

# White City & Emerald Park

APRIL EDITION, 2026

## Community Newsletter



### Reports of 'AI psychosis' are emerging – here's what a psychiatric clinician has to say

Artificial intelligence is increasingly woven into everyday life, from chatbots that offer companionship to algorithms that shape what we see online. But as generative AI (genAI) becomes more conversational, immersive and emotionally responsive, clinicians are beginning to ask a difficult question: can genAI exacerbate or even trigger psychosis in vulnerable people?

Large language models and chatbots are widely accessible, and often framed as supportive, empathic or even therapeutic. For most users, these systems are helpful or, at worst, benign.

But as of late, a number of media reports have described people experiencing psychotic symptoms in which ChatGPT features prominently.

For a small but significant group — people with psychotic disorders or those at high risk — their interactions with genAI may be far more complicated and dangerous, which raises urgent questions for clinicians.

#### How AI becomes part of delusional belief systems

"AI psychosis" is not a formal psychiatric diagnosis. Rather, it's an emerging shorthand used by clinicians and researchers to describe psychotic symptoms that are shaped, intensified or structured around interactions with AI systems.

Psychosis involves a loss of contact with shared reality. Hallucinations, delusions and disorganized thinking

are core features. The delusions of psychosis often draw on cultural material — religion, technology or political power structures — to make sense of internal experiences.

Historically, delusions have referenced several things, such as God, radio waves or government surveillance. Today, AI provides a new narrative scaffold.

Some patients report beliefs that genAI is sentient, communicating secret truths, controlling their thoughts or collaborating with them on a special mission. These themes are consistent with longstanding patterns in psychosis, but AI adds interactivity and reinforcement that previous technologies did not.

#### The risk of validation without reality checks

Psychosis is strongly associated with aberrant salience, which is the tendency to assign excessive meaning to neutral events. Conversational AI systems, by design, generate responsive, coherent and context-aware language. For someone experiencing emerging psychosis, this can feel uncannily validating.

Research on psychosis shows that confirmation and personalization can intensify delusional belief systems. GenAI is optimized to continue conversations, reflect user language and adapt to perceived intent.

While this is harmless for most users, it can unintentionally reinforce distorted

- continued on pg. 2

# Reports of 'AI psychosis' are emerging – here's what a psychiatric clinician has to say - cont'd

interpretations in people with impaired reality testing — the process of telling the difference between internal thoughts and imagination and objective, external reality.

There is also evidence that social isolation and loneliness increase psychosis risk. GenAI companions may reduce loneliness in the short term, but they can also displace human relationships.

This is particularly the case for individuals already withdrawing from social contact. This dynamic has parallels with earlier concerns about excessive internet use and mental health, but the conversational depth of modern genAI is qualitatively different.

## What research tells us, and what remains unclear

At present, there is no evidence that AI causes psychosis outright.

Psychotic disorders are multi-factorial, and can involve genetic vulnerability, neuro-developmental factors, trauma and substance use. However, there is some clinical concern that AI may act as a precipi-

tating or maintaining factor in susceptible individuals.

Case reports and qualitative studies on digital media and psychosis show that technological themes often become embedded in delu-



Dr. Kelsey Ross



Dr. Chantara Lerner

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sions, particularly during first-episode psychosis.

Research on social media algorithms has already demonstrated how automated systems can amplify extreme beliefs through reinforcement loops. AI chat systems may pose similar risks if guardrails are insufficient.

It's important to note that most AI developers do not design systems with severe mental illness in mind. Safety mechanisms tend to focus on self-harm or violence, not psychosis. This leaves a gap between mental health knowledge and AI deployment.

### The ethical questions and clinical implications

From a mental health perspective, the challenge is not to demonize AI, but to recognize differential vulnerability.

Just as certain medications or substances are riskier for people with psychotic disorders, certain forms of AI interaction may require caution.

Clinicians are beginning to encounter AI-related content in delusions, but few clinical guidelines address how to assess or manage this. Should therapists ask about genAI use the same way they ask about substance use? Should AI systems detect and de-escalate psychotic ideation rather than engaging it?

There are also ethical questions for developers. If an AI

system appears empathic and authoritative, does it carry a duty of care? And who is responsible when a system unintentionally reinforces a delusion?

### Bridging AI design and mental health care

AI is not going away. The task now is to integrate mental health expertise into AI design, develop clinical literacy around AI-related experiences and ensure that vulnerable users are not unintentionally harmed.

This will require collaboration between clinicians, researchers, ethicists and technologists. It will also require resisting hype (both utopian and dystopian) in

favour of evidence-based discussion.

As AI becomes more human-like, the question that follows is how can we protect those most vulnerable to its influence?

Psychosis has always adapted to the cultural tools of its time. AI is simply the newest mirror with which the mind tries to make sense of itself. Our responsibility as a society is to ensure that this mirror does not distort reality for those least able to correct it.

#### Alexandre Hudon

*Medical psychiatrist, clinician-researcher and clinical assistant professor in the department of psychiatry and addictology, Université de Montréal*

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Easter signifies our profound transformation as bearers of God's image. In the Garden of Eden, Adam and Eve lost fellowship with God after being deceived by the serpent and desiring to be like God, forgetting they were already created in His image.

Their decision resulted in separation from God for themselves and their descendants. In response, God demonstrated His love and mercy by replacing their covering of leaves with animal skins. God then promised redemption through the seed of the woman. Jesus Christ who became the seed of the woman, and His blood shed on the cross is now our covering from the nakedness and shame of sin. **See Genesis 3:7, 21-24; Hebrews 12:24 (read the entire chapters).**

Were there consequences to their choice? Yes, there

were as mentioned above. Ultimately, He sent them out of the garden to prevent them from eating from the tree of life and living forever as sinners. Even in discipline, God's love never wavered. His heart remained fixed on restoration, not rejection. The chastisement of God was not to alienate them from Him, but to bring about repentance, redemption, and grace that would restore them to God's original plan, His image. No matter how distant we may feel, God's desire to bring us back into relationship with Him remains constant. **Read 2 Corinthians 7:10, Hebrews 12:5-11, Revelation 3:19, and Isaiah 53.**

From this day forward, start to refute the lie that "you are too bad to be saved and how would you ever think God could forgive or love you. Because God's report in Isaiah 53 stated that Easter is a demonstration of God's love, which is beyond human under-

standing, because He sent His Son, Jesus Christ, to pay the penalty for our sins. When Jesus was about to die, he cried out, "It is finished." It was His announcement that we're no longer required to make sacrifices for our redemption; He did it all. What is now required of us all is to believe, accept, and walk in the truth of that report. **Also Read John 3:16; Romans 5:6-11 (read entire chapters).**

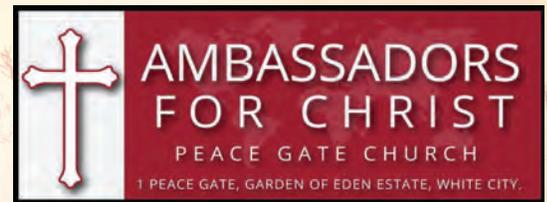
This transformation is also not just a distant event, but a present reality that speaks to our everyday lives. Whether we are struggling with guilt, seeking purpose, or celebrating moments of true joy, Easter reminds us that our identity and hope are anchored in the truth that we are renewed in God's likeness. Each day, we are invited to experience this transformation in how we

think, act, and relate to others, allowing the hope of Easter to shape our faith journey.

From all of us here in Ambassadors for Christ Peace Gate Church, White City, Saskatchewan, we wish you a Happy Easter and the grace to daily understand the depth of God's love for you.

Please join us for Good Friday and Easter Services at 10:00am in person or online by visiting our website [www.afcmi.org](http://www.afcmi.org) to access service times and details. We're back on AM800 Radio in Moose Jaw, every Sunday morning from 8:15 a.m. to 8:30 a.m. We hope you can also tune in.

**Pastors James & Rebecca Otitoju**



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## Fresh-grilled salmon with an extra healthy secret



Eating well is one of the most powerful ways to support long-term health, but that doesn't mean meals have to be bland or boring. With the right ingredients and thoughtful pairings, food can deliver both essential nutrients and bold, satisfying flavour. This grilled salmon with prune chutney is a perfect example of how nutritious choices can also be tasty and enjoyable.

The salmon is rich in omega-3 fats, which support heart health. The nutrients in the salmon and prunes, including protein, vitamin D, vitamin K and boron, work together to support bone health. And the prunes' fibre and antioxidants support gut health, too. It's a winning combination that tastes as good as it looks.

### Grilled Salmon with Prune Chutney

Prep time: 10 minutes • Cook time: 1 hour  
Servings: 4 portions

#### Ingredients:

- 4 skin-on salmon fillets (675 g/1.5 lbs total)
- 2 tbsp (30 ml) extra virgin olive oil, divided
- 1 onion, chopped
- 2 tbsp (30 ml) brown sugar
- ¼ cup (60 ml) wine vinegar
- 3 tbsp (45 ml) orange juice
- 1 apple, peeled, cored and finely diced
- 1 cup (250 ml) California prunes, chopped
- 1 tbsp (15 ml) fresh grated ginger
- ½ tsp (2.5 ml) cinnamon
- 1/8 tsp (0.75 ml) nutmeg
- 1 cup (250 ml) water
- Pinch salt
- Pinch black pepper

#### Directions:

*For the chutney:*

- Add 1 tbsp (15 ml) olive oil to a pan set over medium heat.
- Add onion and cook until softened, about 5 minutes.
- Add brown sugar, vinegar and orange juice.
- Simmer for 5 minutes. Add apple, prunes, ginger, cinnamon and nutmeg.
- Cook on low heat for about 30 minutes, stirring often.
- Add water as needed, using ¼ cup at a time so chutney stays jammy and moist.
- Set aside.



*For the salmon:*

1. Sprinkle flesh side of salmon with salt and pepper.
2. In a large nonstick skillet, heat remaining 1 tbsp (15 ml) oil over medium heat.
3. Cook salmon skin side down, about 10 minutes, or until skin is crisp.
4. Turn and cook until fish flakes easily with a fork, about 3-4 minutes (total cooking time is 10 minutes per inch of thickness).
5. Add 1 to 2 tablespoons of prune chutney to each salmon fillet and serve.
6. Save extra chutney in the refrigerator.

You can find more healthy recipes at [californiaprunes.ca](http://californiaprunes.ca).

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# Councillor's Corner

with Nichole Posehn

Building Community, One Connection at a Time

## Lions Club Brings Community Spirit to Irish IceFest

The White City / Emerald Park & District Lions Club was proud to serve breakfast at the Irish IceFest, hosted by the Emerald Park Cross Country Ski Club. Held at the Aspen Links Clubhouse in the Events Centre, the breakfast was a huge hit! Delicious food, great company, and plenty of community spirit filled the room.

Approximately 170 people came through for breakfast, enjoying a warm meal and lively atmosphere. Adding to the fun was fantastic Irish dancing, which brought

smiles, applause, and a true festival feel to the morning. It was a wonderful example of what happens when community groups and volunteers come together.

While our Lions Club may be local, we're part of something truly global. Lions Clubs International is the **largest service club organization in the world**, with more than 1.4 million members serving in communities across over 200 countries. The Lions organization began in 1917, when founder Melvin Jones asked a simple ques-

tion: What if people used their time and talents to make their communities better?

More than a century later, Lions everywhere continue to answer that call with the motto "We Serve."

Here in White City and Emerald Park, our Lions Club carries that same spirit forward. We're a group of neighbours, friends, and community minded people who enjoy working together, having fun, and giving back. Whether it's serving breakfast at a winter festival, supporting local causes, or helping out wherever there's a need, Lions are always ready to lend a hand.

Volunteers are the heart of our community. So many of the great events and initiatives we enjoy, simply wouldn't happen without people stepping up to help. Volunteering not only strengthens our community, it also builds friendships, creates memories, and leaves a lasting impact.

The White City / Emerald Park & District Lions Club is always welcom-

ing new members. If you're looking for a fun and meaningful way to get involved, meet great people, and be part of a worldwide movement that truly makes a difference, consider joining the Lions. After all, **where there's a need, there's a Lion.**

You can find us on Facebook by searching **White City Emerald Park District Lions Club** to learn more, see what we're up to, and find out how you can get involved.



**Nichole Posehn,**  
Division 3 Councillor

White City Emerald Park & District (WCEP&D) Lions Club's  
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Treasurer, WCEP&D Lions Club:  
WCEPLionsTreasurer@gmail.com  
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Saturday 9:30 am-12:30 & 1:00-3:00 pm

We will be closed on April 3rd for Good Friday

Visit us - [f](#) White City Public Library Branch [t](#) WhiteCityLib

**MARCH 2026 PROGRAM & EVENTS CALENDAR**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
One eBook Canada begins What I Know About You by Eric Chacour	National Poetry Month begins	One Book, One Province begins: Towards a Prairie Abolition by Trevor Herriot	Lego Club 6:00PM Drop-in	Makerspace kits: K'Nex Building Kit & Physical Literacy Story Time kit	Closed for Good Friday	Learn to Crochet Beginner class 10:00AM Please Register
	Puzzle Time 1:30pm Drop-in	Board Games 2:00 PM Drop-in All Ages	Lego Club 6:00 PM Drop-in	K'Nex Building 2:00 PM Drop-in	Say & Play 10:00AM Drop-in Ages 0-5	Learn to Crochet Beginner class 10:00AM Please Register
	Puzzle Time 1:30pm Drop-in	EAL Language Circle for Newcomers 6:00 PM	Lego Club 6:00 PM Drop-in	K'Nex Building 3:30 PM Drop-in	Preschool Storytime 10:00 AM Drop-in	Repair Café 10am-4pm Book your spot
	Puzzle Time 1:30pm Drop-in	EAL Language Circle for Newcomers 6:00 PM	Lego Club 6:00 PM Drop-in	Adult Book Club 11:00AM All the Light We Cannot See by Anthony Doerr	Preschool Storytime 10:00 AM Drop-in	K'Nex Building Drop-in 10am-2pm
Canadian Children's Book Week: April 26-May 2	Puzzle Time 1:30pm Drop-in	EAL Language Circle for Newcomers 6:00 PM	Lego Club 6:00 PM Drop-in			



## Learn to Crochet

White City Public Library Branch  
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**ADULT PROGRAMS**

**Adult Book Club**  
Thursday, April 23 at 11:00 AM  
We will discuss All the Light We Cannot See by Anthony Doerr.  
Copies available at the front desk.

**Learn to Crochet - Beginner's Class**  
Saturday, April 4 & 11<sup>th</sup> 10:00 AM  
This two-week class is suitable for Teens/Adults. Please Register. Space is limited.  
An Amigurumi Crochet Class will be offered in May. Watch for upcoming details!

**Repair Café - Book Your Spot**  
Saturday, April 18<sup>th</sup> 10am-4pm  
We Can Fix it for Free! Bring your broken items and we will repair them with help of voluntary repairers. A project by Envirocollective network  
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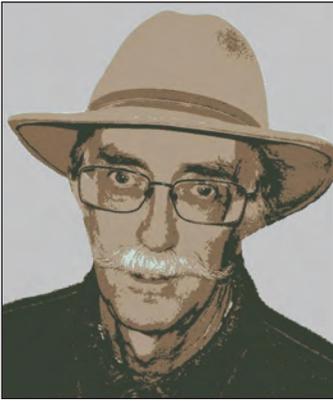
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# Off the Beaten Track

- By John Panter

The RM of Edenwold's Public Conduct Policy came up for discussion recently. A staff report made it clear that there are "expectations for acceptable behavior", by which is meant the behavior of members of the public at council meetings.

What prompted the discussion was concern over what had happened at a White City council meeting, and also at a somewhat enthusiastic Public Hearing in the RM firehall.

The RM council asked for a review of the public behavior policy because of outbursts, including loud applause for some of the people presenting their objections to the Greensview apartment complex, and, let's face it, a few derogatory remarks directed at councillors. I'll let councillor Kotylak explain the request for review in her own words: "I think some of that stuff, it could be stomped on. I think we could have a policy to crack down on some of that behaviour".

Councillor Brodt weighed in on the issue of freedom of the press. (I don't think he approves of it.) "There's no repercussions, you can slander anybody on there and in print and we see it all the time around here too and quite frankly I really wish that there was some way of taking some of these people" (Why, hello there, John Panter) "to task and start laying charges against

them because the half-truths that come through are just not acceptable." My offer to "Call me if you disagree" still stands. Over to you, councillor Brodt.

The RM council has also decided that members of the public will be recorded (video and audio) if they show up at council meetings. Is there an expectation of privacy in a public space? Probably not. We record them; they record us. However, I think it's safe to say that any two or more people plotting an insurrection will probably take their plotting out to the parking lot, out of hearing of an audio recording. So, what's accomplished by listening in on the conversations of members of the public is beyond my ability to comprehend.

Meanwhile, the RCMP has begun an investigation into alleged threats leveled at some councillors at the White City council meeting dealing with the Royal Park zoning change.

I was at that meeting and can honestly say that, while there was a brief hubbub in the council chamber and out in the foyer, with a few "F" bombs thrown about, it was over as quickly as it began. And I did not hear anything that could be considered a threat justifying the laying of criminal charges.

I have been to perhaps a thousand municipal council meetings in my time. Most of them are soporific for anyone not being paid to be there. Occasionally, however (Lindsay, Ontario comes to mind), they get interesting, as when a fire chief grabbed a citizen who had sarcastically applauded the reeve. "If you don't let

go, we're both going over that railing", said the citizen, referring to a railing around the public gallery which was 20 feet above the council chamber.

Ten minutes later the fire chief was in the back of a police cruiser. Strictly speaking there was an assault (the fire chief), then a threat of violence (the citizen). Everything was eventually resolved amicably without charges being laid and the event was explained away as an emotional moment resulting from a contentious municipal issue.

Look, it's the mayor's or the reeve's job to keep order at council meetings. That's why God gave 'em gavels. For anything that

rises to the level of a threat of violence, well, the RCMP are just up the street, ready to take your call.

**Call me if you disagree.  
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## March Update

### “Remembering Lane Antosh”

On Wednesday, March 11<sup>th</sup> Wanda Campbell visited Greenall’s Outdoor School (ODS) classroom to deliver a cheque for \$5140.00. Wanda and her daughter Lindsay have been working hard fundraising to support ODS by baking and selling over \$4000 of sunflower cookies and cookie decorating kits and by organizing the Walk Down Memory Lane event. All the fundraising is done to support ODS and to remember former ODS student Lane Antosh whose life was tragically cut short during the summer of 2013 when he was involved in a car crash on the #1 Highway. ODS staff and students are very grateful for the financial support from Wanda and Lindsay.



### Upcoming Dates

- Mar. 24- Sandra LaRose Presentation
- Mar 30-31- PTI’s
- April 3-10 School Vacation
- April 13-17- Dwayne Peace Presentations

### Griffin Drama- Upcoming Performance

Griffin Drama is rehearsing for our one act play, Queens. It is the story of King Henry the 8th & his six wives. We will be performing it for our community at Greenall on April 16th at 7 pm. It will be \$10/ticket. It is a show with mature themes and not appropriate for children. Tickets are available at the door and it is rush seating. The Greenall Choir will also be performing this evening.

We will be hosting and participating in Sask Drama Association’s Region 5 One Act Play Festival. Our performance will be the final of 3 on Friday, April 17th at Greenall. The first show (North Valley’s performance of The Knights of the Rad Table) will begin at 6 pm. The second show will be Indian Head’s performance of The Actor Games. Queens will follow. Doors will open at 5:30 pm and it will be rush seating. Tickets will be \$15 at the door.

Come support local theatre and cheer on Griffin Drama!



### Coldest Night of the Year

On February 28, three students and one staff member participated in the 2026 Coldest Night of the Year walk in Regina. The team raised \$300 for My Aunt's Place, the YWCA Regina's emergency shelter. This facility provides 22 beds nightly for women and families experiencing homelessness and consistently operates at near-total capacity.



### Overnight Success: The 2026 GreenALL Equity Wake-A-Thon

Our students proved that staying awake can make a massive difference! On the night of March 5, 24 dedicated students powered through the night for the 2026 GreenALL Equity Wake-A-Thon, raising an incredible final total of \$3,490. From high-energy karaoke and team photo challenges to a much-loved visit from the pups at Bright Eyes Dog Rescue, the night was packed with movies, games, and community spirit. These funds will provide vital support to GreenALL Equity's chosen organizations, including Bright Eyes Dog Rescue, Queen City Pride, and The Coldest Night of the Year and the Walk a Mile in Their Shoes event, which both support the YWCA in Regina. A huge thank you to the students and staff who brought such amazing energy to the event.

### Souls Harbour Rescue Mission

On February 12, the GreenALL Equity team had the privilege of volunteering at Souls Harbour Rescue Mission. Every day, Souls Harbour supports the people of Regina navigating food insecurity and homelessness. They offer so much more than a meal by providing the dignity, safety, and hope that everyone deserves. Our team was honoured to help with the meal service and cleanup. We're proud to play a small part in the work being done to support those in need across our community.



### Greenall Pink Tournament - A Huge Thank You!

The Jr. and Sr. Girls Basketball teams proudly hosted their 2nd Annual Pink Tournament, "Hoops for Hearts", bringing together eight teams for a weekend of basketball and community support in the fight against cancer. The event was a huge success thanks to the incredible generosity of our community. Local businesses and families donated items for the raffle table, spectators purchased raffle tickets, and many joined in the fun by competing in the halftime bean bag toss. Through these efforts, the teams are proud to share that they raised \$5,000. All proceeds were donated to a Greenall family currently battling the disease. Thank you to everyone who contributed, participated, and showed their support—we truly couldn't have done it without you. We look forward to doing it all again next year.

## A Birthday Party That Changed Everything: Sullivan's Bowling Journey to Nationals



What started as a simple birthday party outing has turned into a remarkable athletic journey for 10-year-old Sullivan, a Grade 5 student from Emerald Park, who is now making waves on the provincial and national bowling stage. A couple of years ago, Sullivan attended a friend's birthday party where the

group went bowling to celebrate. It was his first real experience with the sport, and from the moment he picked up the ball, something clicked. It was clear he was a natural. More importantly, Sullivan found a game he truly loved, and he has never looked back. Now, fast forward 4 years, that spark has grown into dedication, discipline, and success. This season, Sullivan achieved a major milestone by earning a spot at the national championships, where he will represent Saskatchewan in the Bantam Boys Singles division. His qualification came after an outstanding performance at provincials, where he captured the gold medal against some of the province's top young bowlers. Sullivan's hard work is reflected not only in medals, but also in his steady

improvement. Over the past year, his overall average has climbed to an impressive 170, a significant achievement for an athlete his age. He credits his success to practice, persistence, and his love for the challenge the game presents.

"I love bowling and the chance to beat his coach's score," Sullivan shared. "Every game is a chance to get better."

This year's national appearance is especially meaningful for Sullivan. Just last season, he set a personal goal after he and his doubles partner advanced to nationals to represent Saskatchewan in the Bantam Boys Doubles category. Standing on that national stage inspired him to aim even higher, and now, he's returning, this time as a singles competitor. When I visited Sullivan to

congratulate him on reaching nationals again, it was clear how much this achievement meant to him. His confidence has grown alongside his skills, and his determination continues to drive him forward. Looking back, it's remarkable to think that this journey began with a single birthday party invitation. One afternoon at a bowling alley opened the door to a passion, a goal, and a growing list of accomplishments. Sullivan's story is a reminder that sometimes the smallest moments can set us on life-changing paths, and that with enthusiasm, commitment, and belief in yourself, even a casual start can lead to something extraordinary.

***Good luck at nationals, Sullivan, from your friends and neighbours in Emerald Park.***

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# ERES Community Council News

**Next ERES SCC mtg: May 12 at ERES Library**

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

## Kindergarten Registration is Open!

Emerald Ridge Elementary School is now accepting registrations for the 2026-2027 school year. Children turning five by December 31, 2026, are eligible for Kindergarten for Fall 2026. To register, visit the ERES website

([www.emeraldridge.pvsd.ca](http://www.emeraldridge.pvsd.ca)) and complete the Online Registration Form, proof of age must be included. Alternatively, you can request a form from [emeraldridgeschool@pvsd.ca](mailto:emeraldridgeschool@pvsd.ca).

If you know of new families moving into the area, please encourage them to contact the school for a registration form or direct them to the online form. Early registrations help ERES plan for the upcoming school year.

## Join the ERES SCC!

New members are always welcome. Come to a meeting or email us to find out how you can support our school.

[ERESCommunityCouncil@gmail.com](mailto:ERESCommunityCouncil@gmail.com)

## Important Dates:

- **April 3-10** - No School
- **April 13** - Classes Resume
- **April 30** - ERES SCC Family Movie Night
- **May 15** - ERES SCC Popcorn Day
- **May 18** - No School
- **May 26 & 27** - Kindergarten Orientation Events, 4-6 pm

# APRIL 2026

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

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

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

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

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12	13	WHITE CITY Composting 14	EMERALD PARK Garbage WHITE CITY Recycling	EMERALD PARK Recycling 16	EMERALD PARK Composting 17	18
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