

# White City & Emerald Park

## Community Newsletter

SEPTEMBER EDITION, 2021



### Cheering for Our Communities

My career has afforded me the opportunity to meet some very interesting people. I am not really all that impressed with “celebrity” as really, they are just people too. (Ask me about the time Lou Diamond Phillips was in town to do a show at one of the local clubs and ran his finger under my chin while I interviewed him for a radio piece I was doing...ya not impressed...) I am however impressed

by politicians (the ones I like anyway) because I find their jobs fascinating and I admire what they have to put up with to fulfill the roles that they accept after being elected.

Suffice to say when I met our current Prime Minister, a couple of years ago, I didn't bother to get a picture taken with him though I should have as I likely would have thrown darts at it on our basement dart

board. He “stopped in” to one of the radio stations I work for a while back to be interviewed by the voice of Saskatchewan agriculture Jim Smalley. I was more impressed with his security detail (Justin's not Jim's – though Jim should consider it haha).

Last weekend at the Rider game I met our Member of Parliament and former leader of the federal Conservatives, Andrew Scheer.

The back story is that my son attended the game with us and texted his friend to tell him Andrew was sitting in the suite beside us. His friend didn't believe him, so we asked Andrew for a picture to prove it. That ended the text war dead in its tracks, and I figured I would get a photo taken too.

I shared with Andrew that I volunteer to write for our local newsletter and that it might be fun to do an inter-

- Continued on page 2

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## Cheering for Our Communities- *Continued from page 1*

view considering we have another election coming up in just a few short weeks. Accommodating as he was for the photo shoot, he agreed to meet at his constituency office in Regina.

He's literally just one of those nice guys. His entire family is nice, his brother-in-law (Jon Ryan) is an incredible football player (also a nice guy) and when you meet Andrew you can just tell he is a happy person who is in the world of politics for the right reasons.

He really did get into politics to help make our country a better place to live.

I asked him what is keeping him up at night these days, and while I am sure the fact that he has five kids (ranging in age from five to 16) would be a good reason for lost sleep some nights, he shared that he really

believes that Canada can simply not afford another term with Justin Trudeau and his party at the helm.



Runaway deficits and runaway inflation should scare us all and has maybe even kept you up at night these last few months. COVID has

certainly wreaked financial havoc on so many levels.

Imagine adding higher interest rates to the mix if

don't count. Under the First Past the Post system, many feel the election is often "over" before we even start counting votes in this part of the country. Scheer says that in order for change to happen the Conservatives have to hold on to the seats they won in 2019 (including his) and grow that base even further.

He reiterates how important it is for all of us to vote no matter what.

We talked about some of the important projects that have taken place in his constituency including the construction and placement of the White Butte RCMP attachment in Emerald Park, the oh-so-important bypass that was built in record time, and ongoing work on sewer and water projects for our area. He continues to work with communities

inflation continues growing at its current speed.

Andrew sees that there is a sense of frustration in the west that our votes simply

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on energy, environment, and equalization (which we will know is far from equal).

Scheer, and the Conservatives, has championed our oil and gas workers. It only makes sense that we would use more Canadian oil and less foreign oil from Saudi Arabia and Venezuela doesn't it? Why wouldn't we support our own oil and gas industry which of course spins off into job creation and job security at places like Evraz? You may not agree with all that he and the party stand for, but I hope you would agree that freedom of speech is of utmost importance as other parties seek to quash that with flawed bills such as C-10, which has not yet passed - and may never pass - depending on the results on September 20th.

Do we really want a government telling us what we can and cannot post online?

(Although that might come in handy on the Community Voice for Emerald Park and White City page from time to time.)

And do we really want a Prime Minister who tells a reporter to "forgive me if I don't consider monetary policy". Seriously? You are the leader of the country sir. Monetary policy must be considered with nearly every decision you make. And yet, with the state of our country's finances it is obvious that in this regard Justin Trudeau is actually true to his word for once - he does not consider monetary policy. That is very clear. The words were uttered by the man himself.

Back to Andrew. I asked him if he is enjoying more time in Saskatchewan, now that he is not leading the party, and he smiles and says "it was a tremendous honour being leader of the

Conservative party, but I have to say that I've really enjoyed coaching my son Henry's baseball team this past summer and having the opportunity to do things that most families love to do in the summer in Saskatchewan - visit relatives at the lake."

Having said that, he shares that he is looking forward to the election and the work that comes after. Being on the side of Saskatchewan people and Canadians from coast to coast, to coast, is something the party and Scheer are passionate about.

He goes on to say that the Conservatives are on the side of Saskatchewan people, the NDP are on the side of Justin Trudeau's Liberals, and Justin Trudeau isn't on our side and never has been (I personally don't think Justin knows where or what our side is...)

If you think your vote doesn't count it does. Even if only to send a message to Ottawa no matter who you support. We can only hope that someday proportional representation will be embraced in terms of how we elect governments. Had that been the case in 2019 I would have just wrapped up an interview with Prime Minister Andrew Scheer. With his former positions as Speaker of the House, and Leader of the Official Opposition, we are fortunate to have Andrew on our side and cheering for our communities. If you want to reach out to him do so!

He is wide open for conversation and a coffee as he seeks to continue representing us in Ottawa.

Vote! The election is September 20th. Watch for times and locations of polling stations.

- **Trish Bezborotko** -



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# Hearty Italian sausage and sweet pepper pasta recipe for vegans

Start slow and simple if you're looking to add plant-based offerings to your dinner repertoire. For example, this vegan take on a comfort-food favourite combines plant-based sweet Italian sausages with a handful of pantry staples.

## Vegan Italian Sausage and Sweet Pepper Penne

Prep time: 15 minutes Cook time: 45 minutes Serves: 6

### Ingredients:

- 2 tbsp (30 mL) olive oil, divided
- 1 pkg (400 g) PC plant-based sweet Italian sausage
- 2 onions, thinly sliced
- 2 cloves garlic, minced
- 1 each sweet red and yellow pepper, thinly sliced
- 1 can (796 mL) no-salt-added diced tomatoes
- ½ tsp (2 mL) each salt and black pepper
- 1/3 cup (83 mL) lightly packed fresh basil leaves, roughly chopped, plus additional for garnish
- 4 cups (1 L / ¾ lb / 340 g) dry penne

### Directions:

1. Heat 1 tbsp (15 mL) oil in large nonstick skillet over medium-low heat. Cook sausages, turning frequently, until browned and cooked through; about 12 to 14 minutes. Transfer to cutting board. Set aside.
2. Heat remaining 1 tbsp (15 mL) oil in same skillet over medium-high heat. Add onions; cook, stirring occasionally until softened; about 3 to 5 minutes. Add gar-



- lic; cook, stirring often, until fragrant; about about 1 minute. Add sweet peppers; cook, stirring occasionally, until golden and tender-crisp; about 6 to 8 minutes.
3. Stir in diced tomatoes (with juices), salt and black pepper; bring to a boil. Reduce heat to a gentle simmer; cook, stirring frequently, until sauce is thickened; about 18 to 20 minutes.
4. Slice sausages into ¾-inch (2 cm) thick rounds; stir into sauce. Cover and cook 5 minutes. Uncover; stir in basil.
5. Meanwhile, bring large saucepan of salted water to a boil. Add pasta, stir occasionally until water returns to a boil. Cook according to package directions or until al dente or tender but firm; 11 to 12 minutes. Drain.
6. Divide pasta among serving plates or bowls. Top with sauce, dividing evenly. Sprinkle with basil.

**Tip:** Nutritional yeast makes a great vegan alternative to grated Parmesan – try sprinkling it over top of your pasta before serving.


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Classes: Mondays & Wednesdays at 6:30

Location: White City Community Centre

Ph: (306) 501-0226 Email: [bcelis@sasktel.net](mailto:bcelis@sasktel.net)

FRIENDLY REMINDER:

## BIG IDEAS...BIGGER RESULTS

**Everyday Needs**

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## A great catch to include in your tacos

Tacos are always a win, but lobster tacos with a crunchy potato-chip topping? Now that's just genius.



Look for lobster tail skewers that are prepped for you and ready to grill, so you don't have to worry about the messy business. Whip up the pickled red onion ahead of time to get these tacos in your belly even faster.

### Lobster Tacos with Fennel Slaw and Crushed Potato Chips

Prep time: 30 minutes  
Cook time: 25 minutes

#### Ingredients:

##### Pickled red onion:

- 1 small red onion, thinly sliced
- ¼ cup (60 mL) cider vinegar
- 1 ½ tsp (7 mL) granulated sugar
- ¾ tsp (4 mL) each coarse salt, black peppercorns and mustard seeds

##### Tacos:

- Half fennel bulb, cored and very thinly sliced
- 3 tbsp (45 mL) mayonnaise
- 1 tsp (5 mL) grated lemon zest
- 1 tbsp (15 mL) fresh lemon juice
- ¼ tsp (1 mL) granulated sugar
- Pinch (0.5 mL) each salt and black pepper
- 3 tbsp (45 mL) chopped fresh chives, divided
- 1 pkg (200 g) PC lemon and butter grilling lobster tail skewers
- 4 corn tortillas
- 4 to 6 plain thick-cut or kettle-cooked potato chips, lightly crushed

##### Directions:

1. Pickled red onion: Pack red onion snugly into 1-cup (250 mL) canning jar with tight-fitting lid. Bring vinegar, sugar, coarse salt, peppercorns, mustard seeds and ½ cup (125 mL) water to a boil in small saucepan. Carefully pour mixture over red onion; cover with lid and screw on band to seal. Let stand at least 20 minutes. You can make this ahead and refrigerate for up to two weeks.
2. Slaw: Stir together fennel, mayonnaise, lemon zest and juice, sugar, salt and pepper in bowl. Stir in 2 tbsp (30 mL) chives. Set aside.
3. Preheat grill to medium. Oil grill. Arrange lobster skewers, shell side down, on grill. Cook, lid down, 22 to 24 minutes, turning once, until opaque throughout. Remove lobster meat from shells and skewers. Cut each tail into four pieces; keep warm.
4. Grill or pan-fry tortillas over medium-high heat, turning once, until slightly puffed and lightly toasted; 30 seconds to 1 minute. Transfer to serving plates.



5. Tacos: Top tortillas with fennel mixture and lobster, dividing evenly. Top each with 1 tbsp (15 mL) drained pickled red onions. Sprinkle with remaining 1 tbsp (15 mL) chives and the potato chips, dividing evenly.

**Tip:** The leftover pickled red onion will keep in your fridge for up to two weeks. Use in salads and sandwiches – you can even use the pickling liquid in salad dressings and savoury cocktails.

*Nutritional information per two tacos: calories 380, fat 24 g, sodium 720 mg, carbohydrates 28 g, dietary fibre 3 g, sugars 8 g, protein 13 g.*  
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### Registration is Open!

Registration for the 2021/2022 season is now open. Visit the Buffalo Plains Ringette website at [www.bpringette.ca](http://www.bpringette.ca) to register.

### Come Try Ringette

**When:** Wednesday September 15 @ 6:15 PM

**Where:** Pilot Butte Arena

**What is needed:** A helmet, skates, and either hockey gloves or winter mitts

Register at [www.cometryringette.ca](http://www.cometryringette.ca)



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

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

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

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

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

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

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



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

## ERES Community Council (ERESCC)

**Do you have Extra Bottles and Cans taking up space in your garage?**

Learn how you can help us fundraise. The funds received from your donation to Sarcan will be used for our school's learning improvement plan initiatives.

Check out the ERES Facebook page for more details at: [www.facebook.com/EMRidge/](http://www.facebook.com/EMRidge/)

**Next ERESCC Meeting**  
Tuesday, Sept. 14th  
6:30 pm

All parents are encouraged to attend as your input and ideas are welcome and valued.



### IMPORTANT DATES

- Sept. 23 School Pictures (KH & Gr. 1-8)
- Sept. 24 KG and any students absent on the 23rd (morning only)



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## WELCOME BACK!

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# What tech is right for kids at each age?



Technology is becoming more integrated in education and can be a valuable tool to support learning at every stage. But how do you know what devices your child needs and when? Here's a guide to help you get the right tech, from preschool to high school and beyond.

## Begin with a tablet

A tablet is a great way to start getting younger kids familiar with technology and comfortable using a device to learn. Not only are they fun for kids, they're also intuitive and easy to use. With no buttons or keyboards, tablets don't require much dexterity to operate, which is perfect for small fingers. There are many fun educational games and software programs that can be used on a tablet. Just be sure to get a kid-friendly OtterBox case to protect it when it gets dropped or bumped around.

## Move up to a Chromebook

As your child hits the elementary school years, you may want to consider investing in a Chromebook. More teachers are using cloud-based software programs like Google Classroom to post assignments and have students complete and submit their work, and many school boards in Canada are now providing these scaled-down laptops for students to use in school.

With new hybrid and virtual learning models, it can be useful to have one at home so your child can work remotely if needed. With so many brands and models to choose from, Chromebooks are more affordable than you may think.

## Graduate to a laptop

As kids get older and dive into more complex studies, their needs will likely evolve. High schoolers and university students will benefit from a laptop that offers additional features, software options and larger hard drives to help them keep up with their studies. At this stage, you may want to invest a little more in their device so that it can meet their needs throughout their post-secondary years.

Find the technology you need to support your child's learning at [staples.ca/backtoschool](http://staples.ca/backtoschool).

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



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

### LIBRARY HOURS:

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

Please note: The library will be closed Monday, September 6 for Labour Day and Monday, September 20 for a Branch In-service.

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

## SEPTEMBER 2021 PROGRAM & EVENTS CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Library Board Meeting 8:00 pm	2	3 Preschool Storytime 10:00 am	4 Glow-in-the-Dark Mini golf 11:00 am
5	6 Closed for Labour Day	7	8	9	10 Preschool Storytime 10:00 am	11 Quidditch 1:00 pm
12	13	14	15 Adult Book Club 6:30 pm	16 LEGO Club 3:45 pm	17 Preschool Storytime 10:00 am	18 Glow-in-the-Dark Mini Golf 11:00 am
19	20 Closed for a Branch In-service	21 Virtual Author Visit 10 am Please Register	22 Virtual Author Visit 10 am Please Register	23	24 Preschool Storytime 10:00 am	25 Quidditch 1:00 pm
26	27	28	29 Stitch & Chat 1:30 pm			



## CHILDREN'S PROGRAMS

**Preschool Storytime Drop-in**

Fridays @ 10:00 AM  
 Sept 3, 10, 17 & 24th.

For preschool children 0-5 yrs. and their Caregiver. Stories, songs/rhymes and crafts.

**Virtual Author Visits—Treaty 4 Students**

Tues. Sept 21 10 am Victor Lethbridge

For an elementary audience!

Wed. Sept. 22 10 am David A. Robertson

For a middle and high school audience!

Sign up at: [regionalibrary.ca/programs](http://regionalibrary.ca/programs)

## ADULT PROGRAMS

**Stitch & Chat**

Wednesdays @ 1:30 pm

September 29th

Drop-in socialize while you work on a project.

**Adult Book Club**

Wednesday Sept. 15th at 6:30 pm

Join us for a discussion on what you would like to see in a book club. An opportunity to discuss book titles and how often you would like to meet.

**Makerspace Kits this Month:**

Quidditch & Glow-in-the-Dark Mini Golf

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

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





# Off the Beaten Track

- By John Panter

American author Bill Bryson, in his fascinating book *At Home*, writes about his time living in a former Church of England rectory in Norfolk. An archaeologist friend asked him as they were walking through the churchyard: "How many people do you suppose are buried here?"

Bryson glanced around at the gravestones, made a rough calculation, and responded, "I don't know. Eighty? A hundred?". The friend replied that in a small parish like this one there were probably a thousand adult deaths per century plus a few thousand more who didn't make it to adulthood so, given the age of the church, there may have been as many as twenty thousand bodies buried there. The friend also pointed out that this staggering number of burials accounted for the churchyard being about three feet higher than the foundations of the church.

What threw Mr. Bryson off in his estimate of the number of graves was the fact that the vast majority of the graves of these English men, women and children were unmarked.

Anyone purchasing rural property in Ontario has to be aware that the title search might disclose a small unnamed cemetery

at the corner of a hundred acre farm; something not apparent at first sight because the graves are poorly marked, if marked at all. People died and were buried close to where they had lived their lives. A number of the recently discovered grave sites at Canada's residential schools are also unmarked.

If there is evidence of criminality associated with these graves, let's get it out in the open after careful investi-

What has prompted me to write this is a letter to the editor of the Quad Town Forum by Dr. Robert Kitchen, MP, Souris-Moose Mountain, calling the discovery of 751 unmarked graves at Marieval Indian Residential School, "unthinkable" and "a senseless loss of life".

That people died a century ago on farms, mines, mills, factories, lumber camps, cities and towns, boarding schools and residential schools, and were buried

wrote about "grisly discoveries" and implied that children may have been murdered and dumped into unmarked mass graves.

This rush to judgment, despite scant, or no evidence at all, has undoubtedly incited the burning of a number of churches which, according to Justin Trudeau's pal Gerald Butts, is "understandable". No, Mr. Butts, it isn't.

At the time of writing this, flags on all federal buildings including our local RCMP detachment are at half-mast, in response to the discovery of a gravesite in Kamloops. The flags were lowered on May 30th on the direct orders of the Prime Minister. "Canada is in mourning" says Marc Belanger, Senior Protocol Advisor, Department of Canadian Heritage, explaining the Prime Minister's reasoning.

**When the research and analysis of the grave-sites is completed, we will realize an unfortunate truth: people get sick and die, and especially a century ago when medical science and care was not up to today's standards.**

gation and let's have jury trials, not trial by ground-penetrating radar. Unfortunately, there are those among us who want to skip the trials and get straight to the punishment which, bizarrely, means burning down somebody's church.

When the research and analysis of the grave-sites is completed, we will realize an unfortunate truth: people get sick and die, and especially a century ago when medical science and care was not up to today's standards. Child mortality rates were shocking compared to now. Death didn't play favourites among races, ethnicities or localities.

quickly and unostentatiously is anything but "unthinkable". Life was not a cakewalk in those days. As to the "senseless loss of life," by which Dr. Kitchen presumably means it shouldn't have happened, one must ask: could these deaths have been prevented? Perhaps with better food, better medical diagnoses and treatments, better access to hospitals, things that a lot of our ancestors did not have but which we take for granted today.

This is neither a defense nor a condemnation of residential schools which is a topic for another day. But an irresponsible media

What is particularly unusual about this is that there is no end-date in sight to raise the flags, which will again depend on the whim of the Prime Minister.

Perpetual mourning is not healthy. It's time to raise the flags.

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

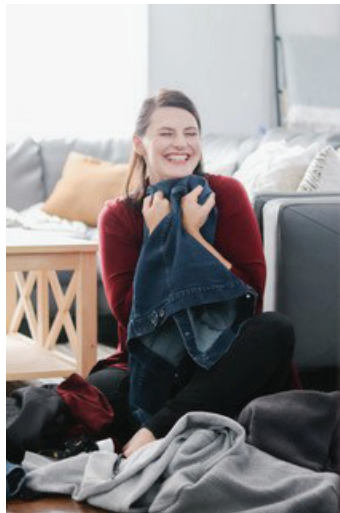


# Why Is Letting Go Of Material Objects So Darn Hard To Do?

Helping hundreds of clients over my 13 years in real estate, I have had the pleasure of meeting some incredible people. Most are moving on to new chapters of their life, have had incredible life experiences, and above all, they are rational, practical people. But when we cover letting go of material objects that no longer serve them, the brakes go on, we are ground to a halt, and their defences go up. It could be their collection of coffee mugs, their kid's baby clothes, or that dress that is two sizes too small. So why is it so hard for people to physically let go of the things that they have major excess or doesn't serve any purpose? Well, these are the common patterns I have noticed during my decluttering sessions that may help you understand why you are having such a hard time letting go or if your loved one can't seem to part with things that are clearly obvious and easy to you.

## The Just-In-Casers

This type of person is quite challenging to rationalize with. I see this time and time again, where clients are stockpiling for an apocalypse. They are the kings of BOGO sales and aisle browsing, buying things when they actually don't need them only to cram it into a closet to be forgotten about. Even during this pandemic, it has been proven that we can find ways to purchase things when we need them or learn to live without for a few days until it arrives on our doorstep... (except for toilet paper - wow that was nuts)! The only way I have had success with getting through to clients who will find any excuse to keep these items



because they might use them one day is to make sure they don't bring more in until they exhaust this inventory. Let's take your pantry for instance. In order for you to recognize your spending habits is to actually see them in front of you. The amount of food you have may not be super clear when it's all crammed into a cupboard, but bringing every item out onto your kitchen table and taking stock of what you own is a powerful imagery tool. It's more of a spending and shopping intervention to prevent it from happening again and again. You already have four cases of soup. DON'T BUY ANYMORE SOUP UNTIL THIS IS ALL GONE!

## The Don't-Want-To-Wasters

Owning something you never use is just as wasteful as letting it go. The guilt someone has for making a bad purchase is real and might be the reason why you are holding onto something even though you never use it. I'm talking about that treadmill that sits unused in your basement, for instance. You probably used it like a mad man for the first few months, but now, it's just an eyesore

in the corner of your rec. room. You can't bear to sell it because you've spent a fortune on it that you will never get back, so it just sits there...used as a drying station for your jeans. Get real with yourself and admit that you made a mistake, and move forward. Learn from your purchase mistake for the future, and ask yourself serious questions before you hit add to cart the next time you want to make an impulse buy.

## Anxiety of Not Having Enough

Let's examine the closet. Often, I come to help someone get a hold of their overflowing wardrobe where it's impacting their decision making and stress levels. When I tell them, that we actually only wear 20% of what we own, I often get laughed at. I sometimes use this exercise where I ask them to take pics of their outfits of the day for two weeks. And sure enough, they are wearing the same things over and over again. So do we really need 20 pairs of jeans? Absolutely not, but having a full closet provides safety and security for many because only seeing the bare essentials can make them feel panicked that they don't have enough. This is a far deeper issue than just clothes and needs to be looked at from within.

## Emotional or Identity Connection

This is the number one reason why people have trouble letting go of material objects. It's clearly not about the actual item, it's the emotional connection you have with it that you are scared will leave too when you decide to sell or donate it. Let's go back to

the baby clothes example. It's not the actual onesie that your wife is having trouble letting go. She has an intense emotional connection to the clothes because it's tied to her child, and if she lets it go, she is terrified that those memories will go along with it, which is completely irrational and untrue, but it's very real to her. We don't really have connections with things, but the true ties are connected to the people we love, a place we have traveled to, or a special moment in our lives, like the first few months of motherhood. Material items are also heavily intertwined with our identity. So if you have recently retired from the corporate world, letting go of your power suits may be tough for you because they represent such a big part of your life for so long.

## So how can we overcome this block?

1. First of all, cut yourself some slack. This may take some time, and don't beat yourself up if you are really struggling with letting go. Everyone has something that they cling to.
2. Second, I find that giving your items a timeline helps you to really see how little you use an object. A physical post-it note or sticking it in your calendar will do just fine. So that fondue set you want to keep "just in case" you might need it one day, give it a six-month expiry and if you haven't used it by then, you will be fine with letting it go and borrowing one from a friend if you ever have the need to use one in the future.

- Continued on page 17



# When Life Hurts

- By Gwen Randall-Young

Sometimes life hurts. Sometimes its a dull ache, and sometimes it cuts like a knife. No matter how much positive thinking we do, no matter how many affirmations we say, no matter how "together" we are, sometimes things come along and the pain feels bigger than we are.

There is such an emphasis now on the learning that comes in difficult times, that we often feel we should be able to "handle" whatever comes our way. This means we should 'be strong', 'keep a stiff upper lip', 'go with the flow' 'keep it in perspective', and all the other cliches that urge us to deny our feelings. But feelings serve a purpose.

emotion. If you feel like crying, then have a good cry. If you are angry, go for a run, bang some balls around the racquet court, or even write a nasty letter that you won't send. Let the emotion move through you, and then think about your course of action, if action is required. Often discussing your feelings with a trusted friend helps to release some of the power behind the strong emotion. And if the emotion seems overwhelming, reach out for support.

Some of the deepest healing occurs when we realize that we are not alone in this world. We are only alone if we isolate ourselves. Often too, it is only in our deep pain that we truly experience our humanness and allow others to touch our soul. Souls want to be touched, and sometimes deep pain is the only way to penetrate the shell of superficiality that surrounds the deepest parts of our being.

another human soul, whose arm may already be outstretched in anticipation of your reaching out. We need each other. That's why we're all here.

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



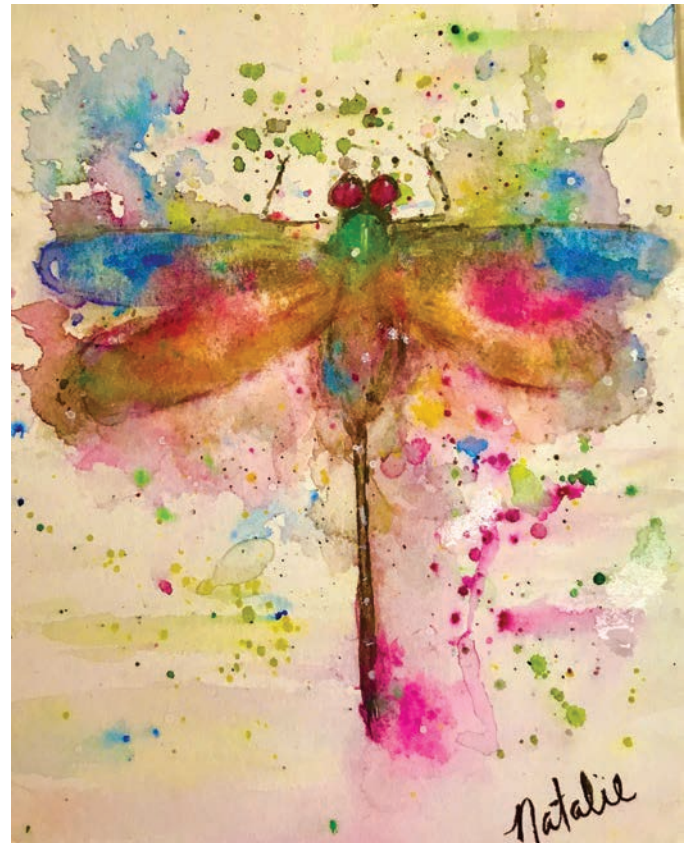
**We must honor our pain, the same as we honor our joy, for both are expressions of who we are.**



When the body suffers a cut, a little bleeding is good because it cleanses the wound. When the emotional body is wounded, feelings also serve a cleansing function. Emotion that is stuffed down or suppressed creates tension in the body, so it is healthier to release it.

This does not mean venting it on others, but simply allowing yourself to feel the

We must honor our pain, the same as we honor our joy, for both are expressions of who we are. Of course, we want to get past it, and we do have to move on, or we'd emotionally bleed to death. But the way past pain is through it. If it becomes overwhelming however, you don't have to go through it alone. The pain just might be a signal that it is time to connect more deeply with



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# Getting to Know You!

*Councillor*  
**Andrew Boschman**

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

I was born in Saskatoon and spent the first few years of my life between my parent's farm near Lemsford and Saskatoon before later on moving to Shaunavon, Lloydminster, and finally Regina. After High School I moved to Alberta for several years before returning home to Regina in 2008. Looking for a family friendly environment to raise our children, we built a home and moved to White City in 2010.

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

I have been honored to serve on Council for nearly 5 years. I was first elected in 2016 and humbly re-elected in 2020.

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



I have two young children (7 and 10) so much of my time is spent with them and running between sports and activities. I also own Automated AV where we provide Audio Video and Automation Systems in homes across Saskatchewan and Alberta, as well as restaurants and businesses across Western Canada so I travel frequently.

Closer to home, I have been on the Board of Communitate since the start of 2018.

All of this leaves very little time for hobbies however I

am currently on a mission to watch a baseball game in every major league ballpark, and I enjoy anything that offers a change of pace like camping.

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

I am passionate about my children, my family, and my business. There is nothing more rewarding in life than seeing your kids smile, laugh, and succeed at what they are doing. I enjoy the challenges and curveballs thrown at me daily. I am also passionate about this community and making it the best possible place to live for everyone of all ages.



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

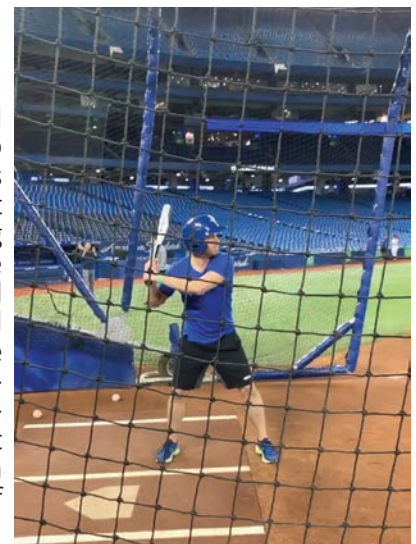
I really enjoy travelling. Getting to see different places, cultures, architecture, and just experiencing what the world has to offer. Although somewhat generic, my favourite place would have to be walking into a ballpark and watching a baseball game. I have tried several times to rank these and pick my favourite but they are all so different, I cant just pick one.

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

My Favourite TV show is probably Suits and movie is probably the Thomas Crown Affair. But nothing beats good old real Reality TV.... Sports! Playoff Baseball, Hockey or the World Juniors has to be my favourite thing to watch.

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

A couple years ago I was lucky enough to win a field day at Rogers Center through Westjet and spent the day hitting balls from home plate and in the tunnel as well as infield and outfield drills with current Blue Jays coaches Mark Budzinski and John Schneider. But the best part was just playing catch in the outfield with one of my best friends.



# Getting to Know You!

*Councillor - Div. #5  
Dwayne Radmacher*

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

My dad immigrated from Germany and settled at Edenwold. I was born on my parents' farm, and I have lived in the Community ever since. We had a dairy farm which my brother and I helped operate for 40 years. In July, I met my wife Deanna, who worked at TD Bank, and we were married for 60 years in July.

We have one son Darwin, who lives in Emerald Park with his wife Lori, and their children Jake and Paige.

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

I have served for the last twenty-three years in division 5. I believe that if you don't like what is happening, you sit at the table and be a force behind change in Community. So, I felt a strong desire to be a voice for the People in the Division and make a difference.



*Dwayne and his wife Deanna*

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

We enjoy traveling with our 5th Wheel Camper to Polka Fests around Sask and into the U.S.A. the years, we've traveled to several other countries during our winter months, but our favorite places are closer to home-The Maritimes and Alaska.

In June, I take an annual fishing trip to Otter Lake and hunt Geese in SW Sask. In fall.

I have grown wheat, barley, and this year, only Canola. I am semi-retired, but we keep busy entertaining guests, visiting, playing cards, and soon will play cribbage weekly at the Fort Legion for the fall and winter months. As long as we are able, we will continue to camp and enjoy friendships. When I was younger, I spent 20 years as a referee, traveled with hockey groups, played softball, and curled in the winter months.

## 4. WHAT ARE YOU PASSIONATE ABOUT?

I try to keep a healthy lifestyle, keep up to date on local



news and happenings in our Community, and be in touch with friends I've made over the years.

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

Right here in our Saskatchewan where there are many interesting places to see and things to do. The northern part is a scenic beauty of forests and lakes where fishing is superb.

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

I enjoy the Discovery Channel with the birds and animals of nature: W.5, and Game Shows. My favorite music is Old-time, Polka and Western.

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

I enjoy entertaining friends, family gatherings, camping, and visiting with folks who engage in lively conversation with lots of humor. We have been blessed to have friends all over America with whom we visit as often as possible.



*Dwayne and family*

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## Featuring Resident Helen Preikschat

I was privileged to visit with Helen recently and had two wonderful interviews with her. It was especially enjoyable, as Helen is quite hard of hearing and doesn't visit easily in larger groups. We talked mostly about her past, but also spent some time talking about her life in the present. Her memories of school were spoken of fondly and with humour. She remembers one day when the school inspector showed up at the school and the students were outside drowning out gophers and collecting their tails! Helen attended Newton School, a one-room school, from Grade One to Ten. She was a good student and a voracious reader. "We had pie socials and simple entertainment, but we had fun!" They learned to square dance and play ball. They played "Scrub" at recess and over the noon hour. Helen has a scar over her eyebrow to remind her of a particular broom handle bat that accidentally hit her. Her sister, Irene, who also lives here at William Albert House, tells me that Helen was a really good ball player... so much so that she was given the nickname, "Hank", in reference to the great Hank Aaron. □ The nickname still holds today. What fun it is to get an inside bit of information like this on our residents. From this day on, I will be lovingly calling Helen, Hank. Even one of her great grandsons has been named Henry (Hank), after Great Grandma.

Helen moved to William Albert House January 18, 2021, in the midst of Covid-

19. Consequently, she was quarantined for 14 days. All her meals were delivered to her room, no baths allowed (just sponge baths), all staff entering her room had to garb up in full protective wear. Plus, any items dropped off for her, such as mail, Leader Post, and baking, had to "decontaminate" 48 hours prior to her receiving them.

Today, Helen likes to spend much of her time reading and doing puzzles. She gets the Leader Post on a daily basis and often starts reading it at the breakfast table, engaging in some discussion with her table mate, Wilf. As previously mentioned, she has long been a reader. She remembers her Mum looking all over for her one day, and finally finding her sitting by the upstairs window, lost in a good book. Helen is a Saskatchewan Roughrider fan and keeps up to date on the players. Right now, Cody Fajardo is her fave!

Helen and her husband met picking saskatoons, when she was just 16. Oscar was 9 years older, but they found that they were a perfect match. "Mum and Dad were a team, right from the day of their marriage, April 22, 1944. Mum always helped with the outside chores, be it milking cows, or hauling hay or picking stones, or driving the grain truck. Dad would occasionally make cinnamon buns, having learned the bakeshop trade in his late teens, prior to starting farming." Their four children, John, Joyce, Gaye and Gloria, all grew up with a strong work ethic. They were taught to work hard,



but to enjoy life, too. It was their responsibility to help out with chores, at an early age. The children remember their parents as a very loving couple. "It was important to both Mum and Dad to be good and kind to people. They led by example."

Helen sewed dresses for herself and her daughters, and also recycled flour and sugar sacks into dish towels. She passed the skill and enjoyment of sewing along to her three daughters. She always had a large garden, both out of necessity and love. She loved knitting and produced many gorgeous sweaters and toques. She even won an award at the Exhibition! "Mum is a fantastic cook. Each of her sisters specialized in one type of baking - Mum's was pies, but anything she cooked or baked was delicious! Mum hand wrote her recipes which were compiled into a

cookbook for each of us - it's a real treasure!"

"Mum has a unique talent for water witching, and many a time the palms of her hands would become raw and bleeding from the overpowering strength of the green willow when she would come across water below!"

About a year and a half after Oscar passed, Helen moved to Regina. She continued to garden, indulged in her love of shopping more frequently, and continued reading at least two or three novels a week.

**We at William Albert House are so pleased that Helen has chosen to make this her new home. She is a true delight to know. Her sense of humour and kindness are traits that draw each and every one of us to her. Helen, we love you very much!**

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



# Managing back-to-school jitters

After a summer off, going back to school, homework, exams, and the unknowns of teachers and classmates can all be sources of anxiety. Add to that the uncertainty of hybrid learning models, pandemic protocols and the fact that many kids have been learning remotely for so long, the thought of going back to school can quickly become overwhelming.

Help your kids manage back-to-school jitters and set them up for success with these three simple tips:

## Rest their minds and bodies

Sleep is restorative, and it can be one of the most powerful ways to improve mental and physical well-being. When kids are well rested, they can think more clearly, make better decisions and reduce anxiety.

Long summer days can mean later bedtimes, so start to ease them back into an earlier schedule and make sure they're getting a good night's sleep. That way they'll be in a good routine and ready for early-morn-

ing start times once the school year begins.

## Focus on the positives

If your child is feeling a bit anxious, try to shift their focus from the things they're worrying about to the things they're looking forward to. Maybe they're excited to see old friends again, buy new school supplies or get involved in an after-school activity.

Being prepared can also help ease anxiety, so find things you can do together like setting up a workspace, organizing supplies or planning lunches and snacks. Not only can these activities be fun, but they can also help kids feel more proactive and less overwhelmed.

## Teach them stress management

Learning how to cope with stress in times of adversity is a valuable life skill for kids. Here are some simple techniques you can teach your child: breathing techniques — get them to focus on their breathing and take deep breaths as they count to 10;



visualization — have them close their eyes and picture something that makes them feel happy and calm, like a place or person they love; journaling — encouraging them to write their thoughts down on paper can help them sort through their feelings when they're overwhelmed.

Find everything you need to make back to school a positive experience at [staples.ca/backtoschool](http://staples.ca/backtoschool).

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

# Why Is Letting Go Of Material Objects So Darn Hard To Do?

- Continued from page 10

3. Third, if you can't seem to part with an item because it has such a strong emotional reaction to it, find a way to honor it. That china set that's collecting dust in a dark box could be re-purposed into an art project, re-designed into a piece of jewelry that you can pass down to future generations, or used for your everyday use. That's right, actually use the fancy china! It's no good having it tucked away. Find a way to display it proudly if it means that much to you. Again, give yourself a timeline to get this completed; otherwise, it never will get done. Also,

I can't think of any better way to honour your connection with that person, place, or moment in time than to donate it to someone or some organization that could desperately use it. All of the tubs full of baby clothes would be so appreciated by that single mom down the block.

Remember, this is much harder for people who have accumulated things over a long period of time, so forcing your grandparents to do this in a time crunch often leads to a complete shutdown. Instead, get proactive, and tackle letting go of things a little bit at a time well before a time to move. Tackle things that have little emotional connection at

first, leaving sentimental items to the end. Group like things together rather than overhauling entire rooms, like declutter all of your shoes instead of the entire

closet. Decluttering is much harder than it looks for many, so if you ever need a professional to come in to help, connect with me.



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

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# Returning to office? How to survive your commute

With many of us returning to the office this fall, the commute may be the thing we're least looking forward to. If your driving skills are a little rusty or you're dreading becoming bored behind the wheel, check out these helpful tips and tricks.

## Set up your entertainment

No one likes to feel like they're wasting their time commuting, so before you leave your driveway safely set up something fun to keep you busy. It can be a true-crime podcast, your favourite artist's playlist or an audiobook. Then, put your phone away so you can stay focused on the road.

## Keep your eyes on the road

If you're using a GPS, take a minute to set your destination before taking off. Eating, grooming, adjusting your clothing and music are all innocent tasks that can raise your risk of getting into an accident. So, get comfortable

in your seat and if you get hungry on the road, take 15 minutes to pull over and enjoy your snack.

## Be aware of common tow truck scams

In the unfortunate event of a fender bender, always record details of the accident, any other vehicles involved, the name of the tow truck company and driver, etc. Remember not to sign any blank work order forms. Read all the terms and conditions on documents to ensure you understand what you're authorizing.

Finally, have the car towed to your regular repair shop, or one recommended by your insurance company or broker, not just the one recommended by the tow truck driver. According to Aviva Canada, customers who go use a preferred, vetted vendor for their tow, repair and car rental have their auto claim settled, on aver-



age, 30 days faster, save over \$1,000 in claim costs, and are more satisfied overall.

## Prepare for an emergency

You could get a flat tire, get stuck in traffic, get into an accident, have your car break down or slide into a ditch on a less travelled road. This is why it's important to always be prepared with an emergency kit. Stock it up with a first aid kit, bottled water, snacks, flashlight, batteries, tire gauge, jumper cables and warm clothes during winter.

Learn more about how to protect yourself or report suspicious or fraudulent activity at [aviva.ca/en/about-aviva/protect-yourself-from-fraud](http://aviva.ca/en/about-aviva/protect-yourself-from-fraud).

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



Many of us hastily switched over to working from home when the pandemic took hold. Now that we've been at it over a year and a half and lots of companies are shifting to hybrid options permanently, it's time to ensure your virtual office lets you reach your full potential.

Here are three tips to help you create a better home office:

### 1. Get the good chair

If you bought a cheap desk chair at the start of the pandemic or have

been using one from your kitchen or dining room, then it's time to pick out a better-quality seat designed for a full workday.

This is the number one upgrade to make, and one that's worth a splurge if you can afford it. A chair that's comfortable and helps you sit properly will save your back, neck, shoulders and hands from everyday aches and long-term injury.

### 2. Enhance your video

Many of us have been relying on low-quality, built-in laptop cameras for video calls for months. This risks awkward angles, iffy lighting and blurry pictures, not to mention requires setting up again every time you move your laptop.

There's only so much a generic background image can do. Instead, try using a compact or mirrorless camera, such as the Sony ZV1B, for your video

calls. You just download the camera's free software on your computer to set it up for calls and connect to your laptop. Then you can open your video chat and have everyone admire your crisp, clear image.

### 3. Upgrade your headphones

A decent pair of headphones can make a major difference to your quality of life at work, and they don't have to be expensive. There are so many types, so do your research for a pair that fit your needs. Think about comfort for long meetings, durability and how multipurpose you want them to be. Noise-cancelling headphones might be worth it if you're sharing a space, while wireless ones can let you tidy up your home as you listen to a webinar.

Find more creative tech ideas from experts at [henrys.com](http://henrys.com).

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

# Diversions

## FILL-IN CROSSWORD PUZZLE

3 letters: MOTMOT  
 COD NEATEN  
 HOE NEEDLE  
 PAL NEEDN'T  
 RAT ONLINE

5 letters: RESENT  
 AGREE RUN-UPS  
 ALONG SAMPLE  
 BUTEO SCARAB  
 CITED SCREEN  
 EQUAL STRAIT  
 FIGHT TIERCE  
 GUILD UNCORK  
 INKLE UTOPIA  
 ISLET VARESE  
 LARGE VOICER  
 MANUS VOYAGE  
 NATCH WITTED

7 letters: ALSO-RAN  
 RADIO BATISTE  
 RAILS BOTTLER  
 RAISE BOTTLE  
 RANIS CASHIER  
 SATIE CLEAR UP  
 SIRIS CLOYING  
 SQUID DEPLORE  
 VALUE ENLISTS  
 YARNS FLEETLY  
 Y-AXIS GIRAFFE

6 letters: HEARKEN  
 ADAGIO KACHINA  
 ALTARS LIKABLE  
 AROMAS MANAKIN  
 ASTRAL MEDIATE  
 FOOTER MENTION  
 GIRLIE MICHAEL  
 GREENS NAILERS  
 HIVING NESTERS  
 IDEATE NONAGON  
 INSIDE PARADER  
 IRADES PIERCER  
 LIANAS PILLOWS  
 LINEAR POSTERS

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
19							20		D			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		54	
55					56		57					58					
59						60						61					
62					63							64		65			
66						67					68						
69										70							
71	72	73							74			75	76	77			
78	79	80				81		82				83	84	85	86		
87						88		89		90			91				
92						93						94					
95						96							97				
98						99						100					
101						102							103				

8 letters: PYRAMID  
 RERATED  
 RESCALE  
 RESULTS  
 RIVETED  
 ROMANIA

9 letters: SLIPPER  
 SLOE GIN  
 SPLURGE  
 TESTEES  
 TITANIC  
 TOMTITS  
 TRESTLE  
 UPSWING  
 VARIATE  
 VISITED  
 WIDGEON

21 x 21,  
 110 words,  
 68 blocks

### SOLUTION:

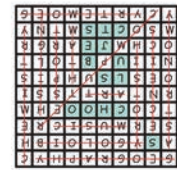
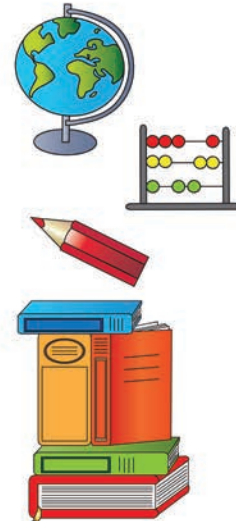
S	C	A	R	A	B	G	I	R	A	F	F	E	R	U	N	U	P	S
A	L	S	O	R	A	N	R	A	D	I	O	T	I	A	N	I	C	E
P	Y	R	A	M	I	D	E	P	L	O	R	E	D	E	P	L	O	R
P	R	O	C	L	A	I	M	A	B	L	E	V	A	L	U	E	L	I
S	A	T	I	E	D	I	R	E	C	T	A	X	L	A	R	G	E	
W	I	T	T	E	D	C	A	S	H	I	E	R	A	L	T	A	R	S
I	S	L	E	T	C	H	I	T	I	N	O	S	O	N	O	S		
N	E	E	D	L	E	P	I	N	G	A	L	O	N	G				
G	R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

# Kids Corner

MYSTERIOUS WORD: \_\_\_\_\_

- ART
- ASTRONOMY
- BIOLOGY
- CHEMISTRY
- COMPUTER
- ENGLISH
- GEOGRAPHY
- GEOMETRY
- HISTORY
- MATH
- MUSIC
- SCIENCE
- SPORT

G	E	O	G	R	A	P	H	Y	C
A	S	Y	G	O	L	O	I	B	H
S	E	R	M	U	S	I	C	R	E
T	C	O	C	H	O	O	E	H	M
R	N	T	A	R	T	T	S	S	I
O	E	S	L	S	U	H	P	I	S
N	I	I	U	P	B	T	O	L	T
O	C	H	M	J	E	A	R	G	R
M	S	O	C	T	S	M	T	N	Y
Y	C	Y	R	T	E	M	O	E	G



SOLUTION: SCHOOL SUBJECTS

**PUZZLE TIME** • How many?

+ =

+ =

+ =

+ =

+ =

**FIND 6 DIFFERENCES**

**ANSWER:**

# EXPERIENCE THE DIFFERENCE



## SERVICES LIST:

- CUSTOM HOME DESIGN • SECONDARY SUITES • INTERIOR PLANNING • ADDITIONS • MULTI FAMILY • CONDOMINIUMS • ENERGY MODELLING • CERTIFIED FOUNDATION DESIGN & INSPECTION • COMMERCIAL ARCHITECTURE • URBAN PLANNING • 3D RENDERING • CONSULTATION •



306.205.2549

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

[info@krndesign.ca](mailto:info@krndesign.ca)



Dr. Deryl Dangstorp



Dr. Kelsey Ross



Dr Kyla Tzupa



Dr. Brian Baker

306.949.2767 • [DangstorpDental.com](http://DangstorpDental.com)

## Emerald Park Dental Clinic

### Hours

- Monday 8-5
- Tuesday 8-7
- Wednesday 8-5
- Thursday 8-5
- Friday 8-3

### Dentists

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

New Patients  
Welcome

General Dentistry

Emergencies  
Welcome



Dangstorp  
Dental

312 Great Plains Road, Emerald Park S4L 0B8

# 2021 September

## Community Fall Cleaning

**Branch Chipping**  
Sept. 27th - Oct. 8th, 2021

**Leaf Bag Pick-Up**  
Oct. 18th - Oct. 29th, 2021

**Clean-Up Bins**  
Oct. 13th - Oct. 21st, 2021

## Road Safety Reminder!

School has resumed and we want to remind residents that our streets are shared use! Please be cautious of children crossing the road and remember to slow down to 30km in school zones. We ask parents to tell their children to always look both ways before crossing the street.

## Labour Day!

Town office  
will be closed on  
Sep. 6th, 2021!



White City

Landscaping Inspections  
deadline is  
September 30th, 2021.  
Request an inspection by  
emailing:  
[townoffice@whitecity.ca](mailto:townoffice@whitecity.ca)

## Council Meetings

**September 7th, 2021**

Corporate Services Committee - 4:00 pm  
Regular Council Meeting - 7:00 pm

**September 20th, 2021**

Development Services Committee - 4:00 pm  
Regular Council Meeting - 7:00 pm

2021  
Resident Guide  
now available on  
[whitecity.ca](http://whitecity.ca)

Photo by  
JJ Sunshine

306 781 2355

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

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

# Wellness With Rachelle

## INTELLECTUAL WELLNESS

What is this and why is it so important, especially as we age? At its heart, intellectual wellness is a lifetime commitment to learning and mental growth. We need to stimulate our minds every day. Our mind is like a muscle, where you must keep exercising it to develop and grow it. The learning doesn't have to be all academic or book learning. It can involve fun too! Remember being a kid and really having a good time playing and learning new skills! Maybe your mom had you helping in the garden; learning the names of the plants and vegetables, how and where to plant them, when to harvest; those moments stick with you for a lifetime. The key is to find something that intrigues and interests us. Explore new activities

to find what suits you. Say yes to a friend who wants you to experience something that they love, and you might fall in love with it as well!

Here are some quick ideas to help us sharpen our intellectual wellness:

1. Read something everyday! From a magazine or online article to the latest biography or romance novel. Studies have shown that regular reading can help to decrease the risk of brain related disease and memory loss as you age.
2. Create something! It doesn't have to be fancy or even that good! Just try and do something different. DIY videos are everywhere: it is THERAPEUTIC and

HEALING to be in the creative process.

3. Visit a museum or art gallery! These are great places to have a new learning adventure; when was the last time you walked through our local Art Gallery, Science Center or Museum?
4. Take a different route! Have you ever pulled up in your driveway after a long day at work only to think "How did I get here?" Our everyday routes and habits become so monotonous that we must "shock the broka" every once in a while as these regular habits cause our minds to stop paying attention.
5. Listen to music! It is fun, boosts your mood and can take you back to a memory in seconds! Studies show that both listening to and learning how to play music can boost competency in math. Why? Because these cognitive skills

use similar parts of the brain. As our minds work to make sense of the music our brain is working to assimilate all the patterns going on at once! Music helps to keep the neurological pathways that normally close with age open, which increases opportunities for better problem solving than those people that don't listen to music. And hey why not listen to something that you normally don't, maybe you really do like blues or jazz or the latest pop song and you just don't know it yet!

Commit to learning something new this fall, you won't regret it!

**Cheers to your health!**

**Rachelle Roberts**  
**Wellness With Rachelle**

*wellnesswithrachelle@gmail.com*

*Find me on FB*

*@wellnesswithrachelle*



**BRING YOUR  
BACKPACK TO  
SCHOOL**

**AUGUST 31<sup>st</sup>**

Last Initial	Time
A-H	5:30 PM
I-P	6:00 PM
Q-Z	6:30 PM



**Watch for Mom's Pantry fundraiser  
info early in the school year!!**

September 1<sup>st</sup> is  
Day 1 and we  
are so excited to  
return to school!

September 6<sup>th</sup>  
there will be no  
school for the  
Labour Day long  
weekend.

**Online:** [whitecity.pvsc.ca](http://whitecity.pvsc.ca) -> click the "SCC" menu

**EWCS on Facebook:** @EWCS

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

# September 2021

All copy **MUST** be submitted  
on or before **September 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
			EMERALD PARK & WHITE CITY Garbage	2	EMERALD PARK Composting	3
	CASA ROSA/JAMESON ESTATES Garbage pick up every Tuesday					4
5	LABOUR DAY	6	WHITE CITY Composting	7	EMERALD PARK Garbage	8
			Corporate Services Meeting - 4:00pm Regular Council Meeting - 7:00pm	9	EMERALD PARK Recycling	10
			WHITE CITY Recycling		EMERALD PARK Composting	11
12		13	WHITE CITY Composting	14	EMERALD PARK & WHITE CITY Garbage	15
				16	EMERALD PARK Composting	17
	Development Services Meeting - 4:00pm		WHITE CITY Composting	21	EMERALD PARK Garbage	
19	Regular Council Meeting - 7:00pm	20		22	EMERALD PARK Recycling	23
			WHITE CITY Composting		EMERALD PARK Composting	24
				25		26
26		27	WHITE CITY Composting	28	EMERALD PARK & WHITE CITY Garbage	29
				30		

## WC/EP RECREATION INFORMATION/REGISTRATION CONTACTS:

Baseball: registrar@whitebutteminorball.ca Web: broncos.whitebutteminorball.ca  
Softball: stormssoftballregistrar@gmail.com Web: storm.whitebutteminorball.ca  
Communiskate: Paula at 306-540-7704 or comuniskateadmin@sasktel.net  
Creative Beginnings Preschool: Keri 306-529-1200, ker@creativebeginningsps.ca  
Dance: Laurie 306-775-3722 lkweighill@hotmail.com, www.whitecitydancingschool.com  
Dance Plus EP: Amy 306-530-5108 or amyschienbein@gmail.com  
Dog School: Debbie 306-781-3335 or shel\_te@hotmail.com  
Garden Club: wgcg2011@gmail.com, 306-584-9173, www.whitecitygardenclub.weebly.com

Girl Guides: Jolene 306-570-9179 or Balgonie1st@gmail.com  
Parks & Recreation: Shane Graefer 306-781-2355 ext.225 sgraef@whitecity.ca  
Pickle Ball: Ambrose 306-536-9221 Playschool: Nicola 306-529-1292, nicola.mcnaughton2@gmail.com  
Soccer: Kurtis 306-537-4324 or www.whitecityfutbol.com  
Prairie Storm Hockey: registrar@psmha.ca or www.psmha.ca  
Buffalo Plains Ringette: registration@bpringette.ca or www.bpringette.ca  
Newsletter: Dale Schaeffer 306-525-8796 or dale@westernlitho.ca  
Newsletter Advertising: Shannon Snider, shannon@westernlitho.ca

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or email info@custommusiclessons.com

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