

White City & Emerald Park

JUNE EDITION, 2026

Community Newsletter



Why 40 per cent of people are avoiding the news, according to a psychologist

During several recent conversations, people have told me that they've stopped checking their phones in the morning. Not because nothing was happening, but because everything was. They described the feeling as standing under a waterfall of perpetual bad news.

This experience is far from an isolated one. According to Reuters Institute's 2025 Digital News Report, 69 per cent of Canadians at least occasionally avoid the news now.

Globally, 40 per cent report they at least sometimes or often do the same, the

highest figure ever recorded. People shared consistent reasons for this: the news put them in a bad mood, they felt overwhelmed and powerless to act.

As a researcher in developmental psychology, focusing on social development and psychological well-being, I argue that news fatigue is not laziness, weakness or a generational decline in civic interest. It's the predictable response of a human brain meeting an environment it was never designed to navigate.

Wired for bad news

Long before smartphones or even the printing press, our cognitive architecture was shaped by a single problem: stay alive long

enough to reproduce. Our ancestors whose attention drifted past the rustle in the grass left fewer descendants than those who froze, looked and listened.

The brain that paid attention to threats was the brain that survived.

This is the foundation of what psychologists call the negativity bias, one of the most replicated findings in cognitive science. Across decades of research, the human mind has been shown to weigh negative information more heavily than positive, attend to it faster and remember it longer.

A predator nearby mattered more than a beautiful sunset. The cost of missing a real threat was death, while the cost of overreact-



ing was a few minutes of wasted vigilance. The asymmetry made this bias adaptive.

Here is the problem: the human brain has not changed since then. We are the same species as we were thousands of years ago. What's changed is the size of the world it's asked to scan for threats.

- continued on pg. 2

Why 40 per cent of people are avoiding the news, according to a psychologist - cont'd

and if it did, it was mainly irrelevant.

In 2026, the same neurological system is being asked to absorb a war in one region, a financial shock in another, a climate disaster in a third and a violent crime in a fourth, all before lunchtime.

A study published in the scientific journal *Nature Human Behaviour* examined more than 105,000 real news headlines viewed nearly six million times. Each additional negative word increased click-through rates, while positive words had the opposite effect.

Recent studies suggest people around the world demonstrate measurably stronger physiological responses to negative news than to positive news. The body is reacting before the mind has decided whether the threat is relevant.

Some researchers have introduced a clinical framework for what happens in this instance called Problematic News Consumption (PNC) — a pattern of news engagement that results in preoccupation, dysregulation and disruption to daily functioning. In their 2022 study, the researchers found that 17 per cent of American adults qualified as having severe levels of PNC. Among that group, 61 per cent reported feeling unwell quite a bit or very much, compared with

six per cent of those who didn't.

For minority populations, news fatigue may be even more consequential.

Repeatedly witnessing harm directed at our own groups, even when we're not the immediate target, can have a significant psychological impact on people from the same group affiliation. For racialized communities, such as immigrants, the cognitive load could be even heavier, and the option to simply stop watching is much harder to exercise when the news is about their country of origin.

Ali Jasemi

Lecturer, Psychology,
Wilfrid Laurier University

THE CONVERSATION



Scanning the whole world

For most of human history, the threats our nervous system processed were local. A neighbouring tribe. A drought. The illness of a child we personally knew. Information about distant places would barely arrive,



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No cottage? No problem: Doing city summers like a local



Whether you're in British Columbia, Manitoba, Ontario or Quebec, cottaging is often seen as a quintessential Canadian summer experience. But with rising costs and an increasingly competitive rental market during the peak summer months, weekends at the lake may be harder to come by. Fortunately, many of the same experiences can be found in the city, without

the long drive.

Lakeside fun: Canada has no shortage of lakes, rivers and ponds, making it easier to find a nearby beach or body of water. Many cities have beaches with amenities such as volleyball courts, food options, walking trails and picnic areas.

Picnic in the green: Cottage life is all about slowing

down, so spend a day outdoors at one of your city's parks. Many cities have lively central parks that attract young adults, while larger urban parks often feature family-friendly playgrounds, open fields and shaded picnic spots. If you're near the water, look for newer waterfront parks or trails that offer scenic views, unique play structures and plenty of room to unwind.

Food and drink: For refreshments that offer a change of scenery, consider a visit to a lakefront restaurant or brewery. From bevertails to bubble tea and sushi, there's usually something for all taste buds, with water views as a frequent added bonus.

Get active: If you prefer land-based activity, look for public courts for beach volleyball, tennis or pickleball.

Boardwalk and lakeside trails are popular routes for runners, rollerbladers and cyclists. If you want to get out on the water, look for designated areas to launch kayaks, canoes or stand-up paddleboards.

Urban centres offer plenty to do over the summer months, with cottage-style activities available in a convenient urban setting. As many cities continue to invest in their waterfronts, residents can expect more public spaces and family-friendly attractions in the years ahead. In Toronto, for example, those plans include a new public beach and projects such as Therme, a wellness facility expected to feature year-round waterslides, social saunas and wellness attractions. Learn more at thermecanada.com.

www.newscanada.com

An advertisement for Bronco Plumbing Heating & Cooling. The background is a dark red and black honeycomb pattern. On the left, there is a tall, grey tank-style water heater. In the center, there is a white tankless water heater. On the right, there is a circular logo featuring a cartoon cowboy riding a horse, with the text 'BRONCO Plumbing Heating & Cooling' below it. At the bottom, a large red banner contains the text 'WATER HEATER & WATER SOFTENER RENTALS ARE BACK!' in white, bold, capital letters. Below the banner, there is a white telephone icon followed by the phone number '306-781-2090' in white text on a black background.

Try this smoky, naturally sweet BBQ treat



While strawberries are a staple of desserts, they can also be a secret weapon for elevating savoury main dishes. Their natural acidity and sweetness provide a sophisticated balance to salty and spicy flavours—and they add nutritional value.

This barbecued chicken recipe brings bold, smoky flavour to the table, pairing juicy strawberries with chipotle chiles and garlic for a sweet-and-spicy glaze that takes a classic grilled favourite to a new level.

BBQ Chicken Drumsticks with Strawberry-Chipotle Sauce

Prep time: 15 minutes • Cook time: 25 minutes
Servings: 4

Ingredients:

- 1 lb (450 g) ripe California strawberries, stemmed
- 3 chipotle chile peppers in adobo
- 2 cloves garlic
- 1 tbsp (15 ml) apple cider vinegar
- 1 tbsp (15 ml) honey
- 1 tsp (4 g) kosher salt, plus more for seasoning
- 10-12 chicken drumsticks, about 4 lbs (1,800 g)
- Ground black pepper for seasoning

Directions:

1. Heat a gas or charcoal grill over medium heat. Clean grill grates and brush with oil right before adding chicken.
2. **Make the sauce:** Combine strawberries, chipotle peppers, garlic, vinegar, honey and salt in a blender. Blend until smooth. Taste and add more salt if needed. Pour 1 cup (250 ml) of sauce in a liquid measuring cup. Reserve the rest for serving.
3. **Prep the chicken:** Meanwhile, generously season chicken with salt and pepper on all sides.
4. Once the grill is ready, grill chicken covered for 15-20 minutes, turning every 5 minutes or so to avoid charring.
5. After 15 minutes, or when meat starts pulling away from the bone, generously brush one side of the chicken with barbecue sauce. Cover and cook for another 5 minutes. Turn and generously brush the other side of the chicken with barbecue sauce. Cook, covered, for another 5 minutes. You should use almost all of the 1 cup of sauce.
6. Once chicken is cooked all the way through, remove from the grill and serve with reserved barbecue sauce.



By incorporating strawberries directly into the sauce, this dish naturally boosts its nutritional profile without relying on processed additives. Just one cup of strawberries provides approximately 95 per cent of your daily recommended vitamin C intake, according to Health Canada. They also contain fibre, potassium and anti-inflammatory antioxidants to help support your overall health. Their natural sweetness lets you cut back on added sugars, making this BBQ favourite a more balanced, heart-healthy option that doesn't compromise on flavour.

Find more recipes at californiastrawberries.com.

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What's happening in the RM? www.rmedenwold.ca/community-calendar

Councillor's Corner

with Nichole Posehn

Building Community, One Connection at a Time

Great Community Events You Won't Want to Miss

Winter is finally behind us, and summer is just around the corner. After around six false springs, it feels great to look ahead to warmer days and another beautiful Saskatchewan summer.

The Emerald Park Cross Country Ski Club wrapped

up another fun and successful winter season. While the icy conditions made for some challenging skiing at times, our club committee kept the energy high by hosting great events like Irish IceFest, multiple cornhole tournaments, and other winter activities that brought people together and made the most of the season.

I'd also like to extend a big thank you to our current ski club committee members: myself, Rick Kezama, Dustin Grant, Randy Martynuik, and our newest member, Michelle Vannes. We're always excited to welcome new faces, so if helping plan community events sounds



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like something you'd enjoy, please don't hesitate to reach out.

There are also plenty of exciting community events coming up this summer that you won't want to miss.

First up is Rock n' Field Day on June 13 at the RM Rural Shop from 10 a.m. to 2 p.m. This is always a fantastic event for families, with lots of activities and plenty of fun for kids and adults alike.

Then, there are a number of golf tournaments this summer that should be noted. Golf continues to be such an important part of our community, and I want to send a heartfelt thank you to Mark Smith, Rick Kezama, and the entire Aspen Links team for all they do. Aspen Links truly is a hub for our community and remains a big part of what makes Emerald Park such a special place.

On June 25, the White City / Emerald Park Business Association will be hosting the 4th Annual Golf Tournament.

Next, on July 18, the White City / Emerald Park District Lions Club will host the 18 Hole Par 3 Challenge, where participants will have the chance to compete for an incredible \$750,000 in cash and prizes.

And of course, one of the highlights of the summer is the annual White City / Emerald Park Annual Community Golf Tournament, which I've been proud to host for the past seven years. This year's theme is "Back to the 80s," and it's shaping up to be another memorable event filled with

prizes, laughs, creative costumes, and even another trip to Vegas up for grabs.

For more information, visit the White City / Emerald Park Annual Community Golf Tournament Facebook page or contact me or Rick at Aspen Links. Be sure to register early, because this tournament sells out every year.

I also heard we'll soon be welcoming a new neighbour to the area. Congratulations to Laszlo Berta, who won the Hospital Home Lottery home here in Emerald Park and has chosen to move in. Welcome to Division 3 and to our wonderful community!

To end on a fun note, more than 7,000 people toured the Hospital Home Lottery house in Emerald Park this year, an amazing turnout and a great reflection of the excitement in our community.

I hope to see you out enjoying some of these wonderful events this summer!



Nichole Posehn,
Division 3 Councillor



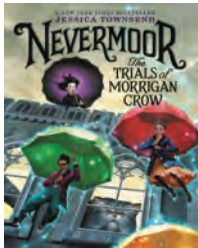
Teen Book Club

White City Public Library Branch
Tuesday, June 23
6:00 PM

We will be discussing
The Trials of Morrigan Crow
 By Jessica Townsend

Copies available at
 The front desk

All Teens welcome!



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Adult Book Club

White City Public Library Branch
Thursday, June 25
10:00am

We will be discussing
I'm glad My Mom Died
 By Jennette McCurdy

Copies available at
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 Saturday 9:30 am-12:30 & 1:00-3:00 pm

Visit us – [f](#) White City Public Library Branch [t](#) WhiteCityLib
JUNE 2026 PROGRAM & EVENTS CALENDAR

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|--|---|---|---|---|
| | 1 | 2 | 3 Lego Club 6:00 PM Drop-in All Ages | 4 Makerspace Kits: Bug Exploration Kit (Items can be signed out) Button Maker: Solar Crayon Recycler | 5 Preschool Storytime 10:00 AM Drop-in | 6 Solar Crayon Recycler 10am-2pm Drop-in |
| 7 Summer Reading Club kits available For ages 0-12 | 8 Button Maker 6:00 PM Drop-in | 9 | 10 Lego Club 6:00 PM Drop-in All Ages | 11 | 12 Preschool Storytime 10:00 AM Drop-in | 13 Solar Crayon Recycler 10am-2pm Drop-in |
| 14 | 15 Button Maker 6:00 PM Drop-in | 16 | 17 Lego Club 6:00 PM Drop-in All Ages | 18 | 19 Preschool Storytime 10:00 AM Drop-in | 20 Solar Crayon Recycler 10am-2pm Drop-in |
| 21 National Indigenous Peoples Day | 22 Button Maker 6:00 PM Drop-in | 23 Teen Book Club 6:00 PM The Trials of Morrigan Crow by Jessica Townsend | 24 Lego Club 6:00 PM Drop-in All ages | 25 Adult Book Club I'm Glad My Mom Died by Jennette McCurdy 10:00 AM | 26 Preschool Storytime 10:00 AM Drop-in | 27 Solar Crayon Recycler 10am-2pm Drop-in |
| 28 | 29 Table Games for Teens! 2:00 PM Drop-in | 30 Lego Club 2:00 PM Drop-in | | | | |

ENRICH CREATIVE LEARN CONNECT

CHILDREN'S PROGRAMS
Preschool Storytime
 Fridays @ 10:00 AM
 June 5, 12, 19, 26
 A drop-in program for children 0-5 years and their caregiver. Join Gail for stories, rhymes and a simple craft.

ADULT PROGRAMS
Adult Book Club
 Thursday, June 25 at 10:00 AM
 We will discuss I'm Glad My Mom Died by Jennette McCurdy. Copies available at the front desk.

Teen Programs
Teen Book Club
 Tuesday, June 23 at 6:00 PM
 We will discuss The Trials of Morrigan Crow by Jessica Townsend. Copies available at the front desk. All teens welcome!

Makerspace Kits this Month:
Bug Exploration: Borrow equipment for the most avid bug catchers! We've got bug nets, critter containers and bug vacuums.
Solar Crayon Recycler: Get creative with homemade recycled crayons! Choose your colours, pick a shape, then harness the power of the sun to transform crayon pieces into custom rainbow crayons.
Button Maker: Create your own button using paper or fabric to design a unique button. Use our templates or bring a special picture. Button diameter is 2.25".

TD Summer Reading Kits
 Free Reading kits available for ages 0-12. Reading contests during the months of July & August!

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

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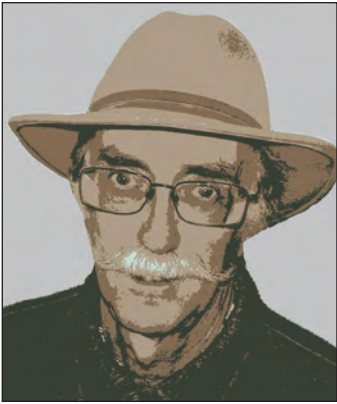
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Off the Beaten Track

- By John Panter

The last few White City council meetings offered something different, which I couldn't quite put my finger on at the time. So I listened to some recent recordings. And there it was; or rather, there it wasn't: no Land Acknowledgment to start each meeting.

If there was any explanation for the change, I haven't found it. I would like to think that the dumping of the acknowledgment, which was abandoned as stealthily as it came into being, had something to do with a consideration of the potential downside of continually acknowledging that the Town (and all its residents) occupied land that might not belong to it/them. The Cowichan court case, in which title to a large chunk of mainland British Columbia was effectively transferred to that indigenous band, comes to mind.

White City council's land acknowledgments are now gone. Better late than never, I guess.

The RM of Edenwold has completed its Electoral Division Boundary Review (EDBR), to determine in which electoral division RM residents will vote in future municipal elections. The major change for Emerald Park is that Woods Crescent, St. Andrews Bay and Hogan Place have been shifted into rural Division Two, currently represented by Stan Capnerhurst.

The purpose of EDBR is to balance the number of residents in each electoral division. Division five, for example, had only 310 residents. Division four, the largest in terms of population, had 1105 residents.

Provincial law (the Municipalities Act) stipulates that a municipality must have a policy in place for EDBR. For a number of years now the RM council has had their policy (maximum 15% population variance in divisions), but has been content to live with the under-representation of Emerald Park.

With this change Emerald Park could end up with three councillors; one from the subdivisions being shifted into division two, and the two councillors from divisions 3 and 7, Posehn and Bezborotko, who have indicated that they will be running in the next election.

A disturbing discussion took place during the EDBR debate. Some councillors were in favour of kicking the EDBR can down the road to some later date. Meanwhile, residents had been invited to comment on their preferred option for re-drawing the division boundaries by way of an on-line (and old-fashioned written) survey.

181 residents completed the survey.

How did several councillors respond to the survey results? "We didn't have a real great turnout." "Unfortunately, 58% of the people who had responded were from Emerald Park." "A lot of people don't do surveys." "It's (responses to survey) less than 5%". "It's not statistically reliable", "Most of them (58%) came from one area." "Why are we stagnating in one little area?"

Obviously, the councillors who expressed those opinions aren't fans of this survey, which leads to an obvious question: what is the point of conducting surveys of RM residents' opinions in the future, and what would be the point of a resident responding to a survey, if their answers are going to be so cavalierly disparaged?

And finally, is there a mood shift in the RM of Edenwold council chamber? A movement away from the foolishness of the "Us" vs. "Them", the "them" being councillor Posehn? Based on observations at recent council meetings, I sense that there is. Maybe the councillors have recognized that it's time to focus on the public's business in a more harmonious, collaborative approach instead of chasing spurious complaints. We hope so.

What is needed now is a comprehensive review and revision of the flawed Code of Ethics bylaw that started the whole downhill debacle. Better yet, scrap it entirely and start over.

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



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White City / Emerald Park LIONS CLUB

18 HOLE PAR 3 CHALLENGE

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SATURDAY JULY 18

ASPEN LINKS

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SHOTGUN START

BOOK AS INDIVIDUALS
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\$200 SINGLE
\$800 TEAMS OF 4

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18 PAR 3s

EVERY HOLE SHORTENED TO A PAR 3
DEDICATED DISTANCES FOR MEN & WOMEN

FEMALE - 135 YARDS
MALE - 145 YARDS

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IN PRIZES AVAILABLE

Each initial Hole-In-One winner
receives \$21,000 + \$250 credit
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Tournament is to raise funds for
future projects & events for the
White City, Emerald Park & District

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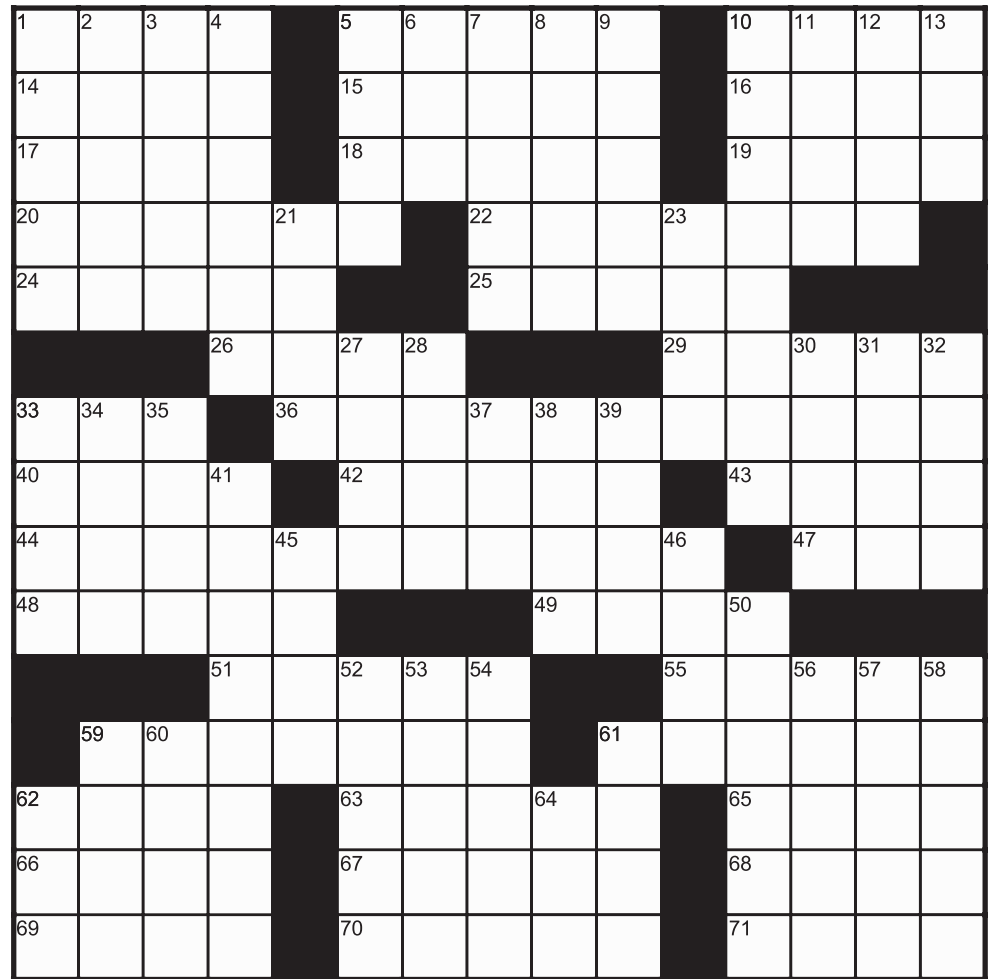
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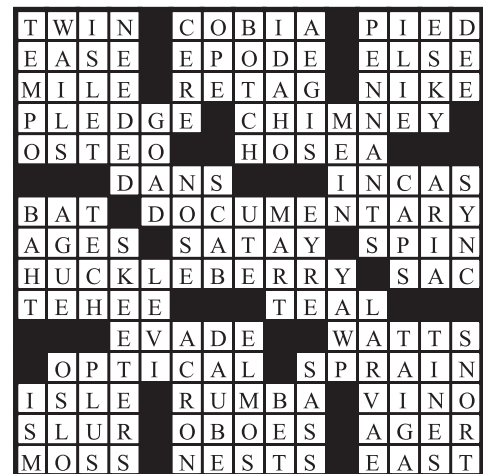
1. One of two identical people
5. Perchlike game fish
10. Particoloured
14. Relax
15. Lyric poem
16. Otherwise
17. Long distance
18. Relabel
19. Goddess of victory
20. Promise
22. Smokestack
24. Prefix, bone
25. Hebrew prophet
26. Levels of karate proficiency
29. Ancient Peruvians
33. Flying mammal
36. Factual T.V. presentation
40. Matures
42. Oriental peanut sauce
43. Reel
44. Blueberry
47. Cyst envelope
48. Snicker
49. Freshwater duck
51. Avoid
55. Power units
59. Pertaining to optics
61. Rick
62. Small island
63. Ballroom dance
65. Red wine
66. Elide
67. Hautboys
68. Maturing agent
69. Lichen
70. Nidi
71. The Orient



DOWN

1. Musical beat
2. Ululates
3. Small isle
4. Required
5. Wax
6. Open
7. Make a mess of
8. State in the NW United States
9. Sponsorship
10. Banners
11. Tennis star, - Natase
12. Portable ice-box
13. Scottish river
21. Spur
23. Hitler's autobiography, "- Kampf"
27. Proboscis
28. Strike breaker
30. Headwear
31. Opera solo
32. Synchronize
33. Monetary unit of Thailand
34. Fever

35. Technical college (Colloq)
37. Small truck
38. Shopping centre
39. Australian explorer
41. Mosquitoes (Colloq)
45. Son of Jacob and Leah
46. Yelp
50. Immature insects
52. Segment of the body of an arthropod
53. Meat stew braised in red wine
54. St - fire (4'1)
56. Coniferous evergreen forest
57. Prongs
58. Grunt
59. Capital of Norway
60. In addition to
61. Sauce
62. Doctrine
64. Wager





Firepit Design and Safety



Come learn more about how to ensure your own backyard burn is always a great experience. White City Fire Chief Mathieu Theriault and Deputy Fire Chief Krista Bull will share some community requirements, hard lessons learned, as well as proven tips for design and safe management of your outdoor fire areas.

7:00 PM Wed., June 10th, 2026
Ramada Emerald Park

Everyone Welcome Visitors drop-in fee \$5.00

Further information at: <https://whitecitygardenclub.ca/events/>



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ERES Community Council News

Next ERES SCC mtg: June 9 at ERES Library

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

Kindergarten Registration

Emerald Ridge Elementary is now accepting registrations for the 2026-2027 school year. Children turning five by December 31, 2026, are eligible for Kindergarten. Register online at www.emeraldridge.pvsd.ca with proof of age, or request a form via email at emeraldridgeschool@pvsd.ca.

Please share with families new to the area. Early registration helps us plan for the year ahead.

Thank you!

Your support this year helped fund birthday books, field trips, classroom supplies, playground supplies, school events and more!

Mable's Labels

When you purchase your labels and choose **Emerald Ridge Elementary School's Fundraiser**, our SCC receives a portion of the proceeds.



Scan the QR code with your phone's camera to visit the website.

Important Dates:

- **June 11** - Year-End Picnic
- **June 11 at noon** - ERES Sports Field Grand Opening - Community Welcome
- **June 9** - ERES SCC Meeting at ERES
- **June 12** - No School
- **June 24** - Grade 8 Farewell
- **June 26** - Last day of Classes
- **June 26** - 3:30pm Report Cards published on Edsby

JUNE 2026



















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

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

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

Please email: shannon@westernlitho.ca

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

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--------|--|--|---|--|----------|
| | 1 | WHITE CITY Composting  2 | EMERALD PARK & WHITE CITY Garbage  | 4 | EMERALD PARK Composting  5 | 6 |
| 7 | 8 | WHITE CITY Composting  9 | EMERALD PARK Garbage  WHITE CITY Recycling  | EMERALD PARK Recycling  11 | EMERALD PARK Composting  12 | 13 |
| 14 | 15 | WHITE CITY Composting  16 | EMERALD PARK & WHITE CITY Garbage  | 18 | EMERALD PARK Composting  19 | 20 |
| NATIONAL INDIGENOUS PEOPLES DAY 21 FATHER'S DAY | 22 | WHITE CITY Composting  23 | EMERALD PARK Garbage  WHITE CITY Recycling  | EMERALD PARK Recycling  25 | EMERALD PARK Composting  26 | 27 |
| 28 | 29 | WHITE CITY Composting  30 | | |  CASA ROSA/JAMESON ESTATES Garbage pick up every Tuesday Recycling pick up every Thursday | |

WC/EP RECREATION INFORMATION/REGISTRATION CONTACTS:

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Softball: stormsoftballregistrar@gmail.com Web: storm.whitebutteminorball.ca
Cityview Skating Club: cityviewskating@gmail.com or cityviewsc.uplifterinc.com
Communiskate: Paula at 306-540-7704 or communiskateadmin@sasktel.net
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