting Preschool Storytime at White City Public Library 10am	28
29	Committee of the Whole - 7:00pm	WHITE CITY Composting		CASA ROSA/JAMESON ESTATES Garbage pick up every Tuesday		

WC/EP RECREATION INFORMATION/REGISTRATION CONTACTS:

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